

# STRENGTH 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 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, April 8 from 2 p.m. - 3 p.m. ET
- Monday, April 22 from 2 p.m. - 3 p.m. ET
- Monday, April 29 from 2 p.m. - 3 p.m. ET
- Monday, May 6 from 2 p.m. - 3 p.m. ET
- Monday, May 20 from 2 p.m. - 3 p.m. ET
- Monday, June 3 from 2 p.m. - 3 p.m. ET
- Monday, June 10 from 2 p.m. - 3 p.m. ET
- Monday, June 17 from 2 p.m. - 3 p.m. ET

**Register  
Today!**



For more information or to register, contact Melisa Celikoyar, MSW, LCSW, at 516-740-8620 or [mcelikoyar@cancercares.org](mailto:mcelikoyar@cancercares.org).

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