

SID JACOBSON JCC
300 Forest Drive, East Hills, NY 11548
516-484-1545 – Fax: 516-484-7354
www.sjjcc.org

Cancer AFFECTS a Person's Body, Emotions and Spirit.
It MAKES SENSE to Treat Them All

Strength to Strength is a program of UJA-Federation of NY's Partners in Caring (PIC). PIC offers short-term individual and family counseling, support groups, resources and referrals for all social service needs.

Contact Partners in Caring at 516-484-1545, ext. 196.

This program is supported, in part, by a generous grant from the Beth C. Tortolani Foundation. If you would like to make a donation to Strength to Strength, please contact us. Your generosity is greatly appreciated.



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SID JACOBSON
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300 Forest Drive, East Hills, NY 11548



UJA Federation of New York's
Partners in Caring



Strength to Strength is a FREE cancer wellness program for adults offering a unique combination of group exercise classes and supportive counseling services in a normative community center setting. The classes are geared to the specialized needs of people recovering from or actively engaged in cancer treatment, as well as their caregivers. Strength to Strength sessions are held at Sid Jacobson JCC in East Hills, Long Island at NO CHARGE.

Call 516-484-1545, ext 196 to join us. Sessions are on-going!

What Can This Program Do For Me?

If you want to strengthen your body, mind and spirit, this group is for you. Come to:

- combat fatigue
- regain energy
- gain strength, balance and flexibility
- improve overall emotional health
- make friends who understand

Facts From The Latest Studies:

- People recovering from cancer who exercise are less tired and have more energy.
- Regular physical activity may help people recovering from cancer to feel more positive, less anxious, less depressed and better able to deal with stress. It can help them feel better during treatment and recover more quickly.

What's Covered in Each Session?

- Breathing techniques that enhance endurance
- Pilates and range of motion exercises to increase core strength and flexibility
- Supportive group counseling services, information and referrals
- Lymphatic drainage exercises

About Our Professional Leaders:

All components of the Strength to Strength program are conducted by certified instructors and professional social workers specially trained in managing the recuperative needs of cancer survivors.

Lead Exercise Instructor: Susan Touché
Program Coordinator: Randy Hight,
LMSW at 516-484-1545, ext. 196.



“Here, participants have a chance to voice their inner-most feelings they are reluctant to tell their own families. No doctor’s office has a program like **Strength to Strength.**”

– Shirley S.

“We take our hats off and let our hair down (after it has grown back) to these individuals who interest themselves in our behalf.”

– Anita L.

“**Strength to Strength** is a lifeline for me. We share our fears, current medical advances, nutritional issues, community help and personal problems. I discuss what troubles me and get empathetic feedback. Thank you from my heart and soul.”

– Blanche M.

“At **Strength to Strength** you find you are not alone and you make friends. You have options, you fight back. We continue our lives and even laugh about some of our problems.

– Judy B.

“I was desperate to talk to real people about their surgeries, recoveries, experiences ... none of the groups I linked to offered what **Strength to Strength** did. I grew less afraid, and stronger.

– Dr. Ros. W.