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Classes are being held both virtually and in-person. Sign up is required at [https://bit.ly/cancerwellness20](https://bit.ly/cancerwellness20)
Eating for Strength and Recovery

- Monthly workshop focusing on cancer nutrition. Each month will be a different topic with recipes.

Body Sculpt
- This class is designed to strengthen and tone core muscles from head to toe using a variety of equipment including dumbbells, resistance bands and stability balls. This class is fun, effective, and open to people of all fitness levels. Benefits include increased muscle strength and toning as well as lowering your risk for bone loss.

Boxing
- Our boxing for cancer fitness classes provide a strength and cardio-based workout. Improvement of your resting heart rate, muscular endurance, increased balance, coordination, reactivity and agility.

Yoga
- Calm the mind, body, and spirit. This class is for all cancer fighters, survivors, and caretakers.

Food as Medicine
- Nourish the mind, body, and spirit with wholesome foods.

Knitting Circle
- Knitting has been shown to help calm anxiety and reduce stress. Beginners and experts welcome! Sponsored by the Coalition of Women’s Cancers. To register please email sroden@cwcshh.org.

Transformation Tuesdays
- “The Hamptons Method & Beyond.” In this interactive workshop participants will develop immediate and practical skills to Think, Live & Be More Positive Now. Hosted by Licensed Clinical Social Worker & Certified Hypnotist Albert R. O’Connell III.

Strength Through Song
- A joyful class led by Valerie diLorenzo, teaching artist/award-winning vocalist, to lift the spirits! No singing experience required.

Fit & Strong
- A structured exercise and education program that focuses on upper and lower extremity lymphatic drainage and health. Evaluations to track progress are available by calling 631-726-8800.

Pilates
- Pilates lengthens and stretches all the major muscle groups in the body in a balanced fashion. It improves flexibility, strength, balance and body awareness.

Summer Poetreat
- Writing as therapy can be healing, calming and empowering. From poetry, prose and written word to storytelling, editorials and journaling. Class is led by Lora Tucker, LMSW, CASAC.