

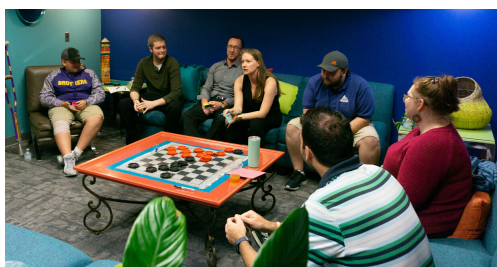
THE SYRACUSE SCOOP

The inside scoop on how we're helping teens & young adults living with cancer in Syracuse.

WHAT'S NEW

Let's Taco 'Bout It!

We held our first program in the Syracuse Center on Oct. 3rd when AYAs shared their ideas for future programs and of course, ate tacos!



Essential Oil Painting

Parents gathered on Oct. 21st for our first parent program when we added essential oils to our paintings!



13thirty

cancer connect

The mission of 13thirty Cancer Connect is to help adolescents and young adults (AYAs) impacted by cancer live their very best lives- TODAY!

SYR: November/ December



IN THE COMMUNITY

Hope for Heather

13thirty was invited to the 11th Annual Teal Ribbon Run on Sept. 21st. Thank you to Hope for Heather Executive Director, Freida Weeks, for this opportunity!



Beards for Bucks

Beards for Bucks is coming to Syracuse! The Liverpool Police Department participated in the first Beards for Bucks in Syracuse. We also received a donation from the Syracuse Police Department for their "No Shave November" initiative.



SPOTLIGHT



We are excited to announce our partnership with Elevate Fitness and welcome our new fitness coach, Michelle Dougan! Michelle is an oncology certified trainer and two-time cancer survivor herself. She will be leading both our AYA and parent 8-week fitness program and other "quick-fit" programs throughout the year. She also is the 2017 National Arm Wrestling Champion. We can't wait for our first program with Michelle on December 11!

ELEVATE
FITNESS



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