

2017 Meetings



For more information:
(315) 464-3605
upstate.edu/cancer

January						
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- Feb 08** American Heart Month- Celebrate Valentine's Day and learn about heart health including staying heart healthy after chemo.
- Mar 08** "Pot of Gold"- Financial counselor David Harris will be here to speak.
- Apr 12** "Plant Nite"- Come make your own Succulent Terrarium. Genetic counselor Lyndsay Raasch will be here.
- May 10** "Rest, Relax, Restore"- Celebrate Mother's Day and/or the start of Spring with a paraffin hand wax and Reiki Therapy. Tula Goenka (film project on breast cancer)
- Jun 14** "Beach Daze" - Ready to enjoy the summer? learn about skin care in the sun and everyday. Beach wear options that best suit you.
- Jul 29** "BBQ for Breast Cancer" - Join us with "Hope Chest for Charity" at Longbranch Park anytime between 12-5pm. Admission is free!
- Aug 09** Meet at Onondaga Lake Park and go for a walk.
- Sep 13** "Back to School"- Dr. Kaushal Nanavati author of Core 4 of Wellness will be here to speak
- Oct 11** Pink Champions 1 year anniversary party!
- Nov 08** "What are you Grateful for?"- Survivorship!
- Dec 13** Celebrate the Holidays!

Upstate Pink Champions is a new breast care support group for men and women, regardless of diagnosis, stage or where you had your care.

Please join us! Monthly meetings will be held the second Wednesday of the month from 5:30-7:00 p.m. at the Upstate Cancer Center. Meetings will focus on networking, support, education, advocacy, awareness, and fun!