



Our mission is to enhance the overall well-being of individuals by minimizing the impact of cancer and its treatments. We offer a suite of wellness services to alleviate the mental and physical toll of the disease, while fostering a supportive community of caring professionals and peers. All services are free of charge.

## SERVICES

- ◆ Gentle Head Shaving + Scalp Treatment
- ◆ Hair Care & Wig Support
- ◆ Warm Towel Shave
- ◆ Light Weight Training
- ◆ Lash + Brow Application + Cosmetics
- ◆ Therapeutic Oncology Skincare
- ◆ Therapeutic Oncology Massage & Lymphatic Instruction
- ◆ Therapeutic Manicures & Pedicures
- ◆ Reiki/Sound Bath
- ◆ Meditation/Breathwork
- ◆ Oncology Yoga
- ◆ Nutrition Support
- ◆ Acupuncture

## OUR SERVICES CAN HELP...

- ◆ Decrease anxiety and reduce recovery time
- ◆ Enhance sleep quality
- ◆ Decrease unwanted side effects of treatment
- ◆ Strengthen the immune system
- ◆ Increase sense of control and well-being

## HOW TO MAKE AN APPOINTMENT

Please Contact Our Patient Navigation Team  
**1-888-966-6329 | [appointments@mondayscancercare.org](mailto:appointments@mondayscancercare.org)**

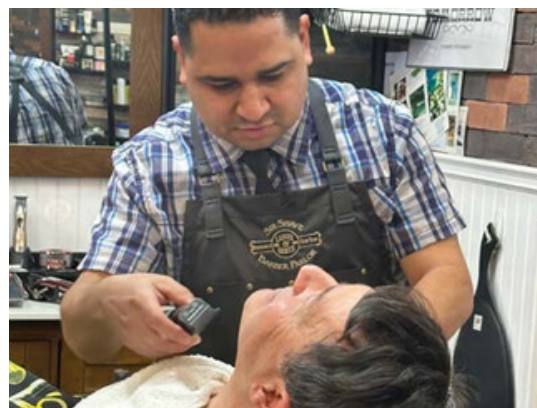


Scan Here to Download Our Medical Release Form To Be Signed By A Medical Professional Prior to Your First Appointment



*"I didn't know just how much I need these services until I received them today. Thank you for teaching me how to meditate, breathe and try to relax — my facial was a special treat. I have been a ball of stress ever since I was diagnosed. But today I feel like my old self again. Thank you!"*

—Jane



# MONDAYS CANCER CARE PROGRAM LOCATIONS

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- 1** Racine Salon + Spa  
341 Main Street  
Islip, NY 11751
  - 2** Salon Be  
9 Montauk Hwy  
Blue Point, NY 11715
  - 3** Maia Salon, Spa + Wellness  
725 Route 347  
Smithtown, NY 11787
  - 4** JD Thomas + Co.  
6168A Jericho Tpke  
Commack, NY 11725
  - 5** Kathleens Hair Boutique  
122 Deer Park Ave  
Babylon, NY 11702
  - 6** Sir Shave Barber Parlor  
10 Station Road  
Wyandanch, NY 11733
  - 7** Ambiance Salon  
1344 Broadway #5  
Hewlett, NY 11557
  - 8** Bare Esthetics by Eugenia  
10 East Main Street  
East Islip, NY 11730
  - 9** The Spa Haus  
182-13 Merrick Road  
Amityville, NY 11701
  - 10** Monti's Barber Shop  
505 Boulevard East  
Yaphank, NY 11980
  - 11** Karasmatic Day Spa  
41 N Country Road  
Port Jefferson, NY 11777
  - 12** Joyful Treasures +  
Point Lookout Yoga  
48 Lido Blvd  
Point Lookout, NY 11569
  - 13** Robert James Salon  
132 E Main Street  
Riverhead, NY 11901
  - 14** Salt of the Earth  
(Yoga Center)  
426 Country Road, STE 5  
Brookhaven, NY 11782
  - 15** Om Shanti  
(Yoga Center)  
186 W Main Street, Unit 5  
Sayville, NY 11782
  - 16** The Welcome Mat  
(Yoga Center)  
560 Main Street, STE 3  
Islip, NY 11751
  - 17** Gallery Wig Studio  
(Wig Specialist)  
984 Route 25A  
Miller Place, NY 11764
  - 18** Amityville Wellness  
(Acupuncture Specialists)  
209 Broadway  
Amityville, NY 11701
  - 19** New York Fitness + Boxing  
1976 Jericho Tpke  
East Northport, NY 11731
  - 20** Mondays Wellness Suite  
at NYBCS  
1500 NY-112, BLDG 1  
Port Jefferson Station,  
NY 11779

1-888-966-6329 | [appointments@mondayscancercare.org](mailto:appointments@mondayscancercare.org) | [mondayscancercare.org](http://mondayscancercare.org)

**If you are going through cancer you have come to the right place. Mondays Cancer Care provides hands-on integrative wellness and beauty services to anyone undergoing cancer treatment of any kind; all for FREE.**

Each Monday, our program sites - known as charters - open their doors specifically for individuals with cancer, offering attentive, customized services and a caring community that transforms the cancer journey.

