



North Fork Breast Health Coalition SERVICES

As of October 2021

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

Yoga, massage therapy and reflexology are held at the NFBHC office.

SUPPORT GROUPS

Stage IV Metastatic Breast Cancer Support Group

Meets via Zoom the 1st & 3rd Wednesday of each month, 4pm-5:30pm

*Contact Maureen O'Connor, Director of Cancer Services Program of Suffolk County at
Peconic Bay Medical Center: (631) 548-6320, ext.1400, moconnor10@northwell.edu*

Newly Diagnosed Breast Cancer Support Group

Meets via Zoom the 1st & 3rd Wednesday of each month, 5:30pm-7:00pm

*Contact Maureen O'Connor, Director of Cancer Services Program of Suffolk County at
Peconic Bay Medical Center: (631) 548-6320, ext.1400, moconnor10@northwell.edu*

GENTLE YOGA WITH DEEP RELAXATION* – Kate Alesio

Meets in person the 2nd Wednesday of each month

6:00pm – 7:00pm

Participants would need to bring their own mat and props.

RSVP required to Kate by 12pm on the day of the class via text or phone to 631-455-0595

REFLEXOLOGY* – Natalie Lugo

Every other Tuesday of each month

11:00am – 1:30pm

Contact Natalie for an appointment at 631-848-2759

MASSAGE THERAPY* – Kathleen Tilley

First, Second, Third & Fourth Thursday of each month

3:00pm – 7:00pm

Contact Kathy for an appointment at 631-653-3355

*In person services are held at the Coalition office, 185 Old Country Road, Suite 6,
Riverhead, NY 11901. Please note if you are unvaccinated a mask is required.