



Happy New Year!
2025

From everyone at To Life! to everyone in our community,
we wish you a year of renewed hope, the promise of fresh
beginnings and endless possibilities.

January Support Groups

Support Groups Meet Virtually Via Zoom (unless otherwise noted)

Newly Diagnosed and In Treatment Support Group

Thursday, January 23, at 6:00 pm.

Positively Living Support Group

Tuesday, January 7 at 6:30 pm.

Amsterdam Support Group (in person)

NYOH Amsterdam Cancer Center - 1700 Riverfront Center, Amsterdam

Tuesday, January 21

Saratoga Support Group

Tuesday, January 21 at 5:30 pm.

Saratoga Body Positivity Support Group

Thursday, January 16 at 5:30 pm.

MetaThrivers Support Group

Wednesday, January 15 at 7:00 pm.

Young Survival Coalition (YSC)

Active on Facebook, and with meetups, for women diagnosed with
breast cancer under 40 years of age.

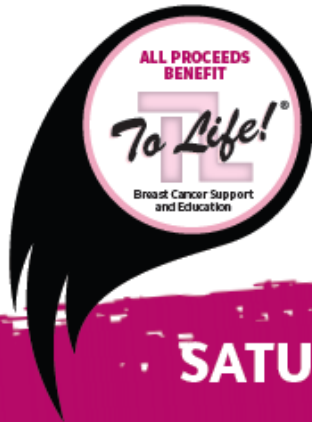
Bilingual Support - one-on-one support and peer mentoring connections.

Peer-to-Peer Mentoring - Tap into the To Life! survivor network by connecting to
someone who can relate to what you're going through now.

For more information on how to connect visit our website.

www.tolife.org

Hoops4Hope



Presented by



ALBANY MED
Health System

SATURDAY, JANUARY 11, 2025

Doors open at Noon
Women's game tip-off at 2pm
Men's game tip-off at 4pm

Rensselaer Polytechnic Institute
ECAV Arena
20 Georgian Court
Troy, NY 12180

Survivors and Thrivers are to be honored
before each game

Teams from Tay Fisher's Youth League will
play at halftime of each game

Exclusive survivor reception between games

Great Raffle Prizes!

Featuring entertainment by Mr. Twisty and
face painting by In Disguise



 **NOVUS**



KEITH VINK AND
JULIE WILSON



**SUGGESTED DONATION OF \$10 PER PERSON OR \$25 PER FAMILY PAID AT THE DOOR.
CASH, VENMO, CARD OR CHECK.**

2025 Upcoming Programs!

Register by email: tashamarie@tolife.org
or call 518-439-5975

January

5th - YOGA - Bethlehem
9th - Mindful Art - Latham
13th - Knit & Crochet - Delmar
16th - Lymphedema Support - Latham
19th - YOGA - Bethlehem
20th - 2025 Vision/Goal Setting Workshop- Glenville
*New Book for Book Club, email for title

February Sneak Peek!

YOGA
Sex and Intimacy; Ask The Dr.
Meditation with Pierre Zimmerman
Book Club Discussion
Walking Club Gathering

CALENDAR and PROGRAM DETAILS



A YEAR IN REVIEW SLIDESHOW

SUPPORT TO LIFE! DONATE TODAY



Breast Cancer Support and Education

Visit Us - tolife.org

To Life!

410 Kenwood Avenue
Delmar, NY 12054

110 Spring Street
Saratoga, NY 12866

1700 Riverfront Center
Amsterdam, NY 12010

Contact Us

518-439-5975

info@tolife.org

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