



**FEBRUARY 2021**

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



## **Women's Health Conference Series Videos on Demand**

What a great series! Many thanks to each of our wonderful presenters.

[Video Links](#)

### **The To Life! Blog**

Information for those dealing with a breast cancer diagnosis. Check out the latest blog postings:

[Why Seek a Second Opinion?](#)

[COVID-19 Vaccine-Linked Adenopathies Could Mimic Breast Malignancies](#)

[All blog posts](#)



## **Support Groups Continue Virtually**

### **Newly Diagnosed Support Group**

Being offered this month via Zoom conference call.

Please email Melanie McCulley at [mmcculley@tolife.org](mailto:mmcculley@tolife.org) to sign up for  
Thursday, February 25 at 6 PM.

### **Bilingual Support Group**

Please email Breast Health Educator and group facilitator [Carmen Rodriguez](#)  
for updated information on this group.

### **Saratoga Support Group**

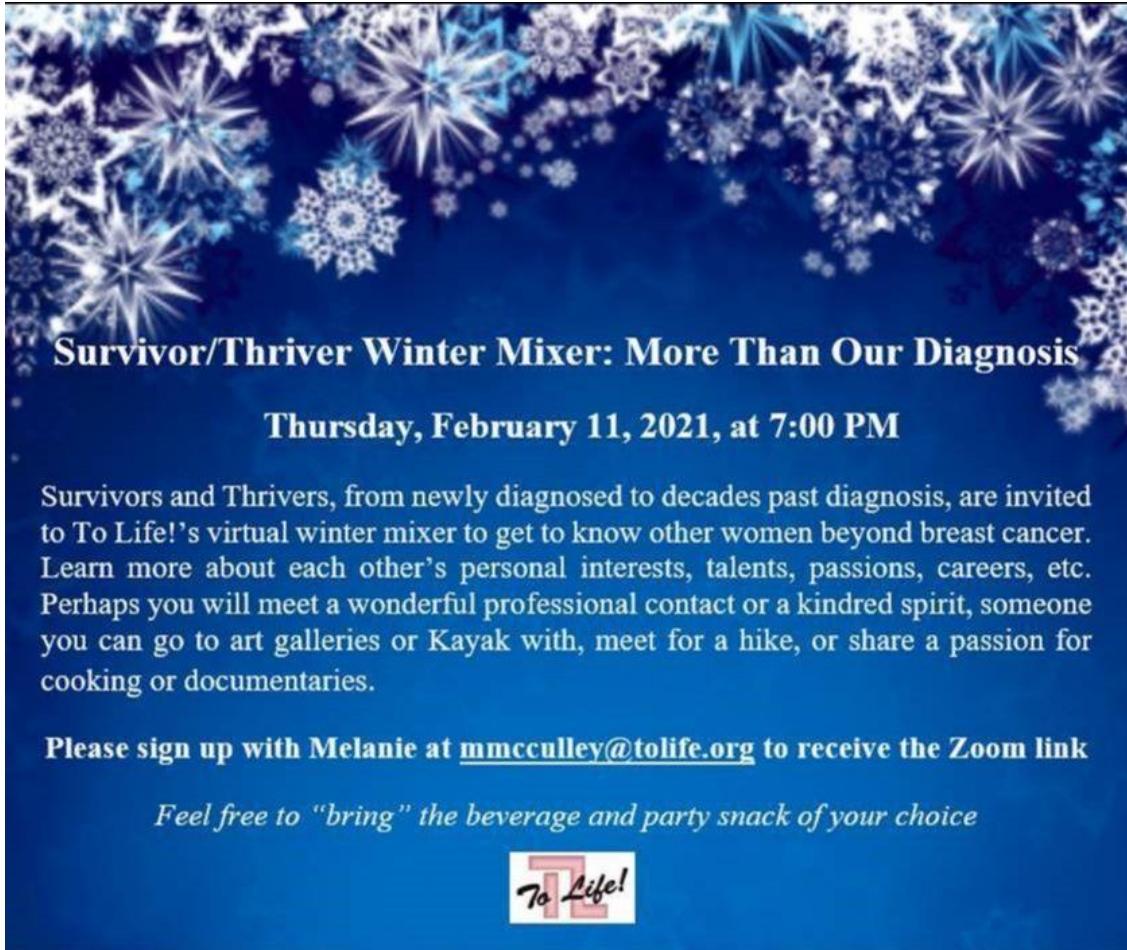
Please contact group facilitator Jen Baldwin at [jbaldwin1@saratogacare.org](mailto:jbaldwin1@saratogacare.org)  
for updated information on this group.

### **MetaThriver Support Group**

Please email Support Services Program Manager Melanie McCulley  
at [mmcculley@tolife.org](mailto:mmcculley@tolife.org)

for updated information on this group.

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




**Survivor/Thrivers Winter Mixer: More Than Our Diagnosis**

**Thursday, February 11, 2021, at 7:00 PM**

Survivors and Thrivers, from newly diagnosed to decades past diagnosis, are invited to To Life!'s virtual winter mixer to get to know other women beyond breast cancer. Learn more about each other's personal interests, talents, passions, careers, etc. Perhaps you will meet a wonderful professional contact or a kindred spirit, someone you can go to art galleries or Kayak with, meet for a hike, or share a passion for cooking or documentaries.

**Please sign up with Melanie at [mmcculley@tolife.org](mailto:mmcculley@tolife.org) to receive the Zoom link**

*Feel free to "bring" the beverage and party snack of your choice*



**Tratamiento del cáncer de mama**

**22 de febrero de 2021**

**Programa presentado en español**

**Todos están invitados a asistir a este evento virtual**

**Llame al 518-439-5975 para registrarse**

Breast Cancer Treatment educational Program (Spanish)

February 22, 2021

Details to follow - call 518-439-5975 for info and to register

## COVID-19 Office Safety Protocols in Place

**Support Services and Boutique Services are available**

Please contact us at 518-439-5975 for assistance

[MORE INFORMATION](#)

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