



Breast Cancer Support and Education

tolife.org

APRIL SUPPORT GROUPS

Support Groups Meet Virtually Via Zoom Unless Otherwise Noted

**Newly Diagnosed
and in Treatment**

Thursday, April 24 at 6:00 pm

Positively Living

Tuesday, April 1 at 6:30 pm

**Amsterdam
NYOH Amsterdam
Cancer Center**

Tuesday, April 15 at 4:30 pm
IN PERSON

**Saratoga
Hospital**

Tuesday, April 15 at 5:30 pm

**Saratoga Body
Positivity**

Tuesday, April 17 at 5:30 pm

MetaThrivers

Thursday, April 16 at 7:00 pm

**Young Survival
Coalition**

For people diagnosed
under 40 years of age.
Active on Facebook and
with meet ups.

**Bilingual Support
AND
Peer-to-Peer
Mentoring**

For details on how to connect visit www.tolife.org

SUPPORT GROUP DETAILS

APRIL 2025							CONTACTS
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1 Positively Living Support Group 6:30pm	2	3	4	5	To register for any program listed, email tashamarie@tolife.org To attend our support groups, email dpleskovic@tolife.org
6	7	8	9	10	11	12	
13 YOGA, Delmar, 5:30pm	14 Sound Healing, Troy, 5:45pm	15 Saratoga Hospital Support Group 5:30pm	16 MetaThrivr Support Group 7:00pm	17	18	19	MAY HAPPENINGS! TOAST! A Celebration of Community and Survivorship 5/8 Thrive With Hypnosis YOGA Caregiver's Workshop Sound Healing Guided Nature Walks Positively Living Support Group Newly Diagnosed Support Group MetaThrivr Support Group Bilingual Support Group
20	21	22	23	24 Caregiver's Workshop, Troy 6:00pm	25	26	
27 YOGA, Delmar, 5:30pm	28	29	30	Also- APRIL 24th! Newly Diagnosed Support Group 6:00pm	Also-April 15th, Bilingual Support Group 4:30pm		

Follow us on Facebook where we share all of our current activities! 
 You can also join our e-News mailing list on our website at www.tolife.org

 Young Survivor Coalition on Facebook! Search for YSC!
 We also offer Peer to Peer Mentoring and Support Groups!


 Breast Cancer Support and Education

ALL CALENDAR and PROGRAM DETAILS



Breast Cancer Support
and Education

A TOAST TO LIFE!

Daffodils and Dreams: A Night of Hope

THURSDAY, MAY 8, 2025

5:30 – 7:30 pm

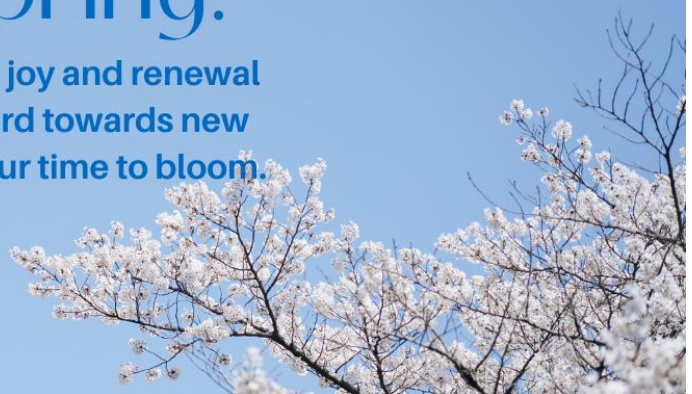
Crowne Plaza Albany-The Desmond Hotel
660 Albany Shaker Rd., Albany, NY 12211

Proceeds from A Toast To Life!
benefit the Education, Support and
Boutique fitting services of To Life!

INFORMATION AND TICKETS

Welcome Spring!

Wishing you a spring filled with joy and renewal
and the strength to move forward towards new
beginnings. Trust that this is your time to bloom.



Sarah Vulgamore, M.A., M.S., NCC
Well for the Soul, LLC

Soul Care Circle for Breast Cancer Thrivers

- A small, safe and supportive circle for women living with breast cancer
- For any stage of treatment and recovery
- Each circle will include a brief sound meditation and creative journaling

For healing and thriving !

