

PRESS RELEASE*PRESS RELEASE*PRESS RELEASE*PRESS RELEASE

FOR IMMEDIATE RELEASE
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THE WELLNESS COMMUNITY OF PHILADELPHIA CALENDAR OF EVENT HIGHLIGHTS FOR SEPTEMBER -- OCTOBER 2006

NOTE TO EDITORS: All workshops, special events, etc. are free and open to the general public. They are held on-site at **The Wellness Community of Philadelphia** in Fairmount Park unless otherwise noted. *Off-site programs are in italics.* Schedule is subject to change without notice.

Now through December 31 is the "Pink Ribbon Smiles" campaign benefiting **The Wellness Community of Philadelphia**. Dr. Stephen Markus of the Centre for Dentistry in Haddon Heights, New Jersey is offering in-office teeth whitening at a reduced rate of \$250 and it is 100% tax-deductible. All proceeds will be donated to either **TWCP** or "Living Beyond Breast Cancer." Supporters of **TWCP** should remember to designate their checks to **The Wellness Community of Philadelphia** when paying for this procedure. Please call (800) 520-3440 for more information or to schedule an appointment. The Centre for Dentistry is located at 209 White Horse Pike, Haddon Heights, New Jersey, 08035.

ONGOING PROGRAMS

TUESDAYS

10:00 A.M. -- 11:30 A.M.

COPING WITH CANCER

The Wellness Community of Philadelphia in partnership with Hahnemann University Hospital offers this weekly program for people with cancer and their caregivers. Please call (215) 879-7733 for more information.

Location: Philadelphia

Hahnemann University Hospital

Radiation Oncology Conference Room -- First floor of the Feinberg Building

Broad and Vine Streets

Philadelphia, Pennsylvania 19102

TUESDAYS

6:30 P.M. -- 8:30 P.M.

SUPPORT GROUP FOR PEOPLE WITH CANCER

The Wellness Community of Philadelphia offers a support group for people with cancer that meets every Tuesday evening. Please call (215) 879-7733 for information about joining this group.

Location: Chester County

The Cancer Center at Paoli Hospital

255 West Lancaster Avenue

Paoli, Pennsylvania 19301

TUESDAYS AT 6:30 P.M. AND THURSDAYS AT 11:00 A.M.

NEWCOMER'S ORIENTATION FOR PEOPLE AFFECTED BY CANCER

Come to **The Wellness Community of Philadelphia** and attend an introductory meeting to learn about **TWCP's** free programs and services that support people with cancer, their families and friends. Meetings last around 90 minutes; no appointments are necessary. Please call (215) 879-7733 to learn more.

TUESDAYS/THURSDAYS

6:30 P.M. -- 8:30 P.M.

SUPPORT GROUP FOR PEOPLE WITH CANCER

The Wellness Community of Philadelphia offers support groups for people with cancer that meet every Tuesday or Thursday evening. Daytime groups are also available; please call (215) 879-7733 for information.

THURSDAYS

6:30 P.M. – 8:30 P.M.

SUPPORT GROUP FOR FAMILY AND FRIENDS SUPPORTING A LOVED ONE WITH CANCER

This group, for family and friends of people with cancer only, will offer those caregivers the opportunity to meet with others who are also concerned about a loved one with cancer and to learn new strategies to manage stress. A daytime group is also available. Please call (215) 879-7733 for information about joining any of these groups.

SEPTEMBER EVENTS

MONDAYS, SEPTEMBER 11, 18, 25 AND OCTOBER 2

1:00 P.M. – 3:30 P.M.

WEAVING WORKSHOP FOR PEOPLE AFFECTED BY CANCER: HOME IS WHERE THE HEART IS

Weaving can be both creative and meditative. In this program participants will create a weaving on a simple frame loom based on the idea of "home." Attendees will first write, then interpret their words into a tapestry of shapes, color and textures. Pam Pawl is the instructor. Please RSVP at (215) 879-7733 by September 7.

FRIDAY, SEPTEMBER 15

11:30 A.M. – 1:00 P.M.

NUTRITION MATTERS FOR PEOPLE AFFECTED BY CANCER: HEALTHY EATING ON THE RUN

What can be done when one has neither the time nor energy to prepare nutritious food but wants to eat well? Fast food doesn't have to be junk food. Sandra Mowry will present some tips for quick, healthy eating. Please RSVP at (215) 879-7733 by September 13.

FRIDAY, SEPTEMBER 15

4:30 P.M. – 7:00 P.M.

"HELP MAKE IT HAPPEN!" MINI GOLF TOURNAMENT

This will be TWCP's third annual miniature golf tournament organized by kids, for kids. Children along with their parents will play to raise money for The Wellness Community of Philadelphia. Tickets are \$25 for children and \$35 for adults. Hole sponsorships are also still available at \$100 each. Children under the age of 11 must be accompanied by an adult. Reservations are limited; please call Simon Kaufman at (215) 879-7733 to purchase tickets or to sponsor a hole.

