

SEPTEMBER 2020



Virtual Cooking Class

with Hannaford Dietitian Patty Wukitsch, MS, RD, CDN

Monday, September 14, 2020, starting at 6:00pm

Focus on Bone Health and Soy as they relate to Breast Cancer

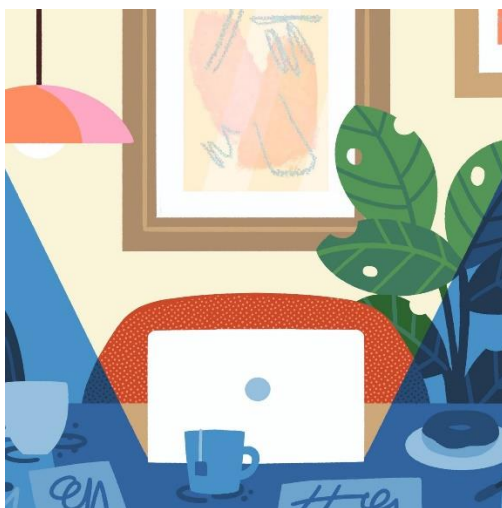
[More Information](#)

OFFICE SAFETY PROTOCOLS: The To Life! offices will only be accessible by appointment or by contacting the office prior to entering. If you are in need of services or an appointment, please call our office at **518-439-5975** and we will be happy to schedule you.

[More Information](#)

Support Groups - Continue Virtually

To Life! Support Groups are being offered through a secure web platform. Whether you've just been diagnosed, in active treatment, or in a survivorship stage, you are welcome to join. Especially in these times of social distancing, a support group can be vital to your emotional health throughout the cancer journey. If you are interested in one-on-one support, as opposed to group support, please contact our Support Services Program Manager [Melanie McCulley](#), and she will be happy to provide you with resources.



Newly Diagnosed Support Group

Being offered this month via Zoom conference call. Please email Melanie McCulley at mmcculley@tolife.org to sign up for Thursday, September 24th at 6PM.

Bilingual Support Group

Please email Breast Health Educator and group facilitator [Carmen Rodriguez](mailto:Carmen.Rodriguez@tolife.org) for updated information on this group.

Saratoga Support Group

Please Contact group facilitator Jen Baldwin at jbaldwin1@saratogacare.org for updated information on this group.

MetaThriver Support Group

Please email Support Services Manager Melanie McCulley at 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



The To Life! Blog

Each week To Life! posts several new blog articles. Some are written by To Life staff Members and some are reposted from other publications and websites. All are meant to be helpful and informative to women dealing with a breast cancer diagnosis and their families. Visit the [blog](#) today and catch up on all the new posts!

[When do I Decide if I want a Headcovering?](#)

[Book Review - Eating to Beat Disease](#)

[Thank you Scars for Reminding me that I Survived](#)

[Eyebrow Tutorial for Women going through Chemotherapy](#)

[AND MORE!!](#)

Want to learn more about To Life!



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or

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Stay updated on all things To Life!



Breast Cancer cannot be put on Pause. Those who are dealing with the disease need us now more than ever. Help us support our community by making a Gratitude Donation Today!

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