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Golf Outing

Fitness Plus, a health and fitness club, will host a golf outing, at the Hamlet Willow Creek in Mount Sinai, on Sept. 22, at 1 p.m., to benefit Friends of Karen, a Port Jefferson-based children's charity that provides financial, emotional and advocacy support to families with children with cancer and other life-threatening illnesses. Cost: \$175. To participate, call Fitness Plus Manager Francesca Maio at 631-642-9700. For details on Friends of Karen, call 631-473-1768; or visit www.friendsofkaren.org.

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Golf Outing for Charity

A golf outing to benefit Friends of Karen is featured, on Sept. 22, at 1 p.m., at Hamlet Willow Creek, One Clubhouse Drive, Mount Sinai. Cost: \$175 per person.

Proceeds from this outing, which is hosted by Fitness Plus, benefit Friends of Karen, a Port Jefferson-based children's charity that provides financial, emotional and advocacy support to families with children with cancer and other life-threatening illnesses. The charity is named after 16-year-old Karen, who was terminally ill and died in 1978. "Friends of Karen has helped so many families in our local communities and this is our opportunity to give back to them," says Michael Niebuhr, personal trainer director at Fitness Plus.

To participate, call Fitness Plus manager Francesca Maio at 631-642-9700.

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