



# North Fork Breast Health Coalition SERVICES

March 2025

The NFBHC is pleased to offer the following free services to breast cancer patients, survivors and thrivers. Services are held at our office, 185 Old Country Road, Suite 6, Riverhead.

## **STRENGTH FOR LIFE – Debbie Hughes**

Thursday, March 6, 13, 20

10:00am – 11:00am

*Participants should dress comfortably and wear sneakers.*

*If attending, call NFBHC Office, 631-208-8889*

## **GENTLE YOGA – Colleen Riccardelli**

Wednesday, March 5, 12, 19, 26

4:00pm – 5:00pm

Participants would need to bring their own mat and props.

*RSVP to Colleen at 516-695-7791 or [t-cup@optonline.net](mailto:t-cup@optonline.net)*

## **REFLEXOLOGY – Natalie Lugo**

Tuesday, March 11 & 18

Appointments between 11:00am – 1:30pm

*Contact Natalie for an appointment at 631-848-2759*

## **MASSAGE THERAPY – Joann Morton**

Friday, March 14 & 28

Appointments between 11:00am – 3:00pm

*Contact JoAnn for an appointment at 646-250-7015*

## **MASSAGE THERAPY – Joni Friedman**

Monday, March 10 & 24

Appointments between 10:00am – 2:00pm

*Contact Joni for an appointment at 917-566-6403 or [pedrogrft@yahoo.com](mailto:pedrogrft@yahoo.com)*

## **RITA DUVA BOUTIQUE**

Our boutique offers a selection of wigs, scarves, hats, prosthetics and other items free of charge. By appointment only.

*Email [nfbreasthealth@gmail.com](mailto:nfbreasthealth@gmail.com) to schedule an appointment.*