

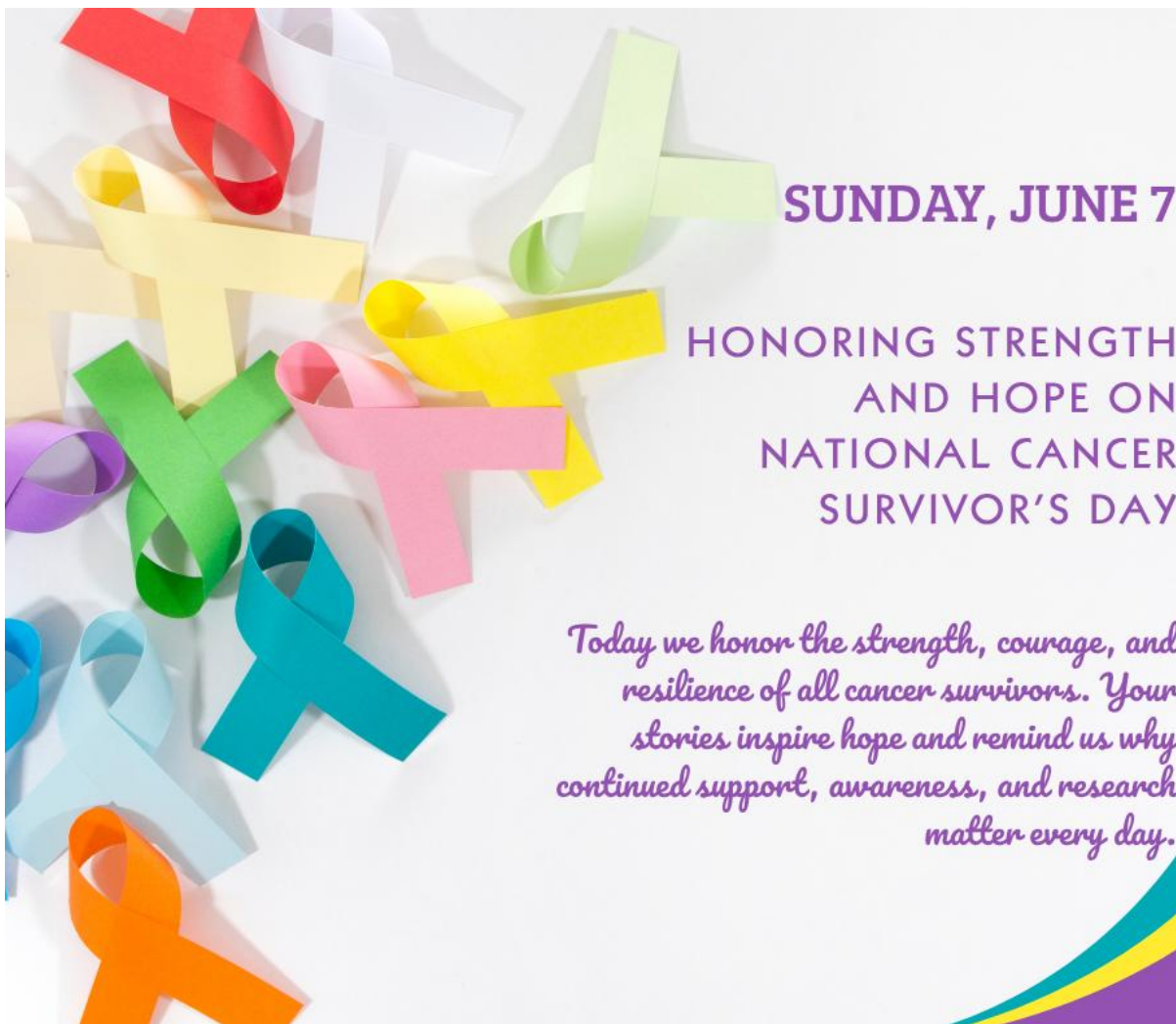


WELCOME JUNE!

June is a time to reflect on the strength, hope, and power of community as we recognize National Cancer Survivors Day on Sunday, June 7. This important observance honors the millions of cancer survivors whose courage and resilience inspire us every day, while also reminding us of the ongoing need for support, awareness, and research.

