



# North Fork Breast Health Coalition SERVICES

*August 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, August 7, 14, 21, 28

10:00am – 11:00am

*Participants should dress comfortably and wear sneakers.*

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

## **GENTLE YOGA – Colleen Riccardelli**

Wednesday, August 6, 13, 27

\*No Class on August 20

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, August 12 & 26

Appointments between 11:00am – 1:30pm

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

## **MASSAGE THERAPY – Joann Morton**

Tuesday, August 19

Appointments between 12:00pm – 4:00pm

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

## **MASSAGE THERAPY – Joni Friedman**

Monday, August 4 & 25

Appointments between 10:00am – 2:00pm

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

NFBHC ■ 185 Old Country Road, Suite 6, Riverhead, NY 11901 ■ 631-208-8889

[www.northforkbreasthealth.org](http://www.northforkbreasthealth.org) ■ [nfbreasthealth@gmail.com](mailto:nfbreasthealth@gmail.com)