



North Fork Breast Health Coalition SERVICES

July 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, July 3, 10, 17, 24, 31

10:00am – 11:00am

Participants should dress comfortably and wear sneakers.

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

GENTLE YOGA – Colleen Riccardelli

Wednesday, July 2, 9, 23, 30

Monday, July 14

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, July 8 between 3:00pm- 5:00pm

Tuesday, July 22 between 11:00am – 1:30pm

Contact Natalie for an appointment at 631-848-2759

MASSAGE THERAPY – Joann Morton

Tuesday, July 15 & 29

Appointments between 12:00pm – 3:00pm

Contact JoAnn for an appointment at 646-250-7015

MASSAGE THERAPY – Joni Friedman

Monday, July 14 & 28

Appointments between 10:00am – 2:00pm

Contact Joni for an appointment at 917-566-6403 or pedrogrft@yahoo.com

ACUPUNCTURE – Dr. Michelle Iona DACM, L.Ac.

Call Healing Points Acupuncture at 631-653-5314 to book your appointment.

When booking this service, you must use the code word provided — please refer to your email for full details!

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.