As we begin the summer season, we celebrate every survivor's journey and honor the caregivers, families, and friends who provide unwavering support along the way. We also want to remind our community that To Life! is here for you every step of the journey too.

Don't miss Katie Flood's reflection below. ♡



A REFLECTION ON WHAT IT MEANT TO BE AT A TOAST TO LIFE!

by Katie Flood

Attending a Toast To Life last month was such a meaningful experience for me. The evening brought together an incredible community of providers, fighters, survivors, supporters, and advocates, all connected by compassion and resilience. As someone currently walking this road, having the opportunity to meet women who have faced similar challenges and made it out the other side gave me so much hope and encouragement. I am also perpetually grateful for the resources To Life! provides to the breast cancer community, resources I have personally utilized throughout my own journey and continue to deeply appreciate. Being part of an evening filled with strength, connection, and genuine support is something I will truly carry with me forever.



June Support Groups

Positively Living - Tuesday, June 2 at 6:30 pm.

Mastectomy Support Group - Next meeting in July

Amsterdam at NYOH Cancer Center - IN PERSON - Tuesday, June 16 at 4:30 pm

Saratoga Hospital - Tuesday, June 16 at 5:30 pm

MetaThrivers - Wednesday, June 17 at 7:00 pm

St. Mary's Hospital Amsterdam - IN PERSON - Wednesday, June 24 at 4:30 pm

Newly Diagnosed and In Treatment - Thursday, June 25 at 6:00 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

Welcome!

MARTHA MCCORMICK

Martha McCormick will join the Positively Living group as Lead Facilitator. Many of you know Martha from her many years of work with To Life! and her tireless efforts in a volunteer capacity, working closely with the survivor community.

"I'm excited to be working with the Positively Living group at To Life!. I consider myself a "seeker" because I'm always looking for meaning and connection in the world and generally trying to figure things out. I have a graduate degree in Counseling, and have worked in Higher Education, and human services for my whole career. Most recently before retiring, I was Director of Education at To Life! where I facilitated support groups, became a Breast Health Educator and was usually the person summoned when someone called To Life! and just needed to talk. With Debra Nozik, I continue to co-facilitate the MetaThrivers support group for those dealing with Metastatic Breast Cancer."

Next meeting on June 2 at 6:30 pm via zoom. Email Eileen at eileenbird@gmail.com to get connected.



TO LIFE IN YOUR COMMUNITY!

There are a lot of exciting things happening in the community and we'll be there! Stop by and say hello! We'd love to see you.

June 3 - Community Resource Day - Amsterdam Riverfront Center - 3pm - 7pm

June 6 - Carnival of Hope - Niskayuna High School - 5pm - 10pm

June 7 - NYOH Survivor Day - Albany Capital Center - 11am - 2pm

June 14 - Pride Day - Washington Park - 10am - 5pm

June 14 - Floyd Warriors 4K Walk - Eastside Rec, Saratoga - 10am - 2pm

June 23 - MBellish Boutique - Sip and Shop - Latham - 4pm - 7pm

THE TOWN OF WATERFORD PRESENTS DRAGON BOAT FESTIVAL 2026



Saturday, August 1st | 10 AM
Hurst Harbor Center | Waterford, NY

Presenting Sponsor



Net proceeds benefit To Life!



Breast Cancer Support and Education

Additional Sponsorship Opportunities Available

Learn how to become a part of this successful event

Visit: townofwaterfordny.gov



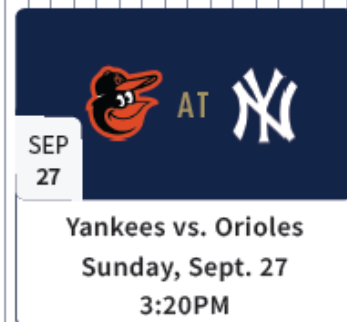
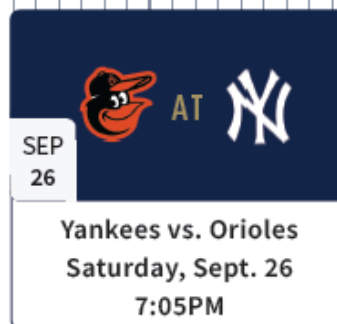
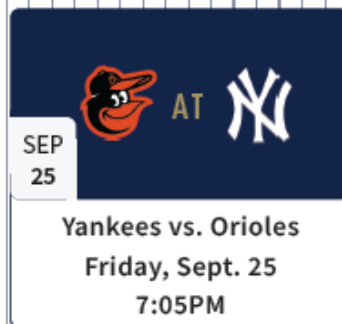
**See the New York Yankees
and support To Life!**



Yankees vs. Orioles Sept 25-28

Purchase a ticket through the link below
and the New York Yankees will donate \$10 to To Life!