Safety is paramount. All care providers who interact and work with our clients are state licensed and participate in a Mondays Cancer Care oncology certification designed to help them address the specific vulnerabilities and needs of cancer patients.



## VIRTUAL OFFERINGS

Each week you can find a wellness class or workshop to do from your own home

**Yoga for Cancer Care** Wednesdays at 4pm

**Mindfulness Support Gathering & Meditation**  
Thursdays at 4pm

**Book Club** 4 Times a Year

**Mondays Marvels Support Group**  
Private Facebook Group



To get more info please email  
[appointments@mondayscancercare.org](mailto:appointments@mondayscancercare.org)  
or Scan Here



**Did you live, work, or volunteer south of Canal Street during any part of the eight months after 9/11?**

You may qualify for compensation and free lifetime health care for 69 cancers and many respiratory illnesses linked to 9/11 toxins.

**If you would like more information for you or a loved one, please email:**

**Angela Shirlaw at [angela@mondayscancercare.org](mailto:angela@mondayscancercare.org)**  
Mondays Patient Advocate/Retired NYS Court Officer



Scan Here to Email



DATE: \_\_\_\_\_

**MEDICAL RELEASE FORM**  
PATIENT INFORMATION

**Patient's Name**

**Patient's Address**

**Patient's Email**

**Emergency Contact**

**Patient's Phone Number**

**City, State, Zip**

**Patient's Date of Birth**

**Patient Signature/Date**

The above individual is seeking medical clearance to receive wellness services at Mondays Cancer Care.

These services help alleviate unwanted side effects of cancer treatments such as insomnia, muscle spasms, dehydration, hair loss, dry irritated skin, nausea, anxiety, edema, swelling and depression. Only qualified operators will administer these services as deemed appropriate.

**Patient must be  
undergoing treatment for  
cancer to participate.**

**SERVICES INCLUDE**

- ◆ Gentle Head Shaving + Scalp Treatment
- ◆ Therapeutic Oncology Massage & Lymphatic Instruction
- ◆ Meditation/Breathwork
- ◆ Hair Care & Wig Support
- ◆ Safe Therapeutic Manicures & Pedicures (no cuticle cutting)
- ◆ **Oncology Yoga**
- ◆ Lash + Brow Application, Cosmetics
- ◆ Reiki Energy Work
- ◆ Nutrition Support/Counseling
- ◆ Therapeutic Oncology Skincare
- ◆ **Light Weight Training**
- ◆ **Acupuncture**
- ◆ Hot Towel Shave
- ◆ Sound Bath
- ◆ Relaxing Body Treatments

By completing the form below, you are not assuming any responsibility for the administration of Mondays Cancer Care services.

Mondays Cancer Care takes client care seriously. If you are a medical provider and have questions about our program, please email our Program Director, Rosie Berger, at [rosemary@mondaysatracine.org](mailto:rosemary@mondaysatracine.org) or [info@mondaysatracine.org](mailto:info@mondaysatracine.org).

If you are a client and have questions or are interested in making an appointment, please call **1-888-9MONDAY** or email [appointments@mondayscancercare.org](mailto:appointments@mondayscancercare.org).

**Patient must be  
undergoing treatment for  
cancer to participate.**

**TO BE COMPLETED BY PHYSICIAN** | Please write legibly and choose one:

- The patient may participate without restrictions.
- The patient may participate with the exception of the following services \_\_\_\_\_

Patient Diagnosis

Physician's Name (Please Print)

Address

Contact Number

Physician's Hospital Affiliation

Physician's Signature

City/State/Zip

Contact Email

Property of Mondays Cancer Care ----- All information collected is private and confidential according to Mondays Cancer Care standards.

DATE: \_\_\_\_\_

## CLIENT DEMOGRAPHICS

Dear Friend,

The following questions are being used to help Mondays Cancer Care to secure grants, allowing us to continue to serve our community at no charge to you, our clients. **Answering these questions is completely optional.** All information will remain private and anonymous. Thank you.

### Age

- 18 & Under
- 19-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65 & Over

### Education Level

- Less than High School
- Diploma/GED/Some College
- Associate Degree/Bachelor's Degree
- Graduate/Professional Degree

### What is your household income?

- Less than \$20,000
- \$20,000 to \$40,000
- \$41,000 to \$60,000
- \$61,000 to \$80,000
- \$81,000 to \$100,000
- Over \$100,000
- Prefer Not to Say

### Geographic Location

- Urban
- Suburban
- Local

### Health Conditions/Disabilities:

### Gender

- Male
- Female
- Other
- Prefer Not to Say

### Ethnicity/Race:

### Language Spoken at Home

### Health Insurance Coverage

- Private Insurance
- Medicare
- Medicaid
- Uninsured
- Other (Please Specify):

### Marital Status/Family Structure

- Single
- Married/Partnered
- Parent/Guardian
- Other (Please Specify):