

PRESS RELEASE*PRESS RELEASE*PRESS RELEASE*PRESS RELEASE

FOR IMMEDIATE RELEASE
FEBRUARY 23, 2007
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THE WELLNESS COMMUNITY OF PHILADELPHIA CALENDAR OF EVENT HIGHLIGHTS FOR MARCH – APRIL 2007

NOTES TO EDITORS: Join **The Wellness Community of Philadelphia's (TWCP)** "Strides for Hope" training team as it prepares to participate in the Penn Relays Distance Classic Run/Walk on Sunday, April 22, 2007. Please call Simon Kaufman at (215) 879-7733, ext. 201 for more information. The "Strides for Hope" team's presenting partner is Harris Tea Co.

The Wellness Community of Philadelphia is pleased to present its ninth annual "**Celebration of Hope**" **educational conference on Friday, June 8** and "**Evening in the Park**" **gala/awards ceremony on Friday, May 18**. The special **guest conference speaker** is noted author and cancer survivor **Alice Hoffman**, while the **gala Medal of Inspiration awardee** is award-winning actor and cancer survivor **Lynn Redgrave**. Radio sponsor: **B101**.

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

MONDAYS 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

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

TUESDAYS

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.

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

MARCH EVENTS

WEDNESDAYS, MARCH 7, 14, 21, AND 28

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

MIND-BODY SERIES FOR PEOPLE WITH CANCER: THE HEALING POWER OF DREAMS

This series examines the healing power of dreams and presents meditations and exercises to prepare for and invite dreaming. It also teaches participants how to become lucid in the dreaming state to guide their dreams to help promote problem solving and healing. Participants are encouraged to read, "Tibetan Yogas of Dream and Sleep," by Tenzin Wangyal Rinpoche. Please RSVP at (215) 879-7733 by March 5.

SATURDAY, MARCH 10

10:30 A.M. – NOON

THYROID CANCER NETWORKING GROUP

This group presents an opportunity to meet with others who face similar treatment and concerns, to share information, experiences and coping strategies. Caregivers are welcome, no RSVP is required; meets monthly.

SATURDAY, MARCH 10

12:30 P.M. – 2:30 P.M.

COLORECTAL CANCER NETWORKING GROUP

This group presents an opportunity to meet with others who face similar treatment and concerns, to share information, experiences and coping strategies. Caregivers are welcome, no RSVP is required; meets bi-monthly.

FRIDAY, MARCH 16

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

NUTRITION MATTERS FOR PEOPLE WITH CANCER: ACID AND ALKALINE FOODS

What is the difference between "acid" foods and "alkaline" foods? Sandra Mowry will present information on the acid/alkaline diet and its possible impact on health. Please RSVP at (215) 879-7733 by March 14.

FRIDAY, MARCH 16

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

INTRODUCTION TO MIND-BODY PRACTICES FOR PEOPLE WITH CANCER

Learn about the mind-body connection as it relates to emotions, the immune system and cancer. Gabriel Rocco, MA, mind-body health specialist, teaches practices using breathing, imagery, and meditation to help reduce stress. No RSVP is required.

SATURDAY, MARCH 17

10:30 A.M. – NOON

MULTIPLE MYELOMA NETWORKING GROUP

This group presents an opportunity to meet with others who face similar treatment and concerns, to share information, experiences and coping strategies. Caregivers are welcome, no RSVP is required; meets monthly.

SATURDAY, MARCH 17

10:30 A.M. – NOON

LUNG CANCER NETWORKING GROUP

This group presents an opportunity to meet with others who face similar treatment and concerns, to share information, experiences and coping strategies. Caregivers are welcome, no RSVP is required; meets monthly.

SATURDAY, MARCH 24

8:30 A.M. -- NOON

"FRANKLY SPEAKING ABOUT NEW DISCOVERIES IN CANCER TREATMENT"

The Wellness Community of Philadelphia will present this patient education program designed to provide the most current medical and psychosocial information available in cancer treatment. Louis Weiner, MD, chairman of the department of medical oncology and vice president of translational research at Fox Chase Cancer Center, will present innovations in current cancer treatment and those in development. In addition, participants will learn about research related to emotional well-being, social support and quality of life for people with cancer. Continental breakfast will be served, and all participants will receive a free copy of the comprehensive "Frankly Speaking about New Discoveries in Cancer" kit. Please RSVP at (215) 879-7733 by March 20.

TUESDAY, MARCH 27

6:30 P.M. – 8:00 P.M.

LIVING WELL WITH ADVANCED BREAST CANCER NETWORKING GROUP

This group presents an opportunity to meet with other women who face similar treatment and concerns, to share information, experiences and coping strategies. No RSVP is required; meets monthly.

