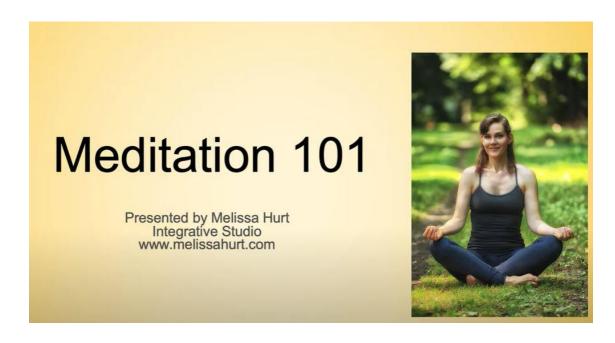


Coming Soon! To Life! Online Boutique



Find your path to the mindful movement. Guided meditation can be a integral part of the healing process. Click <u>here</u> for videos and additional resources.



Support Groups Continue Virtually

Newly Diagnosed Support Group

Being offered this month via Zoom conference call.

Please email Melanie McCulley at mmcculley@tolife.org to sign up for Thursday, March 25 at 6 PM.

Bilingual Support Group

Please email Breast Health Educator and group facilitator <u>Carmen Rodriguez</u> for updated information on this group.

Saratoga Support Group

Please contact group facilitator Jen Baldwin at <u>jbaldwin1@saratogacare.org</u> for updated information on this group.

MetaThriver Support Group

Please email Support Services Program Manager Melanie McCulley at mmcculley@tolife.org for updated information on this group.

The To Life! support group program is sponsored in part by New York State Department of Health and Komen Upstate New York.

The To Life! Blog

Information for those dealing with a breast cancer diagnosis.

Check out the latest blog postings:

Menopause and Breast Cancer Treatment

Q&A: Battling Cancer, a Medical Resident Opts for COVID-19 Vaccine

All blog posts



Save the Date - Details to Follow

JOIN OUR VIRTUAL CELEBRATION! MAY 4th - 6 PM

A Toast To Life!



COVID-19 Office Safety Protocols in Place

Support Services and Boutique Services are available

Please contact us at 518-439-5975 for assistance

MORE INFORMATION

Sponsors:





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