

MARCH

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



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



GROUNDED & 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