

September 2018 E-News

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September Support Groups

Schenectady Area Support Group

English and Spanish speakers welcome

(Open to anyone in the region

at any stage of treatment or survivorship)

Tuesday, September 14th, 6:30pm

Schenectady Area YWCA, 44 Washington Avenue

Saratoga Hospital, 211 Church Street

Schenectady NY, 12305

For more information or to sign up contact To Life! at 518-439-5975

Young Survival Coalition (YSC)

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 for details

Saratoga Support Group

(Open to anyone in the region
 at any stage of treatment or survivorship)
 Tuesday, September 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

(For women dealing with metastatic or
recurring Breast Cancer)

Wednesday September 19th, 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/ In Treatment Support Group

(For recently diagnosed patients
or anyone in treatment or survivorship)

Thursday, September 27th, 6:00pm - 7:30pm
 Delmar To Life! Office
 410 Kenwood Ave, Delmar NY 12054

For more information on support groups please head to our [support group page](#) or call To Life! at (518) 439-5975. Funding for the support group program was made possible in part by Susan G. Komen Foundation, the NYS Department of Health, the Michaelson Family Foundation and other private contributors. The views expressed by facilitators do not necessarily reflect the views of our contributors or the official policies of the State of NY."

Leading a Full Life During & Beyond Cancer

Saturday September 8, 2018

9am - 4pm

Olana Historic Site

Wagon House Education Center



5720 Route 9G
Hudson NY 12534



[Register now](#) for our fourth Wellness Day at the beautiful Olana Historic Site.

Join us for a day that is all about *The Whole You* - not just the part with Cancer.
 Be part of a community with women who are ready to take charge and thrive! Dr.
 Samira Khera of Columbia Memorial Hospital and **To Life!** present A Wellness

Workshop for women diagnosed with breast and gynecological cancers. [Click here to find the day's planned schedule.](#)

[Register today online](#) or by calling (518) 439-5975. Space is limited. Email info@tolife.org with any questions.



Reiki with Diane

We are pleased to offer complimentary Reiki treatments on the first and third Wednesday of the month from 1:00 – 4:00pm. Our Reiki Master, Diane Leary, a retired registered nurse, will provide these complimentary sessions. **Treatments can be scheduled by calling the office at 518-439-5975.**

Gentle Yoga in Saratoga This Fall

We are pleased to offer complimentary weekly yoga sessions beginning in September with registered yoga instructor Brenda Tholin. These hour-long sessions will incorporate a balance of meditation and movement, perfect for beginners or those with physical challenges. Contact the office for more information at 518-439-5975.

Massage with Dorian

Dorian Antonina, LMT will resume offering massage at her studio in the Delmar area in the Fall. Appointment times will be Wednesdays (weekly) at 1:00pm for approximately one hour. Please contact To Life! at info@tolife.org, or by calling (518) 439-5975 to schedule an appointment. Dorian is a Licensed Massage Therapist and volunteer for To Life! Sessions will focus on massage as a tool for relaxation and well-being.

Magdalena Energy Sessions

Beginning this fall, we will offer complimentary [Magdalena Energy Sessions](#) on Thursday afternoons with Susan Sperber. For more information or to register, please call the To Life! office at 518-439-5975

times at 913 700 0070.

All Sessions and Classes are offered at no charge!



**Save The Date for To Life!'s Premier Fundraising Event
Friday October 26th, 2018
Hall of Springs
Saratoga Springs, NY 12866**

Please Join us as we present a special evening celebrating To Life!'s 20th Anniversary!

To purchase a general ticket, honorary committee ticket or a table click [HERE](#).



Tee off 4 Ta Ta's Golf Tournament

Hales Mills Golf Course

146 Steele Rd

Johnstown, NY 12095-3796

Saturday, September 22, 2018

\$125 per person

[Phone: 518-882-9431](tel:518-882-9431) information or to participate in these great events.





For more information click [HERE](#)



October is Breast Cancer Awareness Month

During the month of October, help spread the word about breast cancer awareness. Local businesses are invited to decorate your storefront, windows or lobby **pink**. As part of this initiative, To Life! will offer you a decorated pink pumpkin, breast cancer awareness flyers and 'ribbons' to hang in your window. If you are interested in participating call 518-439-5975 or email our Manager of Development, Pru Chapman at pchapman@tolife.org.

Volunteers For the Fall

Do you have some spare time?
Need community service hours?
We are looking for volunteers to help with some of our Fall initiatives, including:

- Pumpkin painting/decorating
- Donating Pumpkins
- Transporting Pumpkins to local businesses
- Lawn mowing/raking

Call (518) 439-5975 or email info@tolife.org if you or a student can help and make a difference today!

To Life! Walks - Delmar

INSIDE To Life! and the Bethlehem YMCA sponsor



INSIDE - To Life! and the Bethlehem YMCA sponsor Walk2Health, a walking program open to all cancer patients/survivors. The YMCA Walk2Health Schedule is Monday - Noon to 1pm, Wednesday - 4pm to 5pm & Friday - 9am to 10am. Bethlehem Area YMCA, 900 Delaware Ave. Delmar, NY 12054. YMCA membership is not required. Please contact *To Life!* at (518) 439-5975 to sign up.

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