



## Coming Soon! To Life! Online Boutique

A promotional graphic for a meditation course. The background is a light yellow gradient. On the left, the text 'Meditation 101' is written in a large, bold, black sans-serif font. Below it, in a smaller black font, is 'Presented by Melissa Hurt', 'Integrative Studio', and 'www.melissahurt.com'. On the right side of the graphic is a photograph of a woman with long brown hair, wearing a black tank top and dark blue leggings, sitting in a lotus position on a grassy area with trees in the background. Her hands are resting on her knees in a mudra.

Find your path to the mindful movement. Guided meditation can be an integral part of the healing process. Click [here](#) for videos and additional resources.



### **Support Groups Continue Virtually**

#### **Newly Diagnosed Support Group**

Being offered this month via Zoom conference call.

Please email Melanie McCulley at [mmcculley@tolife.org](mailto:mmcculley@tolife.org) to sign up for Thursday, March 25 at 6 PM.

#### **Bilingual Support Group**

Please email Breast Health Educator and group facilitator [Carmen Rodriguez](#) for updated information on this group.

#### **Saratoga Support Group**

Please contact group facilitator Jen Baldwin at [jbaldwin1@saratogacare.org](mailto:jbaldwin1@saratogacare.org) for updated information on this group.

#### **MetaThriver Support Group**

Please email Support Services Program Manager Melanie McCulley at [mmcculley@tolife.org](mailto: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.*

### **The To Life! Blog**

Information for those dealing with a breast cancer diagnosis.

Check out the latest blog postings:

[Menopause and Breast Cancer Treatment](#)

[Q&A: Battling Cancer, a Medical Resident Opts for COVID-19 Vaccine](#)

[All blog posts](#)



**Save the Date - Details to Follow**

JOIN OUR VIRTUAL CELEBRATION!

MAY 4th - 6 PM

# A Toast To Life!

*To Life!*<sup>®</sup>

Honoring Friends and Celebrating  
the Gift of Community



**COVID-19 Office Safety Protocols in Place**

**Support Services and Boutique Services *are* available**

Please contact us at 518-439-5975 for assistance

[MORE INFORMATION](#)

Sponsors:



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