



Breast Cancer Support and Education

tolife.org

Meet our new Executive Director



I wanted to take a minute to introduce myself to all of you. I am Allison Burton-Chase, the new Executive Director at To Life! I feel honored to have joined such a fantastic team and, even in my first month, have already been lucky enough to meet some of you at either the Holiday Open House, in our offices, or at Hoops4Hope. Cancer education and support for families is an area of particular interest for me because I came to To Life! after working for 20 years in higher education and academic medicine, where my research focused on the behavioral aspects of cancer care in hereditary cancer patients and their families. Know that we will continue to offer all of our high quality programming and events, and my door is always open to any one of you who wants to share your thoughts and ideas. I can be reached via email at ABurtonChase@tolife.org or feel free to come and chat with me at any of our community events or in the office!

Thank you for being part of our organization! And we hope to see you at one of the events featured below.

Allison

February Support Groups

Support Groups Meet Virtually Via Zoom (unless otherwise noted)

Newly Diagnosed and In Treatment Support Group

Thursday, February 27 at 6:00 pm

Positively Living Support Group

Tuesday, February 4 at 6:30 pm

Amsterdam Support Group (in person)

NYOH Amsterdam Cancer Center - 1700 Riverfront Center, Amsterdam

Tuesday, February 18 at 4:30 pm

Saratoga Support Group

Tuesday, February 18 at 5:30 pm

Saratoga Body Positivity Support Group

Thursday, February 20 at 5:30 pm

MetaThriver Support Group

Wednesday, February 19 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

February Programs

Sunday 2/2 AND 2/16

YOGA - BETHLEHEM YMCA 5:30 PM

Monday 2/3

**VISION AND GOAL SETTING WORKSHOP 10:00 AM
CLIFTON PARK**

TUESDAY 2/4

**MINDFULNESS BASED STRESS REDUCTION SERIES 6:00 PM
TUESDAYS THROUGH FEBRUARY - SARATOGA SPRINGS**

WEDNESDAY 2/5

BOOK CLUB DISCUSSION 6:30 PM

MONDAY 2/10 AND 2/24

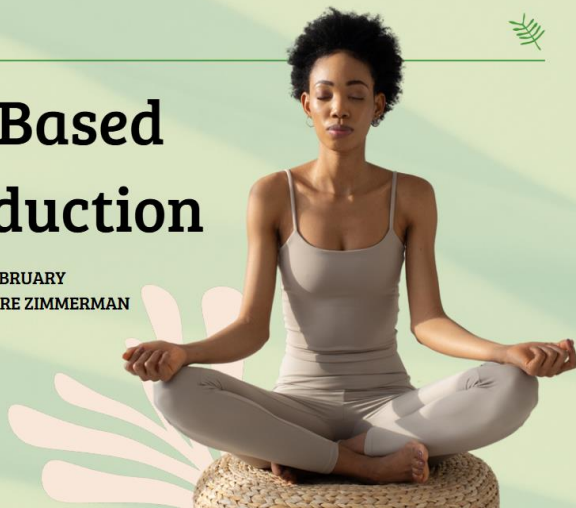
**YARN WORKS 3:30PM
LEARN TO KNIT OR CROCHET**

THURSDAY 2/13

**ASK THE DOCTOR VIA ZOOM 6:00 PM
SEX AND INTIMACY; A CONVERSATION WITH DR. NEGANDHI**

Mindful Based Stress Reduction

A 4 WEEK SERIES TUESDAYS IN FEBRUARY
SARATOGA SPRINGS, LED BY PIERRE ZIMMERMAN



Albany Medical Center presents the To Life! Spring Health Conference

Nourishing Recovery: The Role of Nutrition and Supplements in Cancer Diagnosis and Beyond

GUEST SPEAKERS



CHRISTA ABRAHAM, MD
Department of Surgery
Albany Medical Center



JOELLEN WELSH, PHD
Distinguished Professor
Cancer Research Center
University at Albany



**PATRICIA WUKITSCH,
MS, RD, CDN**
Dietitian
Hannaford

THE DETAILS

- *Free Entry
- *10:00 AM- 2:00 PM
- *Morning snacks and lunch included
- *Free parking

*Friday March 21, 2025

HOLIDAY INN EXPRESS
400 OLD LOUDON RD
LATHAM, NY 12110

REGISTER HERE

Call: 518-439-5975
Email: info@tolife.org or
scan the QR code below



Breast Cancer Support and Education



New York
Oncology
Hematology

SARATOGA CLAY ARTS CENTER

Pre-Purchase Bowls & Tickets at:
saratogaclayarts.org

Music by "SED and FRIENDS"

February 1st 11am - 2pm

SARATOGA SPRINGS CITY CENTER

12th

CHILI  BOWL

Fill the BOWL, EAT the CHILI, KEEP the BOWL-\$27.00 * tax, processing
* admission fee

- ◆ Over 2000 bowls available for this event
- ◆ Each bowl is a "one-of-a-kind" hand crafted piece of art
- ◆ Bowls usually retail from \$25 to \$100
- ◆ Admission: \$5.00 or 2 Non-Perishable Food Items

A PORTION OF PROCEEDS BENEFIT TO LIFE!

Wig Fitting Services Saratoga



We are happy to welcome Natalie to the To Life! 110 Spring Street, Saratoga Springs office.

For over 30 years, Natalie has owned and operated the women's clothing and hat store 'Saratoga Trunk, Lady's Finery' in Saratoga Springs.

She has been dressing women from all over the country including the Capital Region and Saratoga and brings a gentle, fun and respectful touch to working with women.

She has worked closely with renowned milliner, Eric Javits, and has introduced his 'Wig Hat' and 'Squishee Hats with Hair' which became popular with women undergoing chemo.

Natalie will be providing wig fitting services on Mondays.

If you are interested in scheduling an appointment with Natalie please call 518-439-5975.

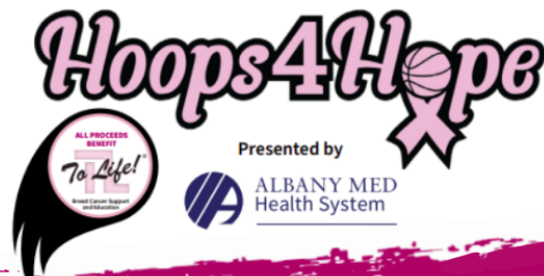
TUESDAY, FEBRUARY 4

**World Cancer Day is a global initiative to raise awareness of cancer
and to encourage detection, treatment and risk reduction.
Get involved. Bring awareness.**

Never underestimate the power of community. ❤️



It's also a day to reflect and remember all those who have been touched by cancer and battled the disease.



**Thank you all for
supporting this event!**





TO LIFE! BOOK CLUB

Read with us!

We will read this book next!

Book discussion
and Snacks!

Tuesday, 3/18

6:30-8:00 PM

Virtual Option Available.

Mark Your Calendars!

A Toast to Life!
May



I Pink I Can
October



Pink Ball
October



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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