



Breast Cancer Support and Education

tolife.org

MARCH 22



LYNCH SYNDROME AWARENESS DAY

Raising awareness so others can know their risk

Lynch syndrome (LS), also known as hereditary nonpolyposis colorectal cancer (HNPCC), is a hereditary cancer syndrome that is primarily associated with colorectal and gynecologic cancers. Like Hereditary Breast and Ovarian Cancer Syndrome (HBOC), more commonly known as BRAC1/2, it is autosomal dominant, meaning that someone with one of the gene mutations associated with LS (MLH1, MSH2, MSH6, PMS2, EPCAM), has a 50% chance of passing it on to a biological child. In addition to colorectal, endometrial, and ovarian cancers, some of the other cancers that have been associated with LS are stomach, skin, and breast. Research in the last decade suggests that the risk of breast cancer in individuals with LS is approximately 1.5 to 2x higher than in the general population, with the level of risk varying by gene mutation and environmental factors.

If you are interested in learning more, you can always reach out to Allison Burton-Chase, our Executive Director, as this is the area she worked in for 20 years prior to joining To Life! You also can find reliable information through [Lynch Syndrome International](#) and [Alive and Kick'n](#), two excellent patient advocacy organizations



March is Women's History Month!

What could be more 'fitting' than sharing the HERstory of the BRA? *See what we did there?

Check out this article by Vogue on a complete history of your garment underneath.

READ MORE

Sign up today! Registration Deadline Sunday, March 9!

Dr. Dennis P. McKenna, President and CEO of Albany Med Health System, will be kicking off this exciting day with some remarks about our growing partnership.

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



Thank you to our Premier Sponsors!



Breast Cancer Support and Education

CLICK HERE TO REGISTER



March Support Groups

Support Groups Meet Virtually Via Zoom (unless otherwise noted)

Newly Diagnosed and In Treatment Support Group

Thursday, March 27 at 6:00 pm

Positively Living Support Group

Tuesday, March 4 at 6:30 pm

Amsterdam Support Group (in person)

NYOH Amsterdam Cancer Center - 1700 Riverfront Center, Amsterdam

Tuesday, March 18 at 4:30 pm

Saratoga Support Group

Tuesday, March 18 at 5:30 pm

Saratoga Body Positivity Support Group

Thursday, March 20 at 5:30 pm

MetaThriver Support Group

Wednesday, March 19 at 7:00 pm

Young Survival Coalition (YSC)

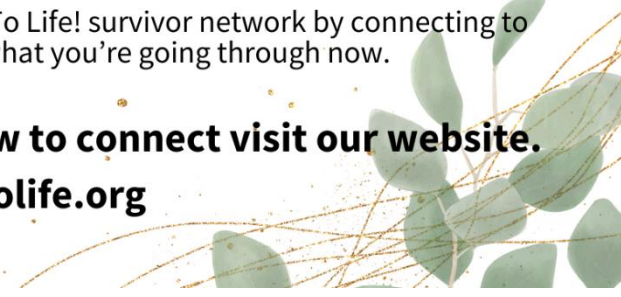
Active on Facebook, and with meetups, for women diagnosed with breast cancer under 40 years of age.

