



OCTOBER



Fall Support, Education and Wellness for You!



We are your local resource for support services, education and wellness programming in October and throughout the year. Register today for one of our upcoming events!



To Life! is proud to present the 9th Annual Women's Health Conference

WHEN: Tuesday November 12th 8:00am to 4:30pm

**WHERE: Carondelet Hospitality Center;
385 Watervliet Shaker Road Latham, NY 12110**

Join us for an all-day conference on topics related to Breast Cancer and Women's Health issues. This conference offers 11 presentations featuring experts from our community. It includes large forum talks and small group workshops. Topics will be relevant to survivors in active treatment or beyond and seasoned healthcare professionals. Each year the Conference has been approved to offer continuing education credits for Registered Nurses and other nursing professionals. This program is offered free of charge but

Registration is REQUIRED.

[LINK TO REGISTER TODAY](#)



Qi Gong For Breast Health
Monday, October 21st, 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

Look Ahead: Upcoming Wellness and Education Classes



Nourishment During and After Breast Cancer and Cancer Risk Reduction: Focus on Fall Flavors

Tuesday October 29th; 6:00pm-7:30pm

@ The Stram Center

90 Adams Place, Delmar, NY 12054

Please sign up by calling the Delmar Office 518-439-5975

Women's Health Conference

Tuesday November 12th; 8:00am-4:30pm

@ Carondelet Hospitality Center

385 Watervliet-Shaker Road, Latham, NY 12110

Hannaford Cooking Class: Fall Soup

Thursday November 14th; 3:00pm-4:30pm

@ Central Avenue Hannaford

900 Central Avenue, Albany, NY 12206

Please sign up by calling the Delmar Office 518-439-5975

Reiki in October

To Life! Delmar Office

Joan Bender, Certified Reiki Practitioner of Food & Market Coaching will continue to provide Reiki during the month of **October**. The benefits are many, including pain relief, stress reduction and balance. Call 518-439-5975 to schedule your session today!



Wednesday 10/2 3:00-5:00pm

Monday 10/7 12:30-1:30pm

Wednesday 10/16 3:00-5:00pm

Monday 10/21 12:30-2:30pm

Wednesday 10/30 3:00-5:00pm

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.

Jai Yoga School

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

In the Saratoga Region: Reiki Energy Sessions with Judy Rosch

Certified Reiki Master Judy Rosch will be offering complimentary Reiki Energy sessions on Tuesdays at our Saratoga Boutique (110 Spring Street).

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/>

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**

October is Breast Cancer Awareness Month. New From our Blog:

[What Does October Mean to You?](#)

By our Executive Director, Eileen Bird

