

MARCH

SYRACUSE PROGRAMS

2026

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



TACO 'BOUT IT

Join us as we carve out space to talk about the unique challenges AYAs face when diagnosed with cancer, over tacos of course!

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



GROUND & GLOWING

Get ready to relax and reconnect with Lauren Kaiser, proud member of the 13thirty family! Lauren and her fellow Glow Yoga teacher trainees will introduce us to the benefits of Yin Yoga through a series of beginner-friendly stretches.

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



SAVE THE DATE

NEXT PROGRAM: Tie-Dye Night

Save the date for our classic 13thirty Tie-Dye Night, where we'll explore how our identities and passions combine to make us as beautifully unique as the tie-dye masterpieces we create.

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