



BRONX ONCOLOGY LIVING DAILY

An initiative of the Integrative Oncology Program at Montefiore Einstein Center for Cancer Care
Un ofrecimiento del Programa Integrador de Oncología al Montefiore Einstein Center for Cancer Care



The BOLD Living Program Invites you to:



5Rhythms Movement Workshop Series



with Peter Fodera and Tammy Burstein, Certified 5Rhythms Teacher

5Rhythms is a movement practice that promotes physical and emotional well-being, releasing tension and stress, by free-form dancing our way to a meditative state. It is designed for people of all ages and physical abilities and simply invites you to move freely to the sound and beat of five different rhythms.

No dance experience or sense of rhythm necessary!

Join us on Wednesdays:

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| July 12 | 3:00 – 4:30 PM |
| July 19 | 3:00 – 4:30 PM |
| July 26 | 3:00 – 4:30 PM |
| August 2 | 3:00 – 4:30 PM |
| August 9 | 3:00 – 4:30 PM |
| August 16 | 3:00 – 4:30 PM |

Montefiore Einstein Center for Cancer Care:
1521 Jarrett Place
2nd Floor Conference Room B

To register or for more information, please call (718) 430-3613 or
email cancersupport@einstein.yu.edu

BOLD is an offering by The Psychosocial Oncology Program within the
NEW Integrative Oncology Program, Montefiore Einstein Center for Cancer Care