



Cheers to a happy and healthy New Year! Join us for several wonderful wellness programs this January and start your year off right!



STILL SPOTS LEFT!!!!

Create A Writing Ritual for Resilience and Stress-Reduction



Saturday, January 11th, 2020

10:30 am- noon

To Life!'s Delmar Office

410 Kenwood Avenue, Delmar, NY

We are thrilled to offer this wonderful workshop led by Ruth Ann Smalley, PhD of Vibrant Energies.

Learn how daily writing can help focus and slow down your mind, process experiences, and reduce stress. Light food and drink included! Class is offered free of charge to breast

cancer patients, survivors, and caregivers.

Call 518-439-5975 to sign up Today!

Healthy Living for Breast Cancer Survivors

Why it is so Important to Read Food Labels?



Ever wonder what Nutrition Labels really mean? Learn all about exactly what you're eating at an informative Label Reading Store Tour with local Hannaford Dietitian, Patty Wutkitsch MS, RD, CDN.

When: Monday, January 27th, 2020; 11am-12pm

Where: Hannaford Supermarket, 180 Delaware Avenue, Delmar, NY 12054

Register by Calling To Life! at 518-439-5975

This class is offered FREE OF CHARGE to breast cancer patients, survivors, and their family members or caregivers. However, registration is required.

Please join us at:

The Annual **PINK ZONE** Game :
"A Celebration of Survivorship"

Thursday, February 13th

Siena vs TBD

Marcelle Athletic Complex at Siena College.



PINK ZONE GAME

Join us at the 20th Annual Siena Women's Basketball Pink Zone Game

5:30pm Reception

6:45pm Ceremony/Introduction of Survivors

7pm Tip-off

Tickets are available for both the game and reception [HERE](#).

For more information on the Pink Zone Game, please head to our [website](#).

If you have any questions, please call the office at 518-439-5975.



[To Life! in the News!](#)

Did you get the chance to see Spectrum News' Spotlight on our Delmar wig boutique? If not make sure to check out the wonderful story [HERE!](#) Special thank you to Mercedes and the Spectrum News Team. If you or anyone you know is struggling with hair loss due to a medical reason and is interested in learning about options for head coverings, please call either our Delmar (518-439-5975) or Saratoga (518-587-3820) boutiques. We can help!

[January Support Groups](#)

Bilingual Support Group

(open to anyone in the region at any stage of treatment or survivorship; English and Spanish Speakers Welcome).

Tuesday, January 7th, 6:30-7:30pm

Centro Civico Community Room,
143 East Main Street, Amsterdam,
NY 12010

Note: This Group will feature a special Breast Health Education Program with Breast Health Educator, Carmen Rogdriguez and To Life! Support Services Program Manager, Melanie McCulley. Information will be shared in English and Spanish. Call 518-770-6827 to register.

Reiki in January

To Life! Delmar Office

Joan Bender, Certified Reiki Practitioner of Food & Market Coaching will continue to provide Reiki this **January**. The benefits are many, including pain relief, stress reduction and balance. Times are below!

Call 518-439-5975 to schedule your session today!



Appointments are available 1/6 12:30pm-2:30pm, 1/15 3pm-5pm, 1/29 3pm-5pm

**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

Saratoga Support Group

(Open to anyone in the region at any stage of treatment or survivorship)

Tuesday, January 21st, 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, January 15th, 6:30pm - 8:00pm *New Time*

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.



[Latest Blog Posts](#)

New Resources for Nutrition, Health and Wellness: Cookbook Library

In our Delmar Office, we have created a wonderful resource for local survivors, a cookbook library! Browse through cookbooks covering a variety of topics, such as risk reduction, supporting a healthy immune system, and healing during and post treatment! You can even borrow your very favorites through our lending library!

Want to learn more about To Life!

Visit our [WEBSITE](#)

or

our [FACEBOOK](#)

Stay updated on all things To Life!

To Life! Annual Appeal

Gifts to the Annual Appeal help fund our outreach, now and in the future. Your support means that To Life! can and will continue to provide services and programs that remain free of charge to patients, survivors, and their friends and family.

[Contribute Now](#)

Newly Diagnosed Support Group

(For recently diagnosed patients or anyone in treatment or survivorship)

Thursday, January 23rd, 6pm-7:30pm

Delmar To Life! Office
410 Kenwood Ave, Delmar NY
12054

If you have never attended and wish to come, please contact our support services manager Melanie McCulley (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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