WEDNESDAY, MARCH 28

6:30 P.M. – 8:00 P.M.

GYNECOLOGIC CANCERS NETWORKING GROUP

This is an opportunity to meet with other women who face similar treatment and concerns, to share information, experiences and coping strategies. No RSVP is required; meets monthly.

APRIL EVENTS

MONDAYS, APRIL 2, 16, 30, MAY 7, 21 AND JUNE 4

6:30 P.M. – 8:00 P.M.

NEWLY DIAGNOSED BREAST CANCER GROUP

This six-week program will focus on the educational needs and emotional concerns of women still new to the diagnosis of breast cancer. Participants will have the opportunity to learn about resources and side effect management, self-care and improving well-being. Please call (215) 879-7733 for more information and to register by March 28.

WEDNESDAYS, APRIL 4, 11, 18, 25

1:30 P.M. – 3:30 P.M.

MIND-BODY SERIES FOR PEOPLE WITH CANCER: HEALING BREATH/SOUND MEDITATION

The practice of meditation helps to manage the stress brought on by illness and worry. This special series of meditation workshops will teach the use of breathing for clearing away destructive emotions and then generating gentle vibrations of sound for healing from their toxic effects. Please call (215) 879-7733 to RSVP by April 2.

FRIDAY, APRIL 13

11:30 A.M. – 1:00 P.M.

NUTRITION MATTERS FOR PEOPLE WITH CANCER: THE MEDITERRANEAN DIET

Sandra Mowry will present information about the advantages and disadvantages of the Mediterranean diet. The group will enjoy a Mediterranean-style lunch. Please RSVP at (215) 879-7733 by April 11.

FRIDAY, APRIL 13

1:30 P.M. – 3:30 P.M.

INTRODUCTION TO MIND-BODY PRACTICES FOR PEOPLE WITH CANCER

Learn about the mind-body connection as it relates to emotions, the immune system and cancer. Gabriel Rocco MA, mind body health specialist, teaches practices using breathing, imagery, and meditation to help reduce stress. No RSVP is required.

SATURDAY, APRIL 14

10:30 A.M. – NOON

THYROID CANCER NETWORKING GROUP

This group presents an opportunity to meet with others who face similar treatment and concerns, to share information, experiences and coping strategies. Caregivers are welcome, no RSVP is required; meets monthly.

SATURDAY, APRIL 14

12:30 P.M. – 2:30 P.M.

INFLAMMATORY BREAST CANCER NETWORKING GROUP

This group presents an opportunity to meet with others who face similar treatment and concerns, to share information, experiences and coping strategies. Caregivers welcome, no RSVP is required; meets bi-monthly.

MONDAYS, APRIL 16 THROUGH JUNE 4 (NO PROGRAM ON MAY 28)

1:00 P.M. – 3:30 P.M.

OPEN ART STUDIO FOR PEOPLE WITH CANCER

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 April 13.

SATURDAY, APRIL 21

10:30 A.M. -- NOON

LUNG CANCER NETWORKING GROUP

This group presents an opportunity to meet with others who face similar treatment and concerns, to share information, experiences and coping strategies. Caregivers are welcome, no RSVP is required; meets monthly.

SATURDAY, APRIL 21

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

ASK THE DOCTOR: ABOUT MULTIPLE MYELOMA

This program, sponsored by The Leukemia and Lymphoma Society, features Dan Vogl, MD, of the Abramson Cancer Center of the University of Pennsylvania. He will provide important information about treatment, research and symptom management of multiple myeloma. Please RSVP at (215) 879-7733 by April 19.

TUESDAY, APRIL 24

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

LIVING WELL WITH ADVANCED BREAST CANCER NETWORKING GROUP

This group presents an opportunity to meet with other women who face similar treatment and concerns, to share information, experiences and coping strategies. No RSVP required; meets monthly.

WEDNESDAY, APRIL 25

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

ASK THE DOCTOR: ABOUT GYNECOLOGIC CANCER

Thomas Randall, MD, director, gynecologic oncology, Pennsylvania Hospital, will be the presenter for this question and answer program about treatment, side-effect management and research for gynecologic cancers. Please RSVP at (215) 879-7733 by April 23.

FRIDAY, APRIL 27

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

NUTRITION MATTERS FOR PEOPLE WITH CANCER: ASK THE DIETICIAN

Sue Daugherty-Rodriguez, RD, LDN, of MANNA will lead a question and answer session on nutrition. This is an opportunity to bring your questions and learn with the group. Please RSVP by at (215) 879-7733 by April 25.

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.