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

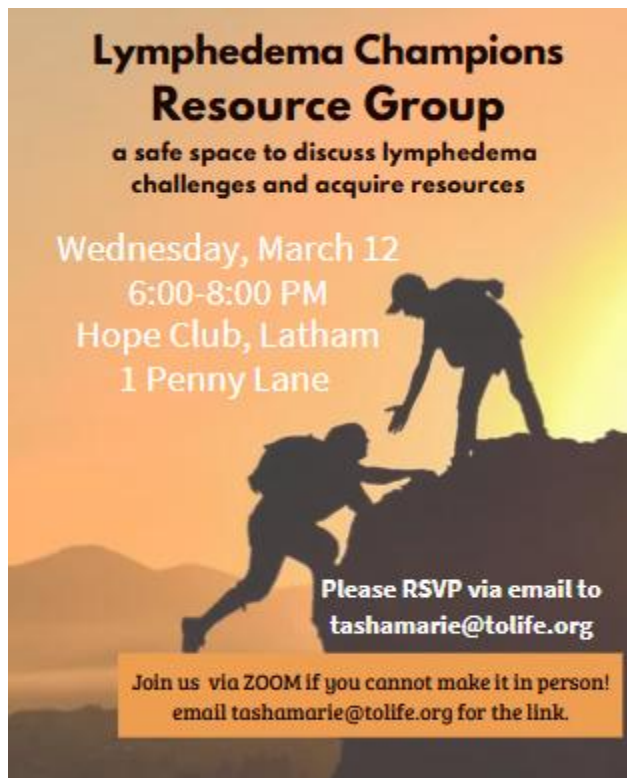


SUPPORT GROUP DETAILS

MARCH PROGRAMS

Email Tasha at tashamarie@tolife.org

for questions about any program and to RSVP.



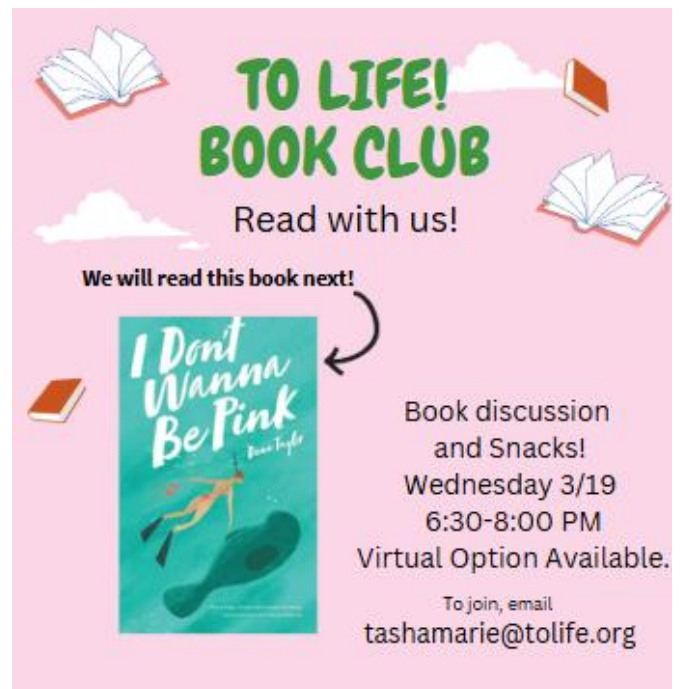
**Lymphedema Champions
Resource Group**
a safe space to discuss lymphedema
challenges and acquire resources

Wednesday, March 12
6:00-8:00 PM
Hope Club, Latham
1 Penny Lane

Please RSVP via email to
tashamarie@tolife.org

Join us via ZOOM if you cannot make it in person!
email tashamarie@tolife.org for the link.

The poster features a silhouette of two people climbing a mountain against a sunset background.



**TO LIFE!
BOOK CLUB**
Read with us!

We will read this book next!



Book discussion
and Snacks!
Wednesday 3/19
6:30-8:00 PM
Virtual Option Available.

To join, email
tashamarie@tolife.org

The poster is pink with white clouds and open book icons. It features a curved arrow pointing from the text 'We will read this book next!' to the book cover.

creating your personal Wellness vision

This will be an interactive workshop to create your own wellbeing vision and to develop an action plan to make that vision a reality.

March 11 and 18, Virtual, 6:00pm
for more info email tashamarie@tolife.org

Led By:
Deborah Ruggiero
CWC, RN, MCHES

WRITING AND JOURNALING WORKSHOP



Saturday Mornings on:

3/8, 3/15, 3/22, 3/29

Choose your cozy space and
meet us on Zoom from 9-10AM

RECEIVE A JOURNAL
WITH YOUR RSVP!
EMAIL TASHAMARIE@TOLIFE.ORG TO JOIN



April 12 - Spring Craft Day, TBD, 10:00A
April 13/27 - YOGA in Bethlehem, 5:30P
April 14 - Sound Circle, Sound Healing in Troy, 5:45P
April 24 - Caregiver Workshop, TBD, 6:00P
April 29- To Life! Book Club, Virtual, 6:30P
May 6/13/20 - Thrive With Hypnosis, TBD, 6:30P
May 12- Sound Circle, Sound Healing in Troy, 5:45P
May 22 and 29 - Nature Walks in Wilton, 4:00P
May 25 - Yoga in Bethlehem, 5:30P
May 29- Caregiver Workshop, TBD, 6:00P
June 5/12/19- Adventures in Art, TBD, 6:00P
June 7- Nature Walk in Wilton, 10:00A
June 8/22- YOGA in Bethlehem 5:30P

ALL CALENDAR and PROGRAM DETAILS



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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!



