

FEBRUARY 2020

ROCHESTER CALENDAR OF EVENTS

Upcoming Programs

5th 13thirty Fit! - AYAs
– 6:00-7:15 p.m. at the Center

12th Cancer got you feelin' off your game?
20th Fitness Coach, Brianne Young (PT, DPT),
26th will lead us in this 8-week program
(Feb 5 - March 25). *13thirty Fit* is specially
designed to retrain and empower teens &
young adults with cancer.

- Exercise basics and custom fitness plan
- Strength and balance drills
- Healthy eating tips
- Set - and reach - your own goals!



18th Let's TACO 'Bout It - AYAs
–Tuesday, 6:00 p.m. at the Center

Tuesdays aren't complete without tacos!
"Let's Taco 'Bout It" will feature a
complete taco bar for tacos made your
way. Join us for some great food and
company!



RSVP to
Steve Esposito
Program Director
stephen@13thirty.org
(585) 563-6221

Special Event

8th Benefit Concert - *Confluence*
– 2:00 p.m. at Lovin' Cup



13thirty member, Nadine, and
her mother, Barbara, will be
performing live at Lovin' Cup
Bistro & Brews on Saturday,
February 8th! Don't miss out on
this special night!



What's New



13thirty Cancer Connect celebrated 20 years of
supporting teens and young adults on January
20th at the annual Pancake Breakfast!

