



JUNE 
2019



Save The Date

Beat The Odds

Wednesday August 7th, 2019

Saratoga Springs City Center,

Saratoga Springs NY

8am-Breakfast

9am-Program Begins



NEW WELLNESS CLASS PARTNERSHIP!

Guided Meditation Classes

The Stram Center for Integrative Medicine offers guided meditation sessions lead by Janaki Ramkumar. Sessions are held at The Stram Center every

Wednesday evening at 7:30 pm and serve as an introduction for beginners as well as a practice for experienced individuals in the cultivation of clarity, mindfulness and deep state meditation.

No registration necessary.

[Stram Center calendar](#)



Qi Gong For Breast Health

Monday, June 10, 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.

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



Ongoing Wellness Programs Offered by To Life! in Delmar

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. Find more information on the healing nature of Madgalena Energy Sessions [here](#). 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



**June is National
LGBTQ Pride
Month
To Life! celebrates
& supports our
diverse survivor
community**

**National Cancer Survivor
Day-June 2nd**

**We take a moment to
recognize all who are
living with a cancer
diagnosis and those
supporting a cancer
thriver!**

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/>

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

[June Support Groups](#)

[Schenectady Support Group](#)

English and Spanish speakers welcome.
(open to anyone in the region at any stage of treatment or survivorship)
Tuesday, June 11th, 6:30pm- 7:30pm
Schenectady Area YWCA,
44 Washington Avenue, Schenectady, NY 12305

[Young Survival Coalition \(YSC\)](#)



Upcoming Events

Qi Gong for Breast Health

Monday 6/10
@ To Life! Delmar Office

Toast To The Tata's Annual Wine Tasting

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

Beat The Odds

Wednesday 8/7
@ Saratoga City Center



From The Blog
[Hike With To Life!](#)

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, June 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, May 15th, 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, June 27th, 6:00pm - 7:30pm
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.

Read this fantastic blog
post written by Hike With
To Life! leader and
Survivor, Anne Lawton,
RN. Learn what Hike
With To Life! can do for
you!

[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 June!**

[Wellness Practitioner Profile: Susan Sperber](#)

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

[Website Home](#)

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

Want to learn more about To Life!
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