

A FREE CANCER WELLNESS PROGRAM SID JACOBSON JCC'S STRENGTH TO STRENGTH

Support for those affected by breast cancer has been a hallmark program of Sid Jacobson Jewish Community Center since 2006. UJA-Federation of NY's Partners In Caring at the JCC is a leading local provider of social services, including a variety of support groups for bereavement, separation and divorce, caregiving, parenting and cancer wellness. Groups are facilitated by caring and experienced social workers. Each is age and life-stage appropriate and offered in a normative community center setting in Roslyn.

The Strength to Strength program is a unique cancer-wellness support group program offering a holistic approach to wellness with a combination of group exercise and supportive group counseling geared to the needs of people recovering from or actively engaged

in cancer treatments.

Stacey, a Strength to Strength participant since 2009 shared, "I was diagnosed with breast cancer in November 2007. The cancer is now in remission and there is no question in my mind that Strength To Strength has contributed to my being a survivor....We may have entered the group feeling sad, but after weeks of being together in the group, where the conversations were not always bright, often times the room filled with the happy sounds of laughter and smiles. We share hope, optimism and the inner strength to face whatever the future may bring. This is why we love this program. I am so grateful for Strength to Strength...you are one of my cancer's gifts."

The Strength to Strength Cancer Wellness program is FREE.

The program is ongoing and caregivers are invited. Strength to Strength is funded, in part, by a generous donation by the Beth C. Tortolani Foundation.

*Participants require a brief intake and physicians consent prior to starting the program.

When:

Monday and Friday, 12:30-1:30pm, Wednesday, 6:00-7:00pm

Where:

Sid Jacobson JCC
300 Forest Drive, East Hills, NY
11548

More Information:

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