

About the Long Island Cancer Help & Wellness Center



In March of 2003, Breast Cancer Help opened its Long Island Cancer Help and Wellness Center in Lindenhurst with the goal of increasing cancer awareness to promote early detection, while providing patients and survivors with needed support. Since then it has held numerous lectures to increase early detection, inform Long Islanders about medical advances, and provide information on how to live healthier. It has also developed ongoing programs to provide cancer patients and survivors with the assistance they need to overcome cancer through complementary integrative modalities that meet their psychosocial needs. These include a monthly support group, art therapy, massage therapy, and yoga. Under the guidance of its Executive Director, Lynda Distler, the Center has established one of the region's most active cancer support and wellness programs.

How You Can Help

Join Us Today!

Your Membership and support help bring us closer to understanding the possible causes of breast cancer and closer to seeing a Healthy Environment for a Living Planet and continuing our programs. All members receive:

- Our newsletters and news releases.
- Invitations to attend free lectures and programs.
- Information on opportunities to learn more and get more involved in projects regarding breast cancer, other cancers and environmental issues.

Yes, I want to join Breast Cancer Help, Inc. and increase my awareness about breast cancer and related environmental issues. Here is my (tax deductible) contribution.

\$15 for Annual Membership

Additional Donation \$10 \$20 \$50 \$100 \$500 \$1000 Other \$ _____

Name _____ Address _____

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Home Phone _____ Work Phone _____

E-Mail Address _____



Ongoing Programs:

Cancer Patient and Survivor Support Group

7 p.m. - 8 p.m., 4th Wednesday of every month.

Upcoming Dates: July 27th, August 24th, September 28th, October 26th.

Licensed Massage Therapist will be available to provide chair massages.

Meditation ~ Guided Self-Healing Visualization

1/2 hour sessions beginning at 8 p.m. SHARP, 4th Wednesday of every month.

July 27th, August 24th September 28th, October 26th.

Sessions to immediately follow the conclusion of our monthly support session. Participation is not contingent on attendance at the support group, although it is recommended.

Weekly Yoga Classes for Cancer Patients and Survivors

Mondays Two sessions-4:00 p.m. - 5:15 p.m. and 6:00 p.m. - 7:15 p.m.

Sessions instructed by a Certified Tri Yoga Teacher & Reiki Master.

Weekly Art Therapy Classes for Cancer Patients and Survivors

Tuesdays 6:30 p.m. - 8:30 p.m.

Artistic experience or talent is not necessary.

Sessions instructed by a certified art therapist.

Massage Therapy for Cancer Patients and Survivors

6:00 p.m. ~ 2nd Wednesday of every month.

Upcoming Dates: July 13th, August 10th, September 14th, October 12th,

Nov 9th. Sessions provided by Licensed Massage Therapist.



First Annual "Ride for a Friend" Charity Motorcycle Run To Benefit Breast Cancer Help, Inc.

Music, Food,
Refreshments,
Entertainment,
Vendors,
Raffles & Door
Prizes



Candle Lighting
Ceremony to
Honor and
Remember those
Affected by Breast
Cancer at the
Reflection Pond



Date: Sunday, June 26, 2005

Registration: 9:00 a.m. - 10:30 a.m.



Start Location & Time: Brookhaven Amphitheater at Bald Hill
11:00 a.m. Sharp!

(South Bicycle Path Drive, Farmingville)

Destination & Time: Babylon Town Hall Sunrise Highway,
North Lindenhurst - 12:00 Noon

Donations: \$15 Rider/\$10 Passenger/\$10 Walk-ins
Children Under 12 Free ~ Donation Includes Lunch and Activities
A Separate \$10 Donation is Required to Purchase "Keepsake Candle"

For more information, call Lynda Distler, Executive Director at the
Long Island Cancer Help and Wellness Center 631-226-1772
Breast Cancer Help, Inc. is a Section 501c(3) non-profit organization

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Father Thomas Arnao, Co-President
Alex Fezza, Senior Vice President
John Pace, Esq. Corporate Secretary/General Counsel
Lillian Morales, Board Member

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Dottie Survilla	Lynda Distler

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SPECIAL THANKS

Our heartfelt thanks and appreciation to the men and women of the Suffolk County Police Department and in particular to Inspector Salvatore Manno, Commanding Officer of the 1st Precinct for his kind assistance and support.

We would also like to extend our heartfelt thanks and appreciation to Town of Babylon Supervisor Steve Bellone, Chief of Staff Ron Kluesner and the administration and staff working at the Town of Babylon for all their assistance and support.

ABOUT BREAST CANCER HELP, INC.

Breast Cancer Help, Inc. is a not-for-profit grass roots organization with a focus on action and advocacy to eradicate breast cancer. Founded in 1994 by Lorraine Pace, a breast cancer survivor, and Father Thomas Arnao, the group promotes education and awareness of breast cancer issues. Pace was also the founder of the West Islip breast cancer mapping project, which pinpointed breast cancer clusters. This original mapping project, which spearheaded the breast cancer environmental movement, has now spread to other parts of New York, the U.S. and abroad.

Since its inception, Breast Cancer Help, Inc. has taken a multi-pronged approach to combating breast cancer. The organization has worked to mobilize citizens into breast cancer coalitions leading to breast cancer mapping projects; it has worked to bring cancer education into our schools; served as advocates to change state and local laws to preserve our environment; and worked to strengthen the rights of breast cancer patients. Breast Cancer Help has also worked to ensure that Long Islanders have access to the best possible medical diagnosis and care through the purchase of radiosurgery equipment and lease of a digital mammography unit at Stony Brook University Hospital.

In March of 2003, Breast Cancer Help opened its Long Island Cancer Help and Wellness Center. The Center represents a partnership between Breast Cancer Help, Inc.; the Village of Lindenhurst, a municipal government with a long history of support of grassroots efforts to find the causes and a cure for breast cancer; and Stony Brook University Hospital, a leading health and cancer research center. The goal of the Long Island Cancer Help and Wellness Center is to provide increased cancer awareness and psychosocial support services at no charge to cancer patients and survivors.

PROGRAM AT BABYLON TOWN HALL

12:00 NOON:
Arrival of Riders/Welcome
National Anthem /Announcements

Lunch & Festivities

1:30 PM :
Ceremony
Opening Remarks
Lorraine Pace, Founder & Co-President
Breast Cancer Help, Inc

Introduction of Board & Committee
Lynda Distler, Executive Director
Breast Cancer Help, Inc

Chairman's Remarks
Dr. Allen G. Meek,
Chairman of the Board
Breast Cancer Help, Inc.

Comments about the Ride
Teri Cantone, Founder "Ride for Friend"
Breast Cancer Help, Inc.

Introduction of Special Guests
John Pace, General Counsel & Board Secretary
Breast Cancer Help, Inc.

Recognition of Sponsors
Ride for a Friend Committee


Performance by Jester Jim

3:00 PM:
Candle Lighting Ceremony
Musical Accompaniment

Thank You for Your Support!


LEADERS

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President

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