

# February 2020

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*20th Annual Siena Women's Basketball Pink Zone Game*

**Thursday, February 13th**

**5:30pm Reception**

**6:45pm Ceremony/Introduction of Survivor Honorees**

**7pm Tip-off vs. Rider University**

**Marcelle Athletic Complex, Siena Campus, Loudonville**

[TICKETS ARE STILL AVAILABLE](#)

***Join us and celebrate local survivors, their friends and family!***

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.

### Upcoming Wellness Classes

#### [What's the Message Behind the Dream?](#)

Join Joan Bender, LMHC, Health Coach, Reiki Practitioner and Dream Group Leader for a discussion about dreams and how to understand them better.

**Saturday, February 29th; 10:30am-12:00pm**

**To Life!'s Delmar Office**

410 Kenwood Avenue, Delmar, NY 12054



#### **Healthy Latin Cooking with Doris Romero**

**Tuesday March 10th @ 6pm**

**Horace J. Inman Senior Center**

53 Guy Park Avenue, Amsterdam, NY 12010

Event is offered free of charge, but registration is REQUIRED.

Call 518-770-6827 to register.

This program is sponsored by Ro Life! and Centro Civico

#### [February Support Groups](#)

Please reference our [website](#) for additional information. Please call 518-439-5975, if you are interested in attending any of our support groups for the first time.

#### **Bilingual Support Group**

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

**Tuesday, February 11th, 6:30-7:30pm**

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

#### **Young Survival Coalition (YSC)**

#### **Face2Face Support Group**

(For younger women facing Breast Cancer)



#### [Latest Blog Posts](#)

[What I Learned About Food Labels](#) by Chris Breton

[Book Review: The Cancer Fighting Kitchen](#) by Jan Lafayette

**New Resources for Nutrition, Health and Wellness: Cookbook Library**

Held monthly with varying schedules and locations to accommodate participants  
Call 439-5975 or email [albanyf2fcoordinator@gmail.com](mailto:albanyf2fcoordinator@gmail.com)

**Saratoga Support Group**

**Tuesday, February 18th, 5:30pm - 6:30pm**

Mollie Wilmot Radiation Oncology Center  
Saratoga Hospital, 211 Church Street  
Saratoga Springs, NY 12866

**Stage 4/ Metastatic/ Recurrent Support Group**

**Wednesday, February 19th, 6:30pm - 8:00pm**

**\*New Time\***

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

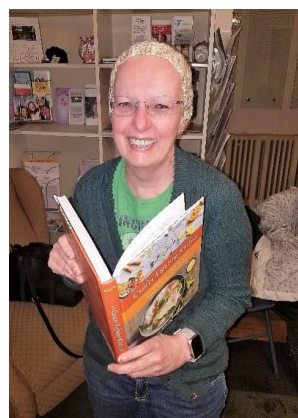
**Newly Diagnosed Support Group**

**Thursday, February 27th, 6pm-7:30pm**

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

If you have never attended, 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*



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

[Read a Survivor Review of Cancer Fighting Kitchen](#)

**Want to learn more about To Life!**

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