

JANUARY

# SYRACUSE PROGRAMS

Are you a teen or young adult (~ 13-39) dealing with cancer, now or in the past?  
Come connect with others who get it!

2026



## HELLO 2026 FAMILY PARTY!

Let's kick off 2026 right - TOGETHER! Grab the family as we celebrate the New Year with brunch and a Minute-to-Win-it Family Face-Off! Food provided by Blood Cancer United.

📍 Syracuse Center | In-Person | AYAs (13-39)

🕒 11:00-1:00 PM



## 13THIRTY FIT!

ALL ABILITIES WELCOME!  
COMMIT TO 6 TUESDAYS WITH US!

Sweat your way to a healthier life with others who understand! With the guidance of our wonderful physical therapist, Mary Kate Ordway, let's get Fit together!

\*For AYAs done with treatment/in maintenance therapy.

📍 Syracuse Center | In-Person | AYAs (13-39)

🕒 6:00 PM



## SAVE THE DATE

### NEXT PROGRAM: PALENTINE'S DAY

Mark your calendars for a celebration of some of the most important people in our lives: our friends!

📍 Syracuse Center | In-Person | AYAs (13-39)

🕒 6:00 PM