

PRESS RELEASE*PRESS RELEASE*PRESS RELEASE*PRESS RELEASE

FOR IMMEDIATE RELEASE
DECEMBER 15, 2006
(215) 879-7733, ext. 206
sbluebond@twcp.org

SCOTT D. BLUEBOND
MARKETING &
COMMUNICATIONS
DIRECTOR

THE WELLNESS COMMUNITY OF PHILADELPHIA CALENDAR OF EVENT HIGHLIGHTS FOR JANUARY – FEBRUARY 2007

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 (TWCP)** in Fairmount Park unless otherwise noted. *Off-site programs are in italics.* Schedule is subject to change without notice.

ONGOING PROGRAMS

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 about joining any of these groups.

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. Daytime groups are also available. Please call (215) 879-7733 for information about joining any of these groups.

JANUARY EVENTS

FRIDAY, JANUARY 5

11:30 A.M. – 1:00 P.M.

NUTRITION MATTERS FOR PEOPLE AFFECTED BY CANCER -- NEW YEAR, NEW FITNESS

Sandra Mowry will help attendees develop a plan for a healthier new year. Please RSVP at (215) 879-7733 by January 4.

WEDNESDAYS, JANUARY 3, 10, 17, 24, AND 31

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

MIND-BODY SERIES FOR PEOPLE AFFECTED BY CANCER: TIBETAN SOUND HEALING

Join Gabriel Rocco for this series of workshops combining meditation, chanting and imagery designed to clear emotional obstacles, access positive qualities, and uncover inherent wisdom. The series is based on the new book, "Tibetan Sound Healing," written by Tenzin Wangyal. Please RSVP at (215) 879-7733 by January 3.

SATURDAYS, JANUARY 6, 13, 20 AND FEBRUARY 3, 10, AND 17

9:00 A.M. -- 10:00 A.M.

WELLNESS WORKOUT FOR PEOPLE AFFECTED BY CANCER

Make a New Year resolution to get moving again! Research is showing that exercise is the best way to combat cancer treatment-related fatigue and enhance recovery. Fitness instructor, Danny Collins will work with all participants at their comfort level with the simple but vital goal of getting their bodies moving again. Please RSVP at (215) 879-7733 by January 5.

WEDNESDAY, JANUARY 17

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

ORAL HEALTH: WHAT PEOPLE WITH CANCER NEED TO KNOW ABOUT BISPHTHONATE TREATMENT

Stephen Markus, DMD, will address the oral health care concerns that people with cancer should be aware of while taking bisphosphonates. These medications such as Aredia, Bonafos, Didronel or Zometa, are administered intravenously as part of cancer therapy to reduce bone pain and the hypocalcaemia associated with metastatic breast and prostate cancer as well as multiple myeloma. This program is sponsored by The Leukemia and Lymphoma Society and dinner is included. Please RSVP by January 16 at (215) 879-7733.

MONDAYS, JANUARY 22, 29 AND FEBRUARY 5, 12, AND 26

1:00 P.M. -- 3:30 P.M.

OPEN STUDIO FOR PEOPLE AFFECTED BY CANCER: FOSTERING CREATIVITY THROUGH ART-MAKING

Join Caroline Peterson, MA, for this eight-week series that will focus on the healing and life-enhancing benefits of the creative process of art-making. Attendance at all sessions is encouraged. Please register at (215) 879-7733 by January 19.

MONDAYS, JANUARY 22 AND FEBRUARY 12 AND 26

6:30 P.M. -- 8:00 P.M.

COOKING SERIES FOR PEOPLE AFFECTED BY CANCER -- COOKING FOR LIFE

Chef Suzanne Weltman brings her expertise to this "hands on" series designed to introduce or re-connect participants to the essence of healthy food and good cooking that can support recovery and wellness. Cooking can also be a life-affirming activity through difficult times and preparing food with others brings the strength of community. Classes will include a light dinner, a presentation and sharing. Register for the series at (215) 879-7733 by January 18.

