

Personal Training Institute of Setauket

Personal Training Institute of Setauket — part of a fitness franchise that offers programs for weight loss and conditioning — recently helped to raise \$6,330 for Strength for Life during Work Out Your Trainer Day on May 3. Strength for Life's mission, as a community exercise program, is to help cancer-diagnosed individuals participate in group classes that are designed to enhance their recovery process. The organization was formed in the memory of Evelyn Knapp, co-founder of Personal Training Institute who was diagnosed with breast cancer, but continued exercising throughout treatment.

For more information on Personal Training Institute of Setauket or Strength for Life, contact manager Josh Cho at 751-8329.