Exciting News!
Starting March 11!



Transportation to leading
healthcare destinations beyond
the Capital Region.

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

10% of sales will
benefit To Life!

J. McLAUGHLIN

*Sip, Shop &
Celebrate Spring*

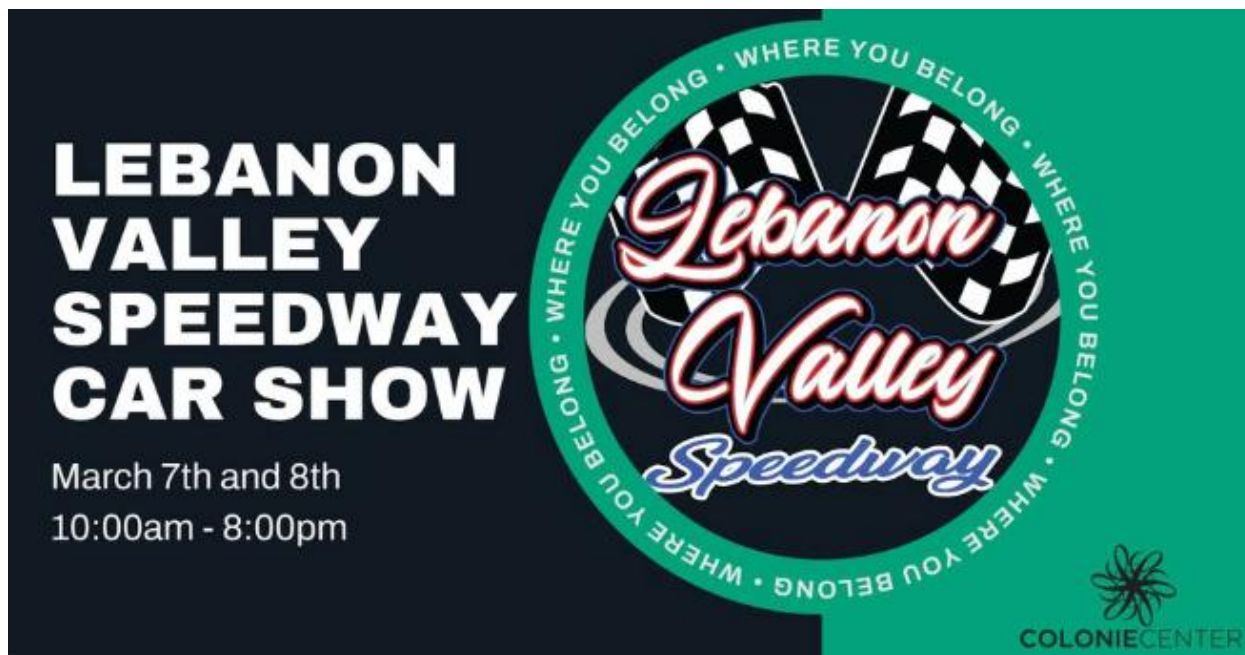
In celebration of International Women's Day, join us with host Jamie Brown for sips and spring shopping. Personalize your purchase with monogramming by Clearly Yours.

Friday, March 7
12 - 4 pm
Newton Plaza
594 Loudon Rd, Latham, NY

Come out for a cause! And to see some cool cars!

To Life! has been selected to receive proceeds from the 70+ brown bag raffle!

Thank you Jill and Lance Sharpe Motorsports for choosing us and supporting our mission!



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Visit Us - tolife.org

To Life!

410 Kenwood Avenue

Delmar, NY 12054

Contact Us

518-439-5975

info@tolife.org

Follow us



110 Spring Street

Saratoga, NY 12866

1700 Riverfront
Center

Amsterdam, NY 12010