Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Young Adult Movement Happy Hour

Join other AYA members and one of our dance/movement therapists online for a therapeutic movement session where you can explore movement to connect with others and yourself. This 1-hour session will engage your mind, body, and expression offering a supportive space to move your body to help shift mood and decrease stressful feelings. You can move at your own pace as you release tension, process life's challenges, and reclaim your body. All sessions will end with relaxation and breathing exercises. Join us to rejuvenate your mind, body, and spirit. No dance or movement experience required—just a willingness to move and connect in a compassionate environment.

Audience:
This program is for MSK patients ages 15-39.