



SEPTEMBER
2019



Equine Therapy

"Horses as Healers"

Sunday, September 22nd

1:00pm-4:00pm

Saratoga Therapeutic Equine Program, 244 Maura Lane, Glenville NY

Join us for this exciting new Wellness Program. Learn how horses can help heal in this afternoon program offered in Glenville. Program will include a brush and touch experience with the horses guided by certified instructors, an art expression class, and a body movement class taught by Yana Yoga instructor Ellen Dragonette. Yoga Mats are not provided, so bring your own if interested!

Survivors and friends welcome! [PDF Flyer](#)

Sign up by calling 518-439-5975, Program offered Free of Charge.

Reminder: Save The Date for the 2019 Pink Ball!

More information on tickets, tables, and sponsorship [HERE](#)



Fall in the Boutiques

As Summer ends, you may want to change up your look. To Life! has begun to stock Fall hats and wigs that can help you transition in this tricky in between season. We have a variety of head coverings in heavier fabrics for when the days get colder, as well as some lighter fabrics for that occasional warm day.

To Life! has Boutique Locations in Saratoga Springs and Delmar. More information can be found [HERE!](#)



Qi Gong For Breast Health

Monday, September 23rd 2019

6:30pm-7:30pm

To Life! Delmar Office

Qi Gong is a traditional Chinese practice of aligning breath and movement to boost energy, mental focus and physical well-being. Qi Gong is gentle, empowering, self-healing, enjoyable and easy.

In this workshop you will learn 7 Qi Gong movements that will increase energy flow through the breast area.

Qi Gong is part of a preventative and restorative model of healing.

Sign up by calling 518-439-5975

Reiki in September

To Life! Delmar Office

Joan Bender, Certified Reiki Practitioner of Food & Market Coaching will continue to provide Reiki during the month of **September**. The benefits are many, including pain relief, stress reduction and balance. Times are below! Call 518-439-5975 to schedule your session today!



Wed. September 4th 3:00pm-5:00pm

Mon. September 9th 12:30pm-2:30pm

Wed. September 18th 3:00pm-5:00pm

Mon. September 23rd 12:30pm-2:30pm

Ongoing Wellness Programs
Offered by To Life! in Delmar



NEW: Meditation @ the Stram Center

The Stram Center offers free guided meditation most Wednesdays from 7:30pm to 8:30pm. Check the [Stram Calendar](#) for Dates-No sign up necessary!

Madgalena Energy Sessions with Susan:

Sessions are available by appointment at the mutual convenience of the Practitioner and Client. All days of the work week are considered. Read our [blog post](#) on Susan!

Jai Yoga School

[Jai Yoga School](#) in Slingerlands offers complimentary "sangha yoga" classes to breast cancer patients and survivors. more Info [HERE](#)

In the Saratoga Region:

[Upcoming Events](#)

Tee-off 4 TaTa's

9/14 @ Hales Mills
Golf Course

Equine Therapy

9/22 @ Saratoga
Therapeutic Equine
Program: Glenville

Qi Gong for Breast Health

9/23 @ To Life!
Delmar Office

Serve For the Cause

10/6 @ Tri-City
Fitness

The 2019 Pink Ball

10/25 @ Hall of Springs
Saratoga Springs

**Women's Health
Conference**

11/12 @ Carondelet
Hospitality Center

For additional information,
reference our [To Life!
Calendar](#)

Held at Centro Civico Community Room, 143 East Main Street, Amsterdam, NY 12010

Young Survival Coalition (YSC)

Face2Face Support Group

(For younger women facing Breast Cancer)

Held monthly with varying schedules and locations to accommodate participants

Call 439-5975 or email

albanyf2fcoordinator@gmail.com

Saratoga Support Group

(Open to anyone in the region

at any stage of treatment or survivorship)

Tuesday September 17th, 5:30pm - 6:30pm

Mollie Wilmot Radiation Oncology Center

Saratoga Hospital, 211 Church Street

Saratoga Springs, NY 12866

Stage 4/ Metastatic/ Recurrent Support Group

(For women dealing with metastatic or recurring Breast Cancer)

Wednesday, September 18th, 7:30pm - 9:00pm

Delmar To Life! Office

410 Kenwood Ave, Delmar NY 12054

If you have never attended and wish to come, please contact To Life! (439-5975) to register and confirm.

Newly Diagnosed Support Group

(For recently diagnosed patients

or anyone in treatment or survivorship)

Thursday, September 19th, 6:00pm - 7:30pm

provided. If you're interested, please call the Delmar Office at 518-439-5975. More information provided [HERE!](#)

Look Ahead: Breast Cancer Awareness Month

We love making new friends here at To Life!

if you have an organization or group that would like to raise money for To Life!, please let us know by emailing at

info@tolife.org or

calling the office at 518-439-5975. We

can provide any handouts or promotional information about To Life! that you may need.



Want to learn more about To Life!

Visit our [WEBSITE](#)

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If you have never attended and wish to come, please contact To Life! (439-5975) to register and confirm.

Support group programs are funded in part by Komen Upstate NY and the NYS Department of Health

or
our [FACEBOOK](#)
Stay updated on all things
To Life!

Beat The Odds 2019



Our 20th Annual Beat The Odds Education Forum on Breast Cancer provided Survivors, family, and friends with valuable information on the timely topic of Post-Mastectomy Breast Reconstruction with Implants. Thank you to our speakers Dr. Steven Nagel of the Food and Drug Administration and Dr. Andrew Warheit of St. Peter's Health Partners and panelist, Dr. Danielle Kroll, also of the Food and Drug Administration for their insight. To listen to a podcast of our Question and Answer panel, please email info@tolife.org and we will provide you with the link.

We'd also like to thank our generous event sponsors, tablers, tech crew, Lily & the Rose Catering, volunteers, and event staff of the Saratoga City Center for their invaluable help in putting on this event. And of course a special thank you to all who attended-what a wonderful morning!

6th Annual
Serve for the Cause
 A charity tennis tournament to support breast cancer
To Life!
 All proceeds to benefit To Life!
Sunday, October 6, 2019
 Tri-City Fitness, 944 New Loudon Road, Latham, NY

More Information, including how to sign up
[HERE](#)

Please join us for our... *All proceeds benefit... To Life!*
Annual Charity Golf Tournament
 Hales Mills Golf Course
 \$125/Golfer Includes:
 18 Holes, Cart, Beer & Lunch on course
 Buffet Dinner to follow at
 Village Pizzeria
 To Join Call (518) 882-9431
 or visit www.villagepizzeria.com

Toast to the TaTa's
Tee-off 4 TaTa's
Saturday
September 14th

Prizes awarded for...
 Hole in One
 Longest Drive
 Closest to the Pin

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Our mailing address is:

410 Kenwood Avenue, Delmar, NY 12054

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