

# March 2020

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## March is Women's History Month!

More women surviving breast cancer means more women's contributions to history. These are just a few incredible women from history who also happen to be breast cancer survivors. To Life! is thrilled to celebrate their strength and accomplishments all month long!



### Upcoming Wellness Classes



#### **Healthy Latin Cooking with Doris Romero**

**Tuesday March 10th @ 6pm**

**Horace J. Inman Senior Center**

53 Guy Park Avenue, Amsterdam, NY 12010

Event is offered free of charge, but registration is REQUIRED

Call 518-770-6827 to register.

This program is sponsored by To Life! and Centro Civico.

#### **Acupuncture Group Class**

**Tuesday, March 31st, 6:00pm-7:30pm**

The Stram Center; 90 Adams Place, Delmar, NY 12054

Space is limited, sign up by Friday, March 27th

Call 518-439-5975 to register.

#### **A Journey Within: Labyrinth Walk**

**Saturday, April 25th, 10:00am-12 noon**

**Delmar Reformed Church**

386 Delaware Avenue, Delmar NY 12054

Call 518-439-5975

[LINK TO CALENDAR](#)

#### **Ongoing Wellness Programs**

**Offered by to Life! in Delmar**

check our [WEBSITE](#) for more information



#### **Reiki with Joan Bender**

Open slots in Delmar office: Wed 3/11 3pm-5pm, Mon 3/16 12:30pm-2:30pm, Wed

3/25 3pm-5pm, Mon 3/30 12:30-2pm. There are no limits on how many sessions you can have, so please sign up whether this is your first session or one of many!

### **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!

### ***Jai Yoga School***

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

## **Saratoga Region**

### ***Reiki Sessions with Judy Rosch***

Certified Reiki Master Judy Rosch will be offering complimentary Reiki Energy sessions on Tuesdays at our Saratoga Boutique (110 Spring Street). More information [HERE](#)

### **YANA Yoga**

YANA YOGA in Malta offers two classes "Gentle yoga & stretching" and " Gentle to Moderate yoga" free of charge to breast cancer survivors referred through To Life! <http://www.yanayoga.net/>

All Wellness Sessions are offered free of charge to breast cancer survivors. These sessions are meant to be beneficial for beginners and first timers! Those in active treatment may wish to consult physician before engaging in any movement sessions.

Sign up today.

**Please Call To Life! at (518) 439-5975  
to sign up for your session**

### **March Support Groups**

Please reference our [website](#) for additional information. Please call 518-439-5975, if you are interested in attending any of our support groups for the first time.

### ***Bilingual Support Group \*\*\*SPECIAL CLASS\*\*\****

(open to anyone in the region at any stage of treatment or survivorship; English and Spanish Speakers Welcome).

**Tuesday, March 10th 6pm-7:30pm**

Healthy Latin Cooking Horace L Inman Senior



**Latest Blog Posts**  
[How to be a Support for Someone with Cancer:](#)  
 by Chris Breton  
[Fertility Preservation Before Breast Cancer Treatment](#)

Healthy Eating COOKING, HORACE G. HUMAN SENIOR  
Center, 53 Guy Park Avenue, 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](mailto:albanyf2fcoordinator@gmail.com)

#### **Saratoga Support Group**

**Tuesday, March 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**

**Wednesday, March 18th, 6:30pm - 8:00pm \*New  
Time\***

Delmar To Life! Office  
410 Kenwood Ave, Delmar NY 12054

**Newly Diagnosed Support Group \*Day change,  
Group will take place on the third Thursday this  
month\***

**Thursday, March 19th, 6pm-7:30pm**

Delmar To Life! Office  
410 Kenwood Ave, Delmar NY 12054

If you have never attended, please contact our support  
services manager Melanie McCulley (439-5975) to  
register and confirm.

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

**Want to learn more about To Life!**

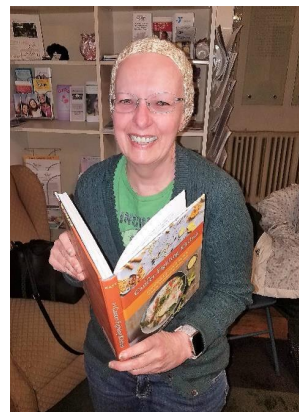
Visit our [WEBSITE](#)

or

our [FACEBOOK](#)

**Stay updated on all things To Life!**

### **New Resources for Nutrition, Health and Wellness: Cookbook Library**



In our Delmar Office,  
we have created a  
wonderful resource for  
local survivors, a  
cookbook lending  
library! Browse and  
borrow cookbooks  
covering a variety of  
topics, such as risk  
reduction, supporting a  
healthy immune  
system, and healing  
during and post  
treatment!

[Read a Survivor  
Review of Cancer  
Fighting Kitchen](#)



Save the Date  
**A TOAST TO LIFE!**  
Tuesday, May 5th,  
2020  
Franklin Plaza, Troy NY

## PINK ZONE 2020



We were thrilled to have such a wonderful turnout of support on Thursday, February 13th, 2020 for the 20th Annual Siena Women's Basketball Pink Zone game! We'd like to firstly thank our incredible survivor honorees for participating and their families and friends who came out to the event! Special thanks to our generous sponsors, including presenting sponsor Nigro Companies, the Siena Women's Basketball team, athletics staff, our incredible volunteers and all of you who came.

[Link to Event Photos](#)

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