



JUNE NEWSLETTER



National Cancer Survivor Month, a time to honor and celebrate the strength, resilience, and courage of the millions of people who have faced cancer and survived. We also pay tribute to the families, friends, caregivers, and healthcare professionals who walk alongside survivors every step of the way. Join us in raising awareness, spreading hope, and celebrating life beyond cancer.

[LEARN HOW YOU CAN HELP](#)



Pride Month, a time to honor and recognize the LGBTQI+ community for their resilience, diversity, and ongoing fight for equality. It's important to recognize the unique challenges LGBTQI+ individuals face when it comes to breast cancer. We are committed to fostering inclusivity, raising awareness, and ensuring that all individuals have access to the information, support, and compassionate care they deserve.

[READ MORE](#)

JUNE SUPPORT GROUPS

(All support groups meet virtually unless otherwise noted.)

Positively Living - Tuesday, June 3 at 6:30 pm

Amsterdam at NYOH Cancer Center - IN PERSON - Tuesday, June 17 at 4:30 pm

Saratoga Hospital - Tuesday, June 17 at 5:30 pm

MetaThrivers - Wednesday, June 18 at 6:30 pm

Saratoga Body Positivity - Thursday, June 19 at 5:30 pm

Newly Diagnosed and In Treatment - Thursday, June 26 at 6:00 pm

Young Survival Coalition - Active on Facebook and with meet ups (YSC)

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

Peer-To-Peer Mentoring - tap into the To Life! survivor network

[SUPPORT GROUP DETAILS](#)



ANNOUNCING EXPANDED WIG FITTING HOURS AT 110 SPRING STREET, SARATOGA

We're happy to announce that we've expanded our hours at our Saratoga location to better serve your needs and offer greater flexibility.

Sundays from 11:00 am - 3:00 pm

By appointment only.

Call 518-439-5975 to schedule.



JUNE PROGRAMS

(All programs are free of charge to survivors, thrivers, their caregivers and family members.)

Writing the Journey: Pathways to Healing - June 4 & 11

Nature Walks in Wilton - June 7

Soul Care Circle - June 9

Lymphedema Group: Guest Speakers from Crossfit Spur - June 10

If you have questions about any of our programs or would like to register, please reach out to Tasha at TashaMarie@tolife.org or call 518-439-5975.

PROGRAM DETAILS

🌈 We're thrilled to announce our speakers for Beat The Odds 🌈

TO LIFE! BEAT THE ODDS



Breast Cancer Support and Education

27th Annual Conference 2025

Genetics; Then and Now

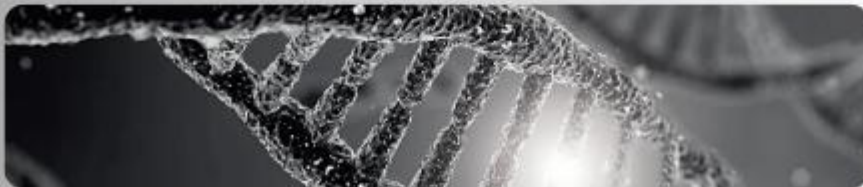
**Tuesday, August 5, 2025
Holiday Inn, Downtown, Saratoga Springs**

Guest Speakers Include:

Memorial Cynthia Shenker Presenter:

Dr. Karen Tedesco, New York Oncology Hematology

**Jenna LeBlanc, MS CT of Albany College of Pharmacy
Deborah McGuinness, PhD of Rensselaer Polytechnic Institute**



**This is a free conference open to breast cancer survivors,
medical staff and students, family and caregivers.**

[REGISTER](#)



A Toast To Life! was one of our most successful events and a heartfelt celebration of survivorship, bringing community together from across the Capital Region. The event served not only as a vital effort to raise funds in support of the To Life! mission but also as a powerful reminder of the strength and resilience within our community.

A heartfelt thank you to our generous sponsors, dedicated honorary committee, enthusiastic attendees, talented bakers, hardworking staff, and incredible volunteers—your support made our fundraiser a true success, and we couldn't have done it without you!



WERE YOU SEEN?

UPCOMING FUNDRAISERS



JUNE 5 - MBELLISH BOUTIQUE - 4pm - 7pm - 635 Loudon Road, Latham

- Refreshments! Raffles and Shopping!
- Proceeds benefit To Life!

RSVP JBrown@tolife.org



JUNE 20 - BARE BLENDS - 380 Feura Bush Road, Glenmont

- Details to come!
 - Proceeds benefit To Life!
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AUGUST 5 - TOAST TO THE TATA'S - Wine Tasting Fundraiser hosted by Village Pizzeria & Ristorante - 2727 Route 29, Middle Grove

- Entertainment, Silent & Live Auction, Wine Pull & More
- Special Guest Joe Carr
- Proceeds benefit To Life!

[More info and tickets](#)



SEPTEMBER 21 - TEE-OFF FORE TATA'S - Golf Tournament hosted by Village Pizzeria & Ristorante - taking place at Hales Mills Country Club, Johnstown

- 18 holes of golf, cart & lunch

- Players feast & awards ceremony after tournament at Village Pizzeria, 2727 Route 29, Middle Grove
- Proceeds benefit To Life!

[More info and tickets](#)

TRAVEL IN COMFORT WITH THE FLUTTER EXPRESS



The Flutter Express offers a round-trip travel service every Tuesday and Thursday from the Capital Region to key medical destinations in NYC and Boston via a comfortable 56-passenger motor coach. Complimentary snacks, water and comfort kits. They make getting there safe, simple, and stress-free empowering travelers to prioritize their health without the stress of travel. **20% off tickets for To Life! clients!**

[DETAILS AND TICKETS](#)



Breast Cancer Support and Education

Visit Us - tolife.org

Contact Us

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Thank you to our Premier Sponsors!

