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Put Your Best Self Forward—Designing the New You

To Life! February 28 Education Program to Provide Tips on Feeling and Looking Better

DELMAR, NY (February 13, 2002)—Cancer can leave many women looking and feeling, well, not their best. A number of cosmetic and surgical options—from reconstructive surgery to wigs and make up—can provide a much needed physical and emotional lift.

To Life! will host a free-of-charge education program, “Put Your Best Self Forward ” on Thursday, Feb. 28 from 6 p.m. to 8 p.m. at The Holiday Inn Turf in Colonie, NY. Program registration is required at: 439-5975 or info@ToLife.org.

“Surgical advances and cosmetic enhancements provide women with many more choices for improving their appearance, boosting their self confidence and lifting their spirits,” said Mara Ginsberg, To Life! President. “Given the overwhelming number of options today, it is important to make well informed, healthy choices.”

Experts in the areas of breast reconstruction and products, and hair and skin care will provide insight into the latest techniques and products for every stage of cancer recovery.

The speakers:

- Breast Reconstruction: Lucie Capek, MD, Plastic Surgeon, Latham, NY
- Protheses and Bras: Nola Royce, MS, To Life! Education Director
- Tips on Hair and Skin Care: Joanne Stazio Silverman, To Life! Hairstylist

To Life! is a non-profit organization based in Delmar, NY, whose mission is to educate our community about breast cancer detection and treatments and related health matters; and to provide support services to breast cancer patients, caregivers, family and friends.

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