

# Healthy Living Program

## Strength for Life Exercise Program



### 8 sessions with our Certified Instructor provided by Strength for Life!

Group classes are designed to enhance the cancer treatment recovery process. Services will include educating cancer patients on the benefits of exercise during treatment and improving functional activities through survivorship.

**Bring a Bottle of Water, a Towel and a Smile!**

\*All Classes will meet in the 1st Floor Conference Room.

Please note: No classes on February 12, 2019.

*Sponsored by:*

*Strength for Life, non-profit organization dedicated to providing a community exercise program in which persons with a cancer diagnosis participate in group classes designed to enhance their recovery process.*

*In partnership with –*

*LI Community Hospital Breast Cancer Survivorship Coalition, committed to providing breast cancer patients in our community with the best care for health of body, mind and spirit.*

**Registration Information: [www.strengthforlifeny.org](http://www.strengthforlifeny.org) or call  
Debbie Hughes at 631.882.3387**

# Long Island Community Hospital

A Free Service for  
Any Cancer Survivor  
With  
Medical  
Clearance

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**Date:**

January 15, 2019  
Through  
March 5, 2019

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**Time:**

Tuesday Evenings  
6:30pm-7:30pm

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**Place:**

100 Hospital Rd  
1<sup>st</sup> Floor Conf. Room  
Patchogue, NY 11772  
(across from the Main Entrance  
to LI Community Hospital)

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**Connect with us:**

Long Island Community Hospital  
Breast Cancer  
Survivorship Coalition  
631.654.7577  
[bbcscollection@licommunityhospital.org](mailto:bbcscollection@licommunityhospital.org)