

JANUARY

# ROCHESTER 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 Minute-to-Win-it Family Face-Off! Food provided by Blood Cancer United.

📍 Rochester Center | In-Person | Families

🕒 11:00-1:00 PM



## 13THIRTY FIT!

ALL ABILITIES WELCOME!  
COMMIT TO 6 WEDNESDAYS WITH US!

Sweat your way to a healthier life with others who understand! With the guidance of our wonderful physical therapist, Brianne, let's get Fit together! \*For AYAs done with treatment/in maintenance therapy.

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

🕒 6:00-7:00 PM



## BREAD MYTHS, BUTTER TRUTHS

Join us for a bread and compound butter workshop where we'll bake, and bust common food myths about carbs, butter, and healthy eating.

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

🕒 6:00 PM

## SAVE THE DATE

### NEXT PROGRAM: Improv Night

Comedy Improv group Polite Ink will have us laughing the night away as we try out a series of different improv exercises.

📅 February 12 • 6:00 PM

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

## IN THE COMMUNITY

### FUNDRAISER: Rochester Americans vs Syracuse Crunch - Wrestling Game

Tickets benefit 13thirty! Link coming soon!

📅 March 29 • 3:05 PM

📍 Blue Cross Arena, Rochester, NY

Contact & RSVP: Michaela Deeg, Program Manager - [michaela@13thirty.org](mailto:michaela@13thirty.org)  
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