Second Mondays, 5:45-7:00pm in Troy, NY

19 Linden Avenue in Troy
The Workshop is in the "barn" at the top of the driveway.
email tashamarie@tolife.org to register
THERE IS ONLY SPACE FOR 8 AT EACH SESSION

To Life!
Breast Cancer Support and Education

Thursday
April 24 and May 29
6:00P
19 Linden Avenue in Troy
The Workshop is in the "barn" at the top of the driveway.



Caregiver Workshop

Understanding compassion fatigue, grief skills, and self-care.

Facilitated by Sarah Vulgamore
M.A., M.S., NCC
Well For The Soul, LLC

To Register, email
tashamarie@tolife.org
or call 518-439-5975

We would like to say **THANK YOU**
to all who attended our Spring Health Conference

With a special thanks to our Community Partner
Presenters and to Dr. Dennis McKenna, President and CEO
of Albany Med Health System!



CHRISTA ABRAHAM, MD
Department of Surgery
Albany Medical Center



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



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

THANK YOU TO OUR PRESENTING SPONSOR!

 **ALBANY MED
Health System**

THANK YOU TO ALL OUR CONFERENCE SPONSORS!

J. McLAUGHLIN

Sip, Shop & Celebrate Spring

Join us with host Jamie Brown for an
afternoon of sips and spring shopping!
PERSONALIZE YOUR PURCHASE WITH
MONOGRAMMING BY CLEARLY YOURS.

FRIDAY, APRIL 4TH
12 – 4PM

J. McLAUGHLIN
594 New Loudon Road • Latham, NY
917.438.5058

10% of sales will benefit To Life!

To Life!

**Save
The
Date!**

**Tuesday
August 5, 2025**

**Saratoga
Springs**

TO LIFE!
27th Annual
BEAT THE ODDS
Genetic Testing, Then and Now

**May 3, 2025
8am - 12noon**

**THE BIG
BETHLEHEM
YARD SALE**
Clear Your Clutter for a Good Cause



**Hold a yard sale on
May 3rd along with
your Bethlehem
neighbors and pledge
the first \$20 (or more)
to our organization!**

**Scan for Info &
To Register**



**bigbethlehemyardsale.
(518) 227-0851**

Wig Services
Saratoga Springs and Delmar
Look and feel your best!

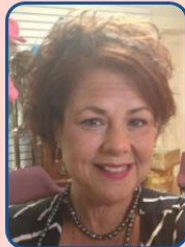
**We have an amazing selection of wigs, halos,
toppers, hats, wraps and scarves for those
experiencing medical hair loss.**

Custom wig fitting, consultation and styling.

Schedule your appointment today!
518-439-5975



Natalie Sillery
Saratoga Springs



Alice Dunican
Delmar

Exciting News!

Transportation to leading
healthcare destinations beyond
the Capital Region.

The Flutter Express



Transportation with Purpose

@theflutterexpress

theflutterexpress.com

**20% off
for To Life!
Clients**



The Flutter Express offers a round-trip service every Tuesday and Thursday from the Capital Region to NYC via a comfortable 56-passenger motor coach bus with several amenities including onboard bathroom and complimentary snacks, bottled water, and comfort kits. The drop-off location is conveniently near top medical centers, including Memorial Sloan Kettering Cancer Center, New York-Presbyterian/Weill Cornell Medical Center, and other key healthcare destinations!

**20% off for To Life! clients who sign up at
www.theflutterexpress.com/tolife**

THE FLUTTER EXPRESS INFO and TICKETS

THANK YOU ALL!

Our sincerest thanks to these community friends and members who selected To Life! as beneficiary of their recent fundraisers!

Jill and Lance Motorsports and the 2nd Annual Lebanon Valley Car Show at Colonie Center.

Jill Fishon-Kovachick of Saratoga Clay Arts and the 12th Annual Chili Bowl Fundraiser in Saratoga Springs.

Kevin Myers from Ribbon Cafe in Ballston Spa and the monthly community raffle.

The support from community friends like this is the backbone of our organization. Not only do these efforts help spread awareness about breast cancer but the donations help us continue on our mission to support local breast cancer survivors and thrivers, their families and caregivers.

We are deeply grateful to you all!



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

Follow us

