



## **North Fork Breast Health Coalition SERVICES**

*April 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, April 3, 17, 24

10:00am – 11:00am

*Participants should dress comfortably and wear sneakers.*

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

### **GENTLE YOGA – Colleen Riccardelli**

Wednesday, April 2, 16, 23, 30

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, April 8 & 22

Appointments between 11:00am – 1:30pm

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

### **MASSAGE THERAPY – Joann Morton**

Friday, April 18 & Tuesday, April 29

Appointments between 11:00am – 3:00pm

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

### **MASSAGE THERAPY – Joni Friedman**

Monday, April 14 & 28

Appointments between 10:00am – 2:00pm

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