Location: Tee's Golf Center

707 Conshohocken Road

Conshohocken, Pennsylvania 19428

SATURDAY, SEPTEMBER 16

9:00 A.M. – 12 NOON

"FRANKLY SPEAKING ABOUT LYMPHOMA: SPECIAL FOCUS ON NON-HODGKIN'S LYMPHOMA"

"Babis" Andreadis, MD, from the University of Pennsylvania Health System, will discuss new and novel therapies in the treatment of non-Hodgkin's lymphoma. A panel of lymphoma survivors will discuss the personal side of living with the disease. The newly-revised "Frankly Speaking About Lymphoma" kit will be distributed to attendees. The program is supported by "The Leukemia and Lymphoma Society" and made possible by an unrestricted educational grant from GlaxoSmithKline Oncology & Acute Care. Please register at (215) 879-7733 by September 12.

TUESDAY, SEPTEMBER 19

11:30 A.M. – 1:00 P.M.

ASK THE DOCTOR: CHIROPRACTIC MEDICINE FOR PEOPLE AFFECTED BY CANCER

Chiropractic medicine recognizes that many factors affect health, including exercise, diet, rest, environment, and heredity. Join Dr. Gary Arbuckle from "Bryn Mawr Wellness" as he presents the benefits of a chiropractic approach to health care. Please RSVP by September 15 at (215) 879-7733.

SUNDAY, SEPTEMBER 24

3:00 P.M. – 5:00 P.M.

FIFTH ANNUAL "SERVE AN ACE AGAINST CANCER"

Spectators will enjoy champagne and hors d'oeuvres as they watch the area's top country club pros in a round robin doubles tournament. Tickets are \$50 for adults, \$20 for children and \$150 for families of five or more. Please contact Andrew Hocker at (610) 525-7788, ext. 3 for advance ticket purchases (or to check on an inclement weather postponement). Tickets will also be available at the event. All proceeds benefit TWCP.

*Location: Philadelphia Country Club
1601 Spring Mill Road
Gladwyne, Pennsylvania 19035*

MONDAY, SEPTEMBER 25

6:00 P.M. -- 8:00 P.M.

AFTER BREAST CANCER: RETURN TO WELLNESS

When treatment for breast cancer ends, what happens next? Rebecca G. Smith, MD, MS, director of the Cancer Rehabilitation Program at the University of Pennsylvania, will discuss the management of post-treatment symptoms and how to implement an exercise program. Dinner will be provided. Please RSVP at (215) 879-7733 by September 20. This program is supported through an unrestricted educational grant from AstraZeneca.

SATURDAY, SEPTEMBER 30

1:00 P.M. -- 3:00 P.M.

THE WELLNESS COMMUNITY AT THE ANNE MCCOUCH CENTER OPEN HOUSE

Join The Wellness Community of Philadelphia for this open house as Wellness Place founder Anne McCouch is recognized and honored. This free celebration of the merging of The Wellness Place (for the Cancer Community) and The Wellness Community of Philadelphia will include a brief ceremony and a presentation by NBC 10 reporter and 10! show co-host Lori Wilson. Please RSVP by September 22 at (215) 393-9105. This event is underwritten by a grant from Merck Oncology.

*Location: The Wellness Community at The Anne McCouch Center
1000 West Main Street
Lansdale, Pennsylvania 19446*

OCTOBER EVENTS

WEDNESDAYS, OCTOBER 4, 11, 18 25

1:30 P.M. — 3:30 P.M.

MIND-BODY SERIES FOR PEOPLE AFFECTED BY CANCER: HEALING WITH SOUND/THE FIVE WARRIOR SYLLABLES

The practice of the Five Warrior Syllables unites the healing power of sound with inner visualizations to first clear away emotional and mental obstacles that create anxiety and doubt, and then cultivate the qualities of love, compassion, joy, and equanimity to enhance the everyday experience of openness and well-being. Join Gabriel Rocco and please RSVP at (215) 879-7733 by October 2.

THURSDAYS, OCTOBER 5 THROUGH DECEMBER 7

2:00 P.M. -- 4:00 P.M.

“RETURN TO WELLNESS: A NEW BEGINNING AFTER BREAST CANCER TREATMENT”

“Return to Wellness” is a free program for women who have completed treatment for breast cancer within the past two years. It is designed to help them recover from the emotional and physical effects of breast cancer treatment. It will be held every Thursday for 10 weeks at the Bala Aquatic and Fitness Center, and include exercise, strength training, nutrition education and emotional support. All women must commit to the full program and have a permission form signed by their physician. Please call (215) 879-7733 by September 29 for more information and to apply for the program. This program is funded through a grant from the Philadelphia Affiliate of the Susan G. Komen Breast Cancer Foundation.

*Location: The Aquatic and Fitness Center at Riverside Racquet
601 Righters Ferry Rd.
Bala Cynwyd, Pennsylvania 19004*

FRIDAY, OCTOBER 6

11:30 P.M. -- 1:00 P.M.

“TAKING CHARGE OF MONEY MATTERS” FOR PEOPLE AFFECTED BY CANCER

This session, developed and sponsored by the American Cancer Society, is part of the “I Can Cope” educational program. Spencer Rand, clinical assistant professor for the Temple Legal Aid office, will help people with cancer and their loved ones find answers to personal finance questions. Please RSVP at (215) 879-7733 by October 4.

