



# North Fork Breast Health Coalition SERVICES

The NFBHC is pleased to offer the following free services to breast cancer patients and survivors.

## **GENTLE YOGA – Yoko Viren**

First & Third Wednesday of each month

12:00pm – 1:00pm

Call 631-208-8889 to register.

## **REFLEXOLOGY – Natalie Lugo**

Second & Fourth Tuesday of each month

4:30pm – 7:00pm

Call Natalie at 631-848-2759 for an appointment.

## **MASSAGE THERAPY – Kathleen Tilley**

First, Second & Third Monday of each month

3:00pm – 7:00pm

Call Kathy at 631-653-3355 for an appointment.

## **SUPPORT GROUP**

*To be scheduled.*

**All services are FREE of charge and are held at the NFBHC office  
185 Old Country Road, Suite 6  
Riverhead, NY 11901**