

BEYOND PINK



NOVEMBER

October Reflections: A Month of Awareness and Gratitude

This October was filled with purpose, connection, and community spirit. As we marked Breast Cancer Awareness Month, our community came together in inspiring ways — through fundraising events, wellness and educational programs, survivor stories, and outreach initiatives that touched countless lives. The energy, compassion, and dedication we witnessed remind us why our mission matters.

SUPPORT GROUPS

(All support groups meet virtually unless otherwise noted.)

Positively Living - Tuesday, November 4 at 6:30 pm

Amsterdam at NYOH Cancer Center - IN PERSON - Tuesday, November 18 at 4:30 pm

Saratoga Hospital - Tuesday, November 18 at 5:30 pm

MetaThrivers - Wednesday, November 19 at 6:30 pm

Saratoga Body Positivity - Thursday, November 20 at 5:30 pm

DATE CHANGE - **Newly Diagnosed and In Treatment** - November 20 at 6:00 pm

St. Mary's Hospital Amsterdam - IN PERSON Wednesday, November 26- 4:30 pm

Young Survival Coalition - Active on Facebook and with meet ups (YSC)

Bilingual Support - one-on-one support and peer mentoring

Peer-To-Peer Mentoring - tap into the To Life! survivor network

SUPPORT GROUP DETAILS

THRIVE AND CONNECT Wellness Programs



PROGRAMS

November 2 - BRAvo! A Fitting Event, 12:00 - 3:00 pm - DROP IN - 5th Corner Goods in Stuyvesant Plaza

November 6 - Artful Adventures in Gratitude, 3:00 - 7:00 pm - DROP IN - To Life! Delmar

November 9 - Yoga at the Bethlehem YMCA, 5:30 - 6:30 pm - DROP IN

November 10 - Soul Care Circle Sound Healing, 5:45 pm - Troy

November 15 - A Healthier Holiday Cooking Class, 10:00 am - 112 Spring Street, Saratoga (in person or on Zoom)

November 21 - Holiday Craft Event - Holiday Lanterns, 6:00 - 7:30 pm - Hope Club, One Penny Lane, Latham

November 23 - Yoga at the Bethlehem YMCA, 5:30 - 6:30 pm - DROP IN

SAVE THE DATE - December 16 - Holiday Open House - 3:00 - 6:00 pm To Life! Delmar

All programs are free of charge to survivors, thrivers, their caregivers and family members.

If you have questions about any of our programs or would like to register, please reach out to Tasha at TashaMarie@tolife.org or call 518-439-5975.

PROGRAM DETAILS

The Pink Ball

The Pink Ball was a tremendous success, and we couldn't have done it without the incredible support of our community. We extend our heartfelt thanks to our generous sponsors, dedicated honorary committee, enthusiastic guests, thoughtful auction donors, and the inspiring survivor artists who shared their talents and stories with us, volunteers and staff. Your contributions made the event not only impactful but truly unforgettable, helping us continue our mission to support those affected by breast cancer in the Capital Region.

Congratulations to our Honorees!

Arsyl De Jesus, MD - The Game Changer Award
Francesca LoPorto-Brandow - The Trailblazer Award



MORE PHOTOS



Our inaugural 5K Walk/Run was a fabulous success! The energy, enthusiasm, and sense of community were truly inspiring as participants of all ages came together to honor survivors, support those currently battling breast cancer, and remember loved ones. Thanks to everyone who walked, ran, volunteered, or cheered from the sidelines — you made this first-year event unforgettable. We're already looking forward to making it even bigger and better when we host it again next year!



MORE PHOTOS

The Flutter Express



Transportation with Purpose

The Flutter Express offers a round-trip travel service every Tuesday, Wednesday and Thursday from the Capital Region to key medical destinations in NYC and Boston via a comfortable 56-passenger motor coach. Complimentary snacks, water and comfort kits. They make getting there safe, simple, and stress-free, empowering travelers to prioritize their health without the stress of travel. **20% off tickets for To Life! clients!**

DETAILS AND TICKETS



Breast Cancer Support and Education

Visit Us - tolife.org

Main Office:
410 Kenwood Avenue
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Dedicated Onsite
Support Albany Medical
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Contact Us

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