Strength Training

A program facilitated by a Certified Cancer Exercise Specialist from the non-profit organization Strength For Life.

The most crucial factor to consider when incorporating exercise into your recovery plan is working with a health professional who understands all the variables that come into play with a cancer diagnosis and its treatment. Strength for Life’s Certified Cancer Exercise Specialist’s mission is to empower, inspire and strengthen by using exercise as a method of healing.

Classes are held on Mondays for one hour.
Equipment will be provided.
Please see contact information listed below to learn about upcoming sessions.

**Time:** 6:00pm-7:00pm
**Location:** Research and Academic Center
101 Mineola Blvd.
Room: G-005/006

*Registration is required.*
Please call Debra Hughes at 631-882-3387 to Register

For more information visit [www.strengthforlifeny.org](http://www.strengthforlifeny.org)