Plus, each ticket includes a New York Yankees Breast Cancer Awareness Hat!



Get your tickets today!
Use code: TOLIFE



gofevo.com/group/Breastcancer51



Breast Cancer Support and Education

Delmar | Saratoga | Amsterdam | Albany

tolife.org | 518-439-5975

PURCHASE TICKETS

HIGHLIGHTS FOR UPCOMING PROGRAMS

Please use the QR code or email Tasha at tashamarie@tolife.org to register.



To Life!
Mahjong Club

Are you seeking a fun night out and you enjoy board games? Would you like to learn the art of Mahjong? Then join us!

Every 3rd Tuesday @ 6:00 PM
June 16, July 7 & 28, August 18

1 Penny Lane, Latham at the Hope Club

Scan the QR code
or email
tashamarie@tolife.org
to register.



To Life! Yoga
Led by Cheryl

SELECT SUNDAYS AT 5:30PM - BETHLEHEM YMC

Drop in on-
June 7

Questions? Email Tasha at tashamarie@tolife.org





Breast Cancer Support and Education

Nature Walks

Join us for gentle walk through the Wilton Preserve led by Allyson Paradis, Environmental Education Coordinator. Please wear comfortable, supportive walking shoes and plan for 1.5 hours of time.

June 11th at 5:00PM



Wilton Wildlife Preserve & Park

Saratoga North Parking Lot #1,
80 Scout Road, Wilton, NY

SCAN TO REGISTER or
email tashamarie@tolife.org for a link to register



EQUINE THERAPY

HEALING THROUGH THE LOVE OF HORSES



Saturday June 14, 1:00-3:00PM

STEP
(SARATOGA THERAPEUTIC EQUESTRIAN
PROGRAM), GLENVILLE NY

EMAIL TASHAMARIE@TOLIFE.ORG
FOR THE LINK TO REGISTER

LET'S
HIKE!

Exploration

ADVENTURE

To Life! is excited to join Natalie Santini, Environmental Educator, on 3 separate, progressive hikes this summer.

Dates include:

- June 7th Big Bend Barrens Trail
- June 17th Lake Bonita
- July 12th Baker to Moreau Overlook

9:00AM Arrival



To register for one or more hikes scan the QR code or email tashamarie@tolife.org to receive a link.

MONTHLY CALENDAR



Greek Dance & Exercise Class at St. Sophia's

Come Join the FUN!

Wed.'s at 6:30pm

Summer Session June 3 - July 29

\$7 per week

NO Experience or RSVP required

Dance & Donate for:



Over \$6000 donated locally since 2024

Weekly Class at:

**St Sophia Greek Orthodox Church Hall
440 Whitehall Road, Albany, NY**

Join our mailing list





SAVE THE DATE

09

MONTH

16

DAY

26

YEAR

BEAT THE ODDS HEALTH EDUCATION SYMPOSIUM

SARATOGA SPRINGS, NEW YORK



NYC and Boston Services:
Tuesday, Wednesday & Thursday

The Flutter Express



Transportation with Purpose

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20% off for To Life Clients

www.theflutterexpress.com/tolife

The Flutter Express provides comfortable, round-trip transportation from the Capital Region to New York City and Boston for people of all ages traveling for healthcare, along with caregivers, companions, and family members.

Convenient pick-up locations in East Greenbush, Albany, Catskill/Hudson with drop-offs at Memorial Sloan Kettering Cancer Center, New York-Presbyterian/Weill Cornell Medical Center, Hospital for Special Surgery, Dana-Farber Cancer Institute, Brigham & Women's, Boston Children's and more.

Each ride includes complimentary snacks, bottled water, and a Flutter Kit to help make travel more comfortable & stress-free.



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

110 Spring Street
 Saratoga, NY 12866

1700 Riverfront
 Center

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

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Thank you to our Premier Partners:

