



Breast Cancer Support and Education

tolife.org

MAY SUPPORT GROUPS

Support Groups Meet Virtually Via Zoom Unless Otherwise Noted

Positively Living

Tuesday, May 6 at 6:30 pm

**Saratoga Body
Positivity**

Thursday, May 15 at 5:30 pm

**Amsterdam
NYOH Amsterdam
Cancer Center**

Tuesday, May 20 at 4:30 pm
IN PERSON

**Saratoga
Hospital**

Tuesday, May 20 at 5:30 pm

MetaThriver

Wednesday, May 21 at 6:30 pm

**Newly Diagnosed
and in Treatment**

Thursday, May 22 at 6:00 pm

**Young Survival
Coalition**

For people diagnosed
under 40 years of age.
Active on Facebook and
with meet ups.

**Bilingual Support
AND
Peer-to-Peer
Mentoring**

For details on how to connect visit www.tolife.org

SUPPORT GROUP DETAILS

JOIN OUR AMAZING PROGRAMS!

May 6, 13, & 20 - Thrive With Hypnosis, Delmar, 6:30P

May 12- Sound Circle, Sound Healing in Troy, 5:45P

May 22 & 29 - Nature Walk in Wilton, 4:00P

May 4 & 16 - Yoga in Bethlehem, 5:30P

May 21 - Lymphedema Champions Support Group, Latham, 6:00p

May 27- Documenting Care at Home, Clifton Park, 4:00P

May 29- Caregiver Workshop, Troy, 6:00P

Wednesdays, May 21- June 11, Noon-1, Place TBD:

Writing the Journey: Pathways to Healing

June 2- Book Club Discussion, 6:30, via ZOOM.

June 5, 12, & 19- Adventures in Art, Place TBD, 6:00P

June 7- Nature Walk in Wilton, 10:00A

June 8 & 22- YOGA in Bethlehem 5:30P

COMING SOON:

Food Is Medicine- An 8 week program of food delivery for those who could use some extra help, includes health tracking throughout and a kickoff party!

REGISTER FOR PROGRAMS



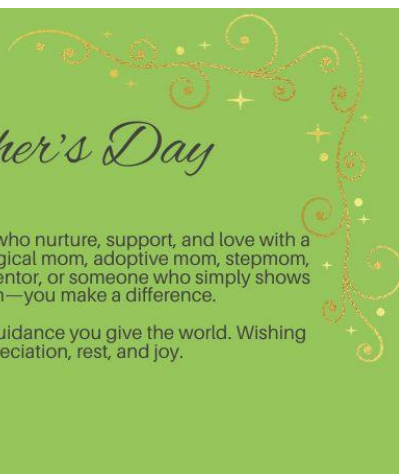
To Life!
Breast Cancer Support
and Education

A TOAST TO LIFE!
Daffodils and Dreams: A Night of Hope

THURSDAY, MAY 8, 2025
5:30 – 7:30 pm
Crowne Plaza Albany-The Desmond Hotel
660 Albany Shaker Rd., Albany, NY 12211

Proceeds from A Toast To Life!
benefit the Education, Support and
Boutique fitting services of To Life!

TICKETS AND REGISTER FOR AUCTION



Happy Mother's Day

In recognition and in honor of all those who nurture, support, and love with a mother's heart. Whether you are a biological mom, adoptive mom, stepmom, foster parent, guardian, grandparent, mentor, or someone who simply shows up with care and compassion—you make a difference.

Thank you for the strength, love, and guidance you give the world. Wishing you a day filled with appreciation, rest, and joy.



RESOURCES:

[Cancer and Mental Health](#)

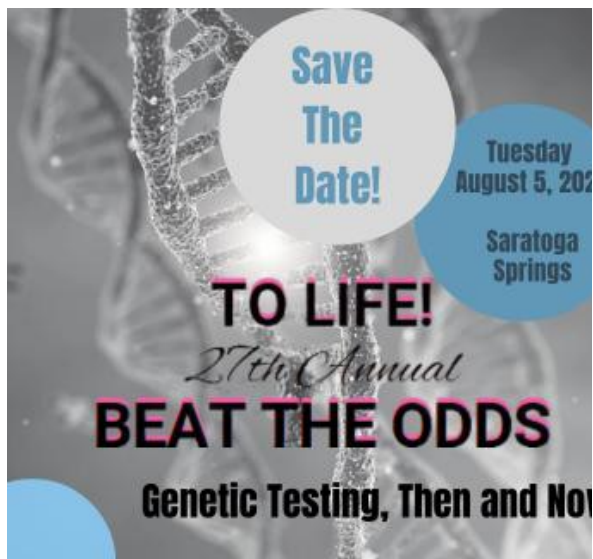
[Coping](#)

[Dealing with Cancer](#)

[Emotions Post Treatment](#)

[Self-Care](#)

[Turn Your Struggles into Strength](#)



Volunteer Spotlight

DENISE BUONO

I connected with To Life! following my breast cancer diagnosis in 2015. Joining a support group made such a difference in my life at that time. The importance of being with other women & sharing our experiences was so helpful in my emotional healing. I also made good friends!

After becoming more familiar with To Life! and personally experiencing the many ways they support and assist women who are going through breast cancer, I wanted to be part of their volunteer community. It was an important part of my recovery, to begin to reach out and contribute to those events which would make a difference to other women in their journey.

My favorite part of volunteering is helping to plan and be part of the events that benefit To Life! and then seeing the excitement people have when they participate. I can then witness how important the events are to those affected by breast cancer. I am moved by my conversations with both survivors and family members, when they share their stories of personal experiences with breast cancer.

I would encourage anyone interested in volunteering to participate in a To Life! event and find that area they think would be a good place for them to start. It is easy to find something that works!

In my spare time, I enjoy working in our flower and vegetable gardens and taking long walks with Alex, finding new places to experience nature along the way. Cooking is fun for me, and I love to try new recipes, and eat them! Alex and I also volunteer with community outreach through our church with Street Soldiers.



Exciting News!
Transportation to leading
healthcare destinations beyond
the Capital Region.

The Flutter Express



Transportation with Purpose

@theflutterexpress theflutterexpress.com

**20% off
for To Life!
Clients**



The Flutter Express offers a round-trip service every Tuesday and Thursday from the Capital Region to NYC and now Boston via a comfortable 56-passenger motor coach bus with several amenities including onboard bathroom and complimentary snacks, bottled water, and comfort kits. The drop-off location is conveniently near top medical centers, including Memorial Sloan Kettering Cancer Center, New York-Presbyterian/Weill Cornell Medical Center, and other key healthcare destinations!

**20% off for To Life! clients who sign up at
www.theflutterexpress.com/tolife**

THE FLUTTER EXPRESS INFO and TICKETS



Breast Cancer Support and Education

Visit Us - tolife.org
To Life!
410 Kenwood Avenue
Delmar, NY 12054

110 Spring Street
Saratoga, NY 12866

1700 Riverfront Center
Amsterdam, NY 12010

Albany Medical Center
Breast Health Center

Contact Us
518-439-5975
info@tolife.org

Follow us



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Albany, NY 12208