

*Kara Hahn*  
SUFFOLK COUNTY LEGISLATOR  
FIFTH DISTRICT



## Spring Cleaning of Stony Brook LIRR Station

# The Greening of Committee



It is time for the Three Village Civic Association's Greening of 25A Committee's Annual Spring Clean-up at the Stony Brook Rail Road Station. We need volunteers once again to trim bushes, pick up trash, rake leaves, sweep salt, sand and dirt, weed, spread mulch, and plant flowers.

Date: Saturday, April 16<sup>th</sup>

Time: 8:00 a.m. - 10:30 a.m.

Contact: 631-854-1650

Please Join Us!

## 2<sup>nd</sup> Annual Sarcoidosis of LI Awareness Fun Walk



*Photo: Legislator Kara Hahn and her colleagues honor Sarcoidosis of Long Island founder Frank Rivera for his work to spread understanding of this rare and devastating disease.*

April is Sarcoidosis Awareness Month in Suffolk County and in effort to raise awareness of this rare disease Sarcoidosis of Long Island is hosting a fun walk in at Heritage Park in Mount Sinai.

Sarcoidosis is a disease of unknown cause that leads to inflammation. This disease affects a body's organs and in individuals with sarcoidosis, the inflammation doesn't ever go away.

Date: Saturday, April 16<sup>th</sup>

Time: 10:00 a.m. - 1:00 p.m.

Location: Heritage Park

633 Mount Sinai-Coram Road

Mount Sinai, NY 11766

Contact: [fjr311@gmail.com](mailto:fjr311@gmail.com)

## 10th Annual Walk/Run for Friends of Karen!

Friends of Karen will hold its annual Walk/Run during two separate events:

### 5K Walk/Run

Saturday, April 30<sup>th</sup>

Mitchel Athletic Complex

Uniondale

*Ages 6 & older*

### 10K Half & Full Marathon

Sunday, May 1<sup>st</sup>

Eisenhower Park

East Meadow

*Ages 16 & older*

This not-for-profit organization provides emotional, financial and advocacy support for children with life threatening illnesses and their families in order to keep them stable, functioning and able to cope. The organization has helped more than 12,400 children in the New York tri-state region.

Don't pass up this wonderful opportunity to help Friends of Karen in their efforts. For a brochure and donor/sponsor opportunities, please contact Patricia at [patriciaconway@friendsofkaren.org](mailto:patriciaconway@friendsofkaren.org) or 631.473.1768 ext. 303.

## Smoking Cessation Classes to be Offered in Setauket

**Break Them...**



**Like A Bad Habit**

If on January 1<sup>st</sup> you were one of the thousands of area residents who resolved to quit smoking only to be half-way through a new pack by January 4<sup>th</sup>, then I encourage you to take advantage Suffolk County's "Learn to Be ...Tobacco Free" in Setauket:

Dates: Thursdays, May 12, 19, 26, June 2, 9, 16, 2016

Time: 6:00 p.m. - 7:00 p.m.

Location: Stony Brook Tech Center

14 Research Way

Setauket, NY 11733

Reunion: July 7, 2016

Contact: 631-444-4000

The classes are free to Suffolk County residents, though there is a nominal

fee for medication for medically eligible participants.

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Port Jefferson, New York 11777

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