

MOVING FOR LIFE: LONG ISLAND COMMUNITY GROUP EXERCISE CLASS



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



Melisa Celikoyar, MSW, LCSW
Long Island Program Coordinator

CancerCare is partnering with Moving for Life to provide two free Dance Exercise for Cancer Recovery 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

These classes are a unique approach to relax your body and address common side effects to cancer treatments. Classes will help with range of motion, balance and strength. We aim to help you move your body while having fun, and connecting with others. No experience necessary.

Classes will be held in-person at CancerCare's Long Island office, located at 819 Grand Blvd, Suite 3, Deer Park, NY 11729.

- Wednesday, June 5 from 3 p.m. - 4 p.m. ET
- Wednesday, June 12 from 3 p.m. - 4 p.m. ET

**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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