FRIDAYS, OCTOBER 6, 13, 27

1:30 P.M. -- 3:30 P.M.

MIND-BODY SERIES FOR PEOPLE AFFECTED BY CANCER: FOUR HEALING POWERS OF THE MIND

In this program, Gabriel Rocco will introduce the four powers of the mind: images, words, feelings and beliefs. These powers have the ability to cultivate a variety of qualities to support physical, emotional and spiritual healing. Please RSVP at (215) 879-7733 by October 4.

WEDNESDAY, OCTOBER 11

6:00 P.M. -- 9:00 P.M.

“KEY TO THE CURE” – KICKOFF PARTY TO A CHARITY SHOPPING WEEKEND AT SAKS FIFTH AVENUE
SAKS FIFTH AVENUE, Bala Cynwyd, is hosting a kickoff party for its national “Key to the Cure” charity shopping weekend. This free event will include food, drinks, entertainment, and a raffle. SAKS FIFTH AVENUE of Bala Cynwyd has selected the Abramson Cancer Center and **The Wellness Community of Philadelphia** to receive the proceeds from this kickoff party and shopping weekend, which will run from Wednesday evening, October 11 through Saturday, October 14.

Location: SAKS FIFTH AVENUE

Two Bala Plaza

Bala Cynwyd, Pennsylvania 19004

FRIDAY, OCTOBER 13

11:30 A.M. – 1:00 P.M.

NUTRITION MATTERS FOR PEOPLE AFFECTED BY CANCER: WHAT TO DO WITH TOFU

Tofu is a nutritious source of protein, B vitamins, and minerals like calcium. Learn tofu recipes from main dishes to desserts with Sandra Mowry. Please RSVP at (215) 879-7733 by October 11.

MONDAY, OCTOBER 16

6:30 P.M. – 8:00 P.M.

ASK THE DOCTOR: THE ROLE OF DIAGNOSTIC IMAGING IN CANCER CARE

Join Rosaleen Parsons, MD, chair, department of diagnostic imaging at Fox Chase Cancer Center, as she reviews the tests that produce pictures of the body to both diagnose and assist in the treatment of cancer. X-rays, CAT scans, PET scans, ultrasounds, MRIs and interventions like chemoembolization and RFAs will be covered. Visual aids will be used and questions are welcome. Please RSVP at (215) 879-7733 by October 13.

MONDAY, OCTOBER 23

12:00 P.M. -- 2:30 P.M.

“IN FASHION!” – LUNCHEON AND FASHION SHOW WITH KAUFMANFRANCO

The Wellness Community of Philadelphia, in partnership with SAKS FIFTH AVENUE, is hosting its fourth annual fashion show. This year’s featured design team is KAUFMANFRANCO. Guests are invited to a private home for a luncheon, a showing of KAUFMANFRANCO’S Spring/Summer 2007 line available at SAKS FIFTH AVENUE in Bala Cynwyd, and to meet Ken Kaufman and Isaac Franco. Seating is limited; please call (215) 879-7733 for more information. Tickets are \$500 and benefit TWCP.

FRIDAY, OCTOBER 27

11:30 A.M. – 1:00 P.M.

NUTRITION MATTERS FOR PEOPLE AFFECTED BY CANCER: WINNING WAYS WITH WINTER

SQUASH

Chef Suzanne Weltman, MLA, will discuss the exceptional health benefits of winter squash and prepare recipes that will encourage one to make these nutrient-rich vegetables part of one’s menu. Please RSVP at (215) 879-7733 by October 23.

SATURDAY, OCTOBER 28

10:00 A.M. – 2:00 P.M.

“THE PATIENT ACTIVE GUIDE TO LIVING WITH ADVANCED BREAST CANCER”

This new program for women who have metastatic breast cancer has been developed by **The Wellness Community** in partnership with “Living Beyond Breast Cancer” and is sponsored by an unrestricted educational grant from GlaxoSmithKline Oncology & Acute Care. It will feature a discussion of medical concerns and current research for the treatment of advanced breast cancer and present information on concomitant emotional challenges. A panel discussion with women who are dealing with advanced disease will be featured. Lunch included. Please register by October 24 at (215) 879-7733.

Location: Hilton Philadelphia City Avenue

4200 City Avenue

Philadelphia, Pennsylvania 19131

The mission of **The Wellness Community of Philadelphia (TWCP)** is to help people affected by cancer enhance their health and well-being through participation in a free professional program of emotional support, education, and hope. TWCP offers programs at Ridgeland in Fairmount Park, at its satellite location in Lansdale, Pennsylvania and limited off-site programs at Paoli Hospital, Grand View Hospital, Hahnemann University Hospital, and throughout Philadelphia. Please call **The Wellness Community of Philadelphia** at (215) 879-7733, or toll free at (888) 819-3553. **The Wellness Community at The Anne McCouch Center** may be reached at (215) 393-9105. Visit TWCP’s website at www.twcp.org for more information. **The Wellness Community of Philadelphia’s** grounds and buildings are smoke-free.

