

Hike with *To Life!*



Are you interested in adding exercise decreasing stress, connecting with nature, other survivors and your inner adventurer?

Hike with *To Life!* begins its second year, in April, with a series of weekly training walks, and ongoing informational programs around hiking, health and nature; that will culminate with an actual mountain hike in June. Your leader will be an experienced hiker and your companions will be fellow Breast Cancer Survivors. You do not have to be an experienced hiker to participate.

To learn more, join us for an informational meeting on Wednesday, April 3, 2019 from 6:00-7:00 pm at *To Life!*, 410 Kenwood Ave, Delmar NY 12054.

Hiking, defined as walking for a long distance especially cross country or in the woods, is not only one of the most healthful activities, but comes with the benefits of setting and accomplishing goals - whether climbing a mountain, achieving a distance or just getting outside. RSVP at (518) 439-5975.

*We already know what cancer can do.
Now show cancer what **YOU** can do!*

