



FEBRUARY 2025

# 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

FEB  
6

## Endzone Eats

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

Gear up for your Super Bowl parties with Emily from Nourished with Emily! She's showing us how to whip up delicious, nutritious appetizers that'll score big and be the ultimate game-changer for your spread!

FEB 18-  
APR 22

## Stand-Up Comedy Rehearsals

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

Interested in telling your cancer story through stand-up comedy? Todd Youngman, a local professional comedian, will mentor our group at rehearsals every Tuesday evening, leading to a final performance in April! Not a comic? Neither are we! Newbies welcome!

## Our Commitment

13thirty Cancer Connect, Inc. is a registered 501 (c) (3) non-profit organization established in 2001 following the death of Melissa Sengbusch who was 19 years old when she died of acute myeloid leukemia.

Since its beginning, 13thirty has become an internationally known and respected leader in the field of adolescent and young adult (AYA) cancer because of our strong passion, clear vision, and steadfast commitment to a singular focus – teens and young adults with cancer.

## Our Vision & Values

Our VISION is that every teen and young adult with cancer "connect" with 13thirty. We strive to incorporate our VALUES into every program and each personal interaction.

What sets us apart is our concentrated effort on a targeted national problem affecting approximately 90,000 young people in the United States each year. As Melissa asked of her mom, we are making a difference. We are making things better for teens and young adults with cancer around the world.

SYR

Contact & RSVP: Michaela Deeg, Program Manager

michaela@13thirty.org | (585) 474-6806 | 1035 7th North St., Syracuse, NY 13088

**13thirty**  
cancer connect