



To Life! continues to monitor the COVID-19 operational guidelines for the safety and protection of staff and community members. While the offices remain closed, we are scheduling some boutique appointments. Call or email us:

[518-439-5975](tel:518-439-5975) or info@tolife.org.

Further contact information available on the To Life! website.



Reiki Practitioner, Judy Rosch Offers Virtual Healings to To Life! Clients

Take advantage of the health benefits through a Reiki healing session.. Brennan Healing Science and Reiki Practitioner, Judy Rosch, offers virtual healing sessions during the Coronavirus.

[Read Judy's Blog Post About Her Work](#)

Email Judy at Judy.rosch@gmail.com to schedule your Session

Sessions are offered free of charge to clients of To Life!

July 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, July 23rd at 6PM.

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 for updated information on this group.

Stage 4/Metastatic/Recurrent 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!

[How to Cope with Loneliness During The Coronavirus Pandemic](#)

[Breast Care in the Time of Coronavirus \(COVID-19\)](#)

[How to Care For Synthetic Wigs at Home](#)

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

[AND MORE!!](#)



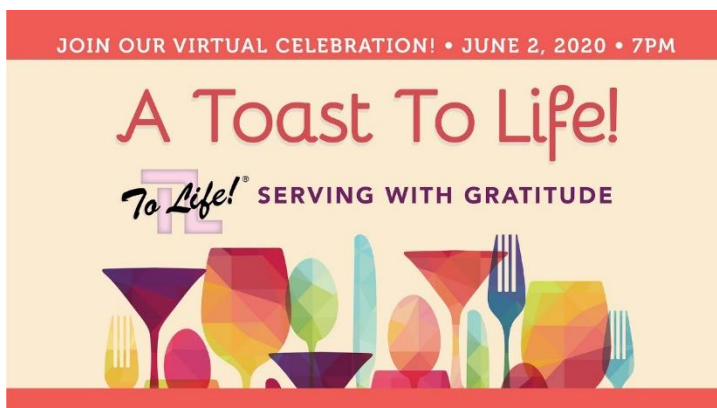
REMINDER-Save the Date for Beat the Odds 2020!

This will be a virtual event held on

August 5th, 2020

9am-11am

Featuring Cindy Shenker Memorial Speaker,
Dr. Jung-Min Lee of the National Institute of Health who will be talking to us
about her groundbreaking research on triple negative breast cancer.



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

A replay of our fundraiser A Toast To Life!

[Here](#)

Want to learn more about To Life!



Visit our [WEBSITE](#)

or

our [FACEBOOK](#)

Stay updated on all things To Life!

making a Gratitude
Donation Today!

[GIVE NOW](#)



*Looking for A Way to Help
During COVID-19
Outbreak in the Capital
Region?*

Try creating cloth masks for
local hospitals like NYOH
and St. Peter's Health
Partners to use for patients
visiting the hospital.

[CDC Guidelines and
Tutorials](#)

#StoptheSpread

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