

Women's Health Conference Series Continues

Upcoming program:

Cardiac Health and Breast Cancer

December 2, starting at 2:00 pm

[Register Here](#)

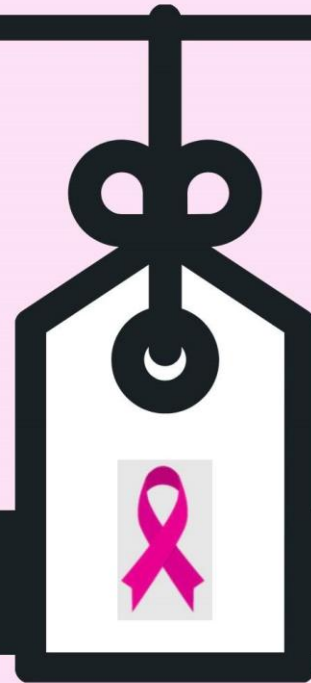
Please direct questions to Melanie McCulley at mmcculley@tolife.org

or call office at 518-439-5975.

A GLOBAL DAY OF GIVING

GIVINGTUESDAY

December 1, 2020



To Life! remains committed to supporting local breast cancer survivors and thrivers. Our services are needed more than ever.

Your support is greatly appreciated and will have an impact on our community. Visit www.tolife.org to make a donation or call the office at 518-439-5975.

Many thanks! Your friends at To Life!

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



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!

[Food Insecurity and Breast Cancer](#)

[Fitness and Breast Cancer](#)

[Is it Safe to Get a Mammogram during COVID-19?](#)

From the Stram Center Blog:

[How to be Proactive with your Breast Health](#)

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

Generally held on Thursday night. Due to December Holidays date TBD
Being offered this month via Zoom conference call.

Please email Melanie McCulley at mmcculley@tolife.org to sign up
Due to Holiday, this group may be rescheduled, please confirm with Melanie

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 and Komen Upstate New York

Want to learn more about To Life!



Visit our [WEBSITE](#)
or
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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 today!
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