



# North Fork Breast Health Coalition SERVICES

*December 2024*

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, December 5, 12, 19

10:00am – 11:00am

*Participants should dress comfortably and wear sneakers.*

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

## **GENTLE YOGA – Colleen Riccardelli**

Wednesday, December 4, 11, 18, 23

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, December 3 & 17

Appointments between 11:00am – 1:30pm

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

## **MASSAGE THERAPY – Kathleen Tilley**

Thursday, December 5, 12, 26

Appointments between 3:00pm – 7:00pm

*Contact Kathy for an appointment at 631-793-4514*

## **MASSAGE THERAPY – Joni Friedman**

Monday, December 9 & 23

Appointments between 12:00pm – 3:00pm

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