



JULY  
2019



*Save The Date*

**Beat The Odds**

**Wednesday August 7th, 2019**

**Saratoga Springs City Center,**

**Saratoga Springs NY**

*8am-Breakfast*

*9am-Program Begins*

Join us for our annual summer symposium featuring medical experts speaking on breast cancer and related health matters. This year's panel will address critical

issues relating to post-mastectomy breast reconstruction using silicone implants.

**Presenters Include:**

Our Cynthia Shenker Speaker- Steven Nagel, MD, Medical Officer, Division of Surgical Devices and Drug Safety at the U.S. Food and Drug Administration

Dr. Andrew Warheit, Radiologist, St. Peter's Health Partners

During the Question and Answer period, Dr. Nagel will be joined by Danielle Kroll, MD, Medical Officer at the Office of Hematology and Oncology Products at the U.S. Food and Drug Administration.

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**This program is offered free-of-charge, but you must pre-register. The link for Registration is [HERE](#). Please call the office if you don't have access to a computer 518-439-5975**



**New in Delmar & Saratoga Boutiques- COOBIE bras**

One size fits almost every body. The Coobie bras are seamless, soft & stretchy - they comfortably fits sizes 32A to 36D. They really do fit that size range perfectly!

They are all seamless, so no hooks or clasps. The back is smooth. Straps are adjustable & removable and each has removable, reversible padding. The pads stay in place with the versatile pocket that can be worn with prosthesis or without. The fabric is made of an ultra soft nylon and spandex blend.

*To learn more about our Bra and Prosthesis Boutique, please head to our [website](#).*



**Qi Gong For Breast Health**

**Monday, July 15th 2019**

**6:30pm-7:30pm**

**To Life! Delmar Office**

Qi Gong is a traditional Chinese practice of aligning breath and movement to boost energy, mental focus and physical well-being. Qi Gong is gentle, empowering, self-healing, enjoyable and easy.

In this workshop you will learn 7 Qi Gong movements that will increase energy flow through the breast area.

Qi Gong is part of a preventative and restorative model of healing.

**Sign up by calling 518-439-5975**

**Coming Soon: Reiki in July**

To Life! Delmar Office

Joan Bender, Certified Reiki Practitioner of Food & Market Coaching will be providing Reiki during the month of July. Times are below! Call 518-439-5975 to schedule your session today!



July 1st 12:30-2:30pm  
July 10th 3:00pm-5:00pm  
July 15th 12:30pm-2:30pm  
July 24th 3:00pm-5:00pm  
July 29th 12:30pm-2:30pm

*Mediterranean Cooking for Breast Cancer  
Patients and Survivors*

Wednesday, July 24, 2019 – 11:00 am – 12:30 pm

Healthy Eating = Risk Reduction

As part of our Wellness Program, To Life! and Hannaford Supermarkets will offer a free cooking class on Wednesday, July 24, 2019 from **11:00 am to 12:30 pm** at our **Delmar location**. Join Patty Wukitsch, MS, RD, CDN who will teach how to cook in the Mediterranean Style with nutrient rich vegetables, lean proteins and healthy oils to make easy and tasty flavorful meals. **Space is limited so call or email To Life! to sign up.**



Ongoing Wellness Programs  
Offered by To Life! in Delmar



**NEW: Meditation @ the Stram Center**

The Stram Center offers free guided meditation most Wednesdays from 7:30pm to 8:30pm. Check the [Stram Calendar](#) for Dates-No sign up necessary!

**Madgalena Energy Sessions with Susan:**

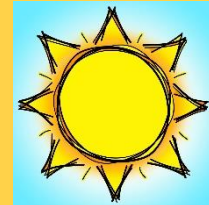
Sessions are available by appointment at the mutual convenience of the Practitioner and Client. All days of the work week are considered. Read our [blog post](#) on Susan!

**Jai Yoga School**

[Jai Yoga School](#) in Slingerlands offers complimentary "sangha yoga" classes to breast cancer patients and survivors. more Info [HERE](#)

**In the Saratoga Region:**  
Reiki Energy Sessions with Judy Rosch

Summer 2019  
Newsletter!



