

STRENGTH FOR LIFE: LONG ISLAND COMMUNITY GROUP EXERCISE CLASS



CANCERcare®

Over 75 Years of Help and Hope

This is an in-person group class at our Long Island office.



Melisa Celikoyar, MSW, LCSW
Long Island Program Coordinator

CancerCare is partnering with Strength for Life to provide a free 8-week group exercise classes to people diagnosed with cancer, who are in treatment or post treatment and living on Long Island.

This program is open to Long Island clients and is free, but pre-registration is required.

PROGRAM DATES

Exercise equipment (yoga mat, resistance band, stability ball) will be provided. Classes will be held in-person at CancerCare's Long Island office, located at 819 Grand Blvd, Suite 3, Deer Park, NY 11729.

- Monday, June 26 from 2 p.m. - 3 p.m. ET
- Monday, July 10 from 2 p.m. - 3 p.m. ET
- Monday, July 17 from 2 p.m. - 3 p.m. ET
- Monday, July 24 from 2 p.m. - 3 p.m. ET
- Monday, July 31 from 2 p.m. - 3 p.m. ET
- Monday, August 7 from 2 p.m. - 3 p.m. ET
- Monday, August 21 from 2 p.m. - 3 p.m. ET
- Monday, August 28 from 2 p.m. - 3 p.m. ET

All visitors and clients must be fully vaccinated to enter CancerCare offices. Proof of vaccination is required prior to attendance. All visitors and clients are required to wear a mask that covers their mouth and nose at all times while at CancerCare.

**Register
Today!**



For more information or to register, contact Melisa Celikoyar, MSW, LCSW, at 516-740-8620 or mcelikoyar@cancercares.org.

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