

COMMUNITY NEWS

Rocking The Road For A Cure 10 Years Strong

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As 2018 winds down, so does the 10-year anniversary celebration of Rocking The Road For A Cure, Inc., a nonprofit 501c3 organization dedicated to restoring the strength, confidence, and physical and emotional well-being of patients coping with the challenges of breast cancer. The organization sends licensed and certified professionals into patients' homes to provide free health and wellness services such as case management, individual and family counseling, massage therapy, restorative yoga, Reiki, nutritional consultations, house-keeping, childcare, and much more. All breast cancer patients residing in Queens and Long Island are eligible to receive services, regardless of income or insurance status.

Rocking The Road For A Cure (RTRFAC) was founded in 2008 by Dawn Frey, who came up with the idea while struggling with her own breast cancer diagnosis and treatment. At the suggestion of a family friend, she attended a three-day wellness retreat for breast cancer patients that offered services like restorative yoga, massage, and nutrition consults.

"I was at the peak of my treatment," recalled Frey. "My immune system was suppressed, my energy was low, and I felt lousy. The restorative yoga allowed me to release pent up emotions and alleviate some of the stress I had from being diagnosed and going through treatment. The whole experience

really helped. After the retreat I joined a restorative yoga group, but after spending all the extra time on the road, fighting traffic and hunting for parking, I had so much additional stress that it was practically counterproductive."

When her subsequent search for in-home yoga lessons yielded pricey results, Mrs. Frey realized how many people could benefit from free in-home services. Thus, Rocking The Road For A Cure was born.

Like many grassroots nonprofits, Rocking The Road For A Cure relies

heavily on participation and contributions from the community. Their most recent fundraising event was their ninth annual Motorcycle Run in October, which garnered support from hundreds of bikers and spectators and generated some much-needed revenue to help them fulfill their mission.

For more information about RTRFAC's services and upcoming events, or to find out how you can make a difference by becoming a sponsor, donor, or volunteer, visit www.rockingtheroadforacure.org.



Rocking The Road For A Cure founder Dawn Frey (Photos by Rich Balter)

