



North Fork Breast Health Coalition SERVICES

January 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, January 2, 9, 16, 23, 30

10:00am – 11:00am

Participants should dress comfortably and wear sneakers.

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

GENTLE YOGA – Colleen Riccardelli

Wednesday, January 8, 15, 22, 29

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

REFLEXOLOGY – Natalie Lugo

Tuesday, January 14 & 28

Appointments between 11:00am – 1:30pm

Contact Natalie for an appointment at 631-848-2759

MASSAGE THERAPY – Joni Friedman

Monday, January 13 & 27

Appointments between 12:00pm – 3:00pm

Contact Joni for an appointment at 917-566-6403 or pedrogft@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 to schedule an appointment.