Look out for our Summer newsletter, which just hit the streets!

[Full newsletter PDF](#)

Featured Article:

[Survivor: What's in a Name](#)

By Melanie McCulley  
MS, Support  
Services Manager

**Hannaford- Bags 4  
My Cause  
Each time a  
Hannaford  
Community Bag is  
sold at  
the Hannaford  
located 95 Weibel  
Avenue in Saratoga  
Springs during the  
month of July, our  
organization will**

Certified Reiki Master Judy Rosch will be offering complimentary Reiki Energy sessions on Tuesdays at our Saratoga Boutique (110 Spring Street). More information [HERE](#)

### YANA Yoga

YANA YOGA in Malta offers two classes "Gentle yoga & stretching" and "Gentle to Moderate yoga" free of charge to breast cancer survivors referred through To Life! <http://www.yanayoga.net/>

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All Wellness Sessions are offered free of charge to breast cancer survivors. These sessions are meant to be beneficial for beginners and first timers! Those in active treatment may wish to consult physician before engaging in any movement sessions. Sign up today.

**Please Call To Life! at (518) 439-5975  
to sign up for your session**

### [July Support Groups](#)

#### ***Amsterdam Bilingual Support Group***

English and Spanish speakers welcome.  
(open to anyone in the region at any stage of treatment or survivorship)  
Tuesday, July 9th, 6:30pm- 7:30pm  
Held at Centro Civico Community Room, 143 East Main Street, Amsterdam, NY 12010

**receive a \$1  
donation.**

### **Upcoming Events**

#### **Qi Gong for Breast Health**

Monday 7/15  
@ To Life! Delmar  
Office

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#### **Toast To The Tata's Annual Wine Tasting**

Monday 7/29  
@ Village Pizzeria &  
Ristorante  
Proceeds to benefit  
To Life!

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#### **Beat The Odds**

Wednesday 8/7  
@ Saratoga City  
Center

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#### **Fabulous Fillies Day**

Thursday 8/8 (**NOT**  
to be confused with  
Beat The Odds!)  
@ The Saratoga  
Race Track

### **Young Survival Coalition (YSC)**

#### **Face2Face Support Group**

(For younger women facing Breast Cancer)

Held monthly with varying schedules and locations to accommodate participants

Call 439-5975 or email

[albanyf2fcoordinator@gmail.com](mailto:albanyf2fcoordinator@gmail.com)

#### **Saratoga Support Group**

(Open to anyone in the region

at any stage of treatment or survivorship)

Tuesday, July 19th, 5:30pm - 6:30pm

Mollie Wilmot Radiation Oncology Center

Saratoga Hospital, 211 Church Street

Saratoga Springs, NY 12866

#### **Stage 4/ Metastatic/ Recurrent Support Group**

(For women dealing with metastatic or recurring Breast Cancer)

Wednesday, July 17th, 7:30pm - 9:00pm

Delmar To Life! Office

410 Kenwood Ave, Delmar NY 12054

If you have never attended and wish to come, please contact To Life! (439-5975) to register and confirm.

#### **Newly Diagnosed Support Group**

(For recently diagnosed patients

or anyone in treatment or survivorship)

Thursday, July 25th, 6:00pm - 7:30pm

Delmar To Life! Office



#### **From The Blog**

##### [Qigong for Cancer Patients](#)

To Life! will be offering qigong classes this Spring. Learn how qigong can benefit cancer patients

***Next Class With Maria Patrick is Scheduled for July!***

##### [Wellness Practitioner Profile: Susan](#)

##### [Sperber](#)

Learn more about Susan Sperber, a practitioner providing energy healing services to our clients.

##### [Website Home](#)

***Want to learn more about To Life!***

Visit our [WEBSITE](#)

or

our [FACEBOOK](#)

**Stay updated on all things To Life!**

410 Kenwood Ave, Delmar NY 12054

If you have never attended and wish to come, please  
contact To Life! (439-5975) to register and confirm.

Support group programs are funded in part by Komen Upstate NY  
and the NYS Department of Health

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**Our mailing address is:**

410 Kenwood Avenue, Delmar, NY 12054

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