



JUNE 2021

The Capital Region's Personal Source for Breast Cancer Support and Education since 1998



The Online Store is Open
Receive 20% off your first online order

To Life! offers the convenience of shopping online with a wide selection of bras, camisoles, hats, bathing suits and more for life during and after treatment or surgery.

We carry all the top brands with many styles, colors and sizes.

Not sure about fit or size? Use our online size guide or
call 518-439-5975 and we can assist.



Support Groups Continue Virtually

Newly Diagnosed Support Group

Being offered this month via Zoom conference call on Thursday, June 24 at 6:00
pm.

Please email Melanie McCulley at mmcculley@tolife.org to connect with this group.

Bilingual Support Group

Please email Breast Health Educator and group facilitator [Carmen Rodriguez](mailto:crodriguez@tolife.org) at
crodriguez@tolife.org for information on this group.

Saratoga Support Group

Please contact group facilitator Jen Baldwin at jbaldwin1@saratogacare.org
for updated information on this group.

MetaThriver Support Group

Please email Support Services Program Manager Melanie McCulley
at mmcculley@tolife.org
for updated information on this group.

Young Survival Coalition

Active on Facebook, and with meetups, for women diagnosed with breast cancer
in their 40s and younger. Please email Melanie McCulley at mmcculley@tolife.org
to be connected with this group.

The To Life! support group program is sponsored in part by New York State Department of
Health.

Wellness Programming

**Help us learn more about your interest in virtual wellness
programs.**

[Click this link to participate in a short survey](#)

Thank you!



The To Life! Blog

Browse the latest articles written by healthcare professionals, patients and individuals for breast cancer patients, survivors and thrivers.

Recent blogs about Breast Cancer and Your Mental Health:

[Finding Your Cancer Mindset](#)

[Breast Cancer and Mental Health](#)

[View All Blog Posts](#)



COMING SOON IN AUGUST!

BEAT THE ODDS

**A VIRTUAL EDUCATIONAL
PROGRAM**

MORE DETAILS TO FOLLOW

Individual Support and Coaching

**Individual support and coaching are available to women
diagnosed with breast cancer,
including long-term survivors.**

**Please contact Melanie McCulley, Support Services
Program Manager at mmcculley@tolife.org.**

A Toast To Life!

Thank you to everyone who supported A Toast To Life!
We are grateful to our sponsors, honorary committee, auction
donors,
bidders, friends, volunteers and community members!

[View Program by Clicking Here](#)



**Looking for facts and information about the COVID
vaccine?**

Here's what you need to know. Click this link:

[Get the Facts](#)

**While NYS has adopted the CDC's "Interim Public Health
Recommendations to Fully Vaccinated People" for the**

safety of the people we serve, To Life! is still practicing safe guidelines and requiring visitors to wear a face mask at the time of their visit.

Support and Boutique Services are available

Please contact us at 518-439-5975 for assistance or to schedule an appointment.

[MORE INFORMATION](#)

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