

FOR IMMEDIATE RELEASE

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To Life! March 18 Education Program to Explore Link Between Spirituality and Wellness

- Co-sponsored by Northeast Women's Health Services -

DELMAR, NY (February 27, 2002)—Join To Life! on Monday, March 18 for a free-of-charge program co-sponsored by Northeast Women's Health Services on why and how to reach for spiritual support in times of illness or other personal trials, from 6 p.m. – 8 p.m. at the Krause Center, on Burdette Avenue in Troy. Program registration is required at: 439-5975 or info@ToLife.org.

The panelists, who come from different disciplines, perspectives and traditions, will discuss how the pursuit of inner harmony can affect overall well-being.

The panel:

- **Judith England, RN, LMT**
Certified Kripalu Yoga Teacher
- **Lynne Golonka, RN, Ed.D., Therapist**
Consultation Center, Catholic Diocese of Albany
- **Rabbi Debora S. Gordon**
Congregation Berith Sholom, Troy
- **Ann Lanoue, R.N.**
Director of Women's Health, Northeast Women's Health Services, Troy
- **Jeffrey Ryan, D.O.**
Family Physician, Partners in Family Medicine

Moderator:

Mara Ginsberg, Esq.
Founder and President of To Life!

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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