

HOLIDAY SELF-CARE

This holiday season, remind yourself to spend time nurturing not only your mental health, but your physical health as well. Remembering to stay as active as you can during and after cancer treatment is key to optimizing your ability to do what matters most. Join us for a special virtual presentation, as we discuss why following a routine exercise plan can help manage any late and lasting effects of cancer treatment and help you live longer with a better quality of life.

Your Secret Weapon Against Cancer...Exercise!
Thursday, December 19, 12:00 pm
via Zoom



VIRTUAL PROGRAMS

HIGHLIGHTS FOR THIS MONTH

iPhone Photography Tuesday, December 3 and 17, 3:00 pm	Cancer Recovery Fitness Mondays, 1:00 pm and 2:00 pm; Wednesdays, 5:00 pm; Fridays, 12:00 pm
Lymphatic Movement Thursday, December 5, 12, and 19, 10:00 am	Meditation Tuesdays, 10:00 am and 8:00 pm

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ONGOING MONTHLY CLASSES

• Tai Chi and Qi Gong	• Morning and Evening Meditation Classes
• iPhone Photography	• Beginner and Advanced Level Cancer Exercise Classes
• Yoga and Chair Yoga	

VIRTUAL EVENING SUPPORT GROUPS

• Prostate Cancer Support Group	• Family and Friends Support Group
• Breast Cancer Support Group	• Living with Cancer Support Group <i>(open to all cancers)</i>

To register for any of our evening support groups, visit [Holyname.org/CancerSupport](https://holyname.org/CancerSupport)

IN-PERSON CLASSES AT

YMCA NEW MILFORD CENTER
256 Azalea Drive, New Milford

- Registration required for these classes at [HolyName.org/CancerSupport](https://holyname.org/CancerSupport)
- Bring your own mat and water bottle for fitness sessions

Strength and Tone
Tuesday, December 3, 11:15 am

Chair Yoga
Thursday, December 5, 11:15 am

Pilates for Strength and Balance
Thursday, December 5, 12:30 pm

Quilting Club
Friday, December 6 and 20, 11:00 am

Awareness through Movement
Tuesday, December 10 and 17, 1:15 pm

Jewelry Making
Wednesday, December 11, 11:00 am

Lymphatic Movement
Thursday, December 12 and 19, 11:30 am

DIY Holiday Treats
Monday, December 16, 1:00 pm

Tai Chi
Wednesday, December 18, 1:30 pm

Holiday Themed Plate Painting
Wednesday, December 18, 2:30 pm

NEW! Zumba Fitness
Monday, December 23, 11:30 am



ADDITIONAL IN-PERSON PROGRAMS

(Locations vary. Registration required in advance.)

Not Your Grandmother's Needlepoint
Tuesday, December 3, 10, and 17, 1:00 pm
3 University Plaza, Hackensack
Lobby conference room