SATURDAY, JANUARY 27

10:00 A.M. -- 2:00 P.M.

MIND-BODY APPROACHES TO WELLNESS FOR PEOPLE AFFECTED BY CANCER

Gabriel Rocco, MA, leads this special workshop for people affected by cancer that explores mind-body-emotion interactions. Participants will practice exercises that utilize breathing, relaxation and meditation. Learn how mind-body exercises have the potential to support one's capacity to live with difficulties and the unpredictable nature of cancer in every day life. Please register by January 25 at (215) 879-7733.

FEBRUARY EVENTS

FRIDAY, FEBRUARY 2

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

NUTRITION MATTERS FOR PEOPLE AFFECTED BY CANCER: WHAT YOU NEED TO KNOW ABOUT NUTRITIONAL SUPPLEMENTS

Sue Daugherty-Rodriguez RD, LDN, of MANNA will present nutritional supplement tips. She will tell how to choose the best products and explain how they impact well-being. Please RSVP at (215) 879-7733 by January 31.

WEDNESDAYS, FEBRUARY 7, 14, 21, AND 28

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

MIND-BODY SERIES FOR PEOPLE AFFECTED BY CANCER: BOUNDLESS HEALING

This series of workshops will present meditation exercises to enlighten the mind and heal the body from the book, "Boundless Healing," by Tulku Thondup. These are powerful, authentic and yet simple meditations to bring health to body, mind, heart and spirit. Please RSVP at (215) 879-7733 by February 5.

FRIDAY, FEBRUARY 9

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

FENG SUI WORKSHOP FOR PEOPLE AFFECTED BY CANCER: ENJOYING BALANCE

Feng Shui developed from the ancient Asian science of life energy, ch'i, into a powerful art of creating harmonious environments that balance and enhance lives. Join Feng Shui practitioner H. G. Chissell and learn how to create harmony in an environment to enhance health, well-being and life. Please bring lunch and RSVP by February 6 at (215) 879-7733.

SATURDAY, FEBRUARY 10

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

SPECIAL WORKSHOP FOR PEOPLE AFFECTED BY CANCER: LEARNING ABOUT LYMPHEDEMA

Presenter Linda Miller, PT, specializes in treating post-operative complications of breast cancer surgery, including lymphedema. She will present important information and answer questions about lymphedema, an accumulation of fluid in the extremities sometimes experienced as a side effect of cancer treatment. This will include how to minimize the risk of getting lymphedema, when to get help, and what treatment options are available. Please RSVP at (215) 879-7733 by February 8.

FRIDAY, FEBRUARY 16

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

NUTRITION MATTERS FOR PEOPLE AFFECTED BY CANCER: THE HEALING POWER OF FOOD

Sandra Mowry will discuss how to choose foods with healing properties and how to incorporate them into daily life. Please RSVP at (215) 879-7733 by February 14.

SATURDAY, FEBRUARY 25

9:00 A.M. -- 1:00 P.M.

BREAKING THE AGE BARRIER: GETTING THE BEST CANCER TREATMENT

Half of all cancers occur in adults over 65. Anne R. Waldman, MSN, RN, BC, AOCN, clinical nurse specialist, Albert Einstein Cancer Center, will be the presenter for this workshop that will focus on cancer treatment issues for older adults. Current advances in treatment and side effect management mean older adults can benefit as much as the younger population from cancer treatment. After lunch there will be a presentation on financial insurance and legal matters for people with cancer and their families by a representative from the American Cancer Society's "I Can Cope" program. This presentation and lunch is being sponsored by The Leukemia and Lymphoma Society, and has significance for people with any type of cancer. The program includes continental breakfast and lunch. Please register at (215) 879-7733 by February 22.

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 and at The Anne McCouch Center, its satellite location in Lansdale, Pennsylvania. It has 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.