



DECEMBER 2024

# SYRACUSE PROGRAMS

13thirty Cancer Connect offers free peer support programs to our members and parents with focus on expressive arts, physical and emotional wellness, and social interaction.

13thirty.org

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## Meals that Heal

**Ronald McDonald House (In-Person) | 10:00AM | AYAs (ages 13-39)  
1100 E Genesee St Syracuse, NY 13210**

Let's give back to an organization that does so much for our cancer community! Join us as we cook a delicious and nutritious meal for the residents at the Ronald McDonald House of CNY.

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## Taco 'Bout It!

**Syracuse Center (In-Person) | 6:00PM | AYAs (ages 13-39)**

We will be carving out space to talk about navigating the holidays, over tacos of course! Facilitated by 13thirty Program Director, Katelyn MacDougall.

JAN 8-  
FEB 12

## SAVE THE DATE: 13thirty Fit!

**Syracuse Center (In-Person) | 6:00PM | AYAs (ages 13-39)**

Sweat your way to a healthier life with others who understand. With the guidance of physical therapist, Mary Kate, let's get Fit together! For AYAs done with treatment or in maintenance therapy. All abilities welcome.

\*Commit to SIX Wednesdays with us!

JAN  
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## SAVE THE DATE: Annual New Years Brunch!

**Syracuse Center (In-Person) | 11:00AM | AYAs & Families**

Let's start 2025 off right - TOGETHER. Come have brunch and celebrate the new year alongside other 13thirty families and friends, with a little friendly competition of course!