

PRESS RELEASE*PRESS RELEASE*PRESS RELEASE*PRESS RELEASE

FOR IMMEDIATE RELEASE
APRIL 22, 2007
(215) 879-7733 ext. 206
sbluebond@twcp.org

SCOTT D. BLUEBOND
MARKETING &
COMMUNICATIONS
DIRECTOR

THE WELLNESS COMMUNITY OF PHILADELPHIA CALENDAR OF EVENT HIGHLIGHTS FOR MAY -- JUNE 2007

NOTE TO EDITORS: The Wellness Community of Philadelphia (TWCP) is pleased to present its ninth annual “Evening in the Park” gala/awards ceremony on Friday, May 18 and “Celebration of Hope” educational cancer survivorship conference on Friday, June 8. The gala “Medal of Inspiration” awardee is award-winning actor and cancer survivor Lynn Redgrave, while the keynote conference speaker is best-selling author and cancer survivor Alice Hoffman. Another highlight coming up is the second annual Myrna Brind lecture with Chinese medicine expert Jingduan Yang, MD on Wednesday, May 23 from 6:00 P.M. -- 8:00 P.M. 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.

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: The Cancer Center at Paoli Hospital

255 West Lancaster Avenue

Paoli, Pennsylvania 19301

MAY/JUNE EVENTS

WEDNESDAYS, MAY 2, 9, 16, 23, AND 30

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

MIND-BODY SERIES FOR PEOPLE WITH CANCER: BODY-VOICE-MIND-SPIRIT

A comprehensive mind-body series with Gabriel Rocco, offering instruction in breathing, movement awareness, sound healing, imagery, and meditation practices to release tensions, clear toxic emotional states, cultivate positive emotions, and enhance the quality of each day. No RSVP is required.

FRIDAY, MAY 4 FROM 11:30 A.M. -- 1:00 P.M. (RSVP BY MAY 2)

MONDAY, MAY 14 FROM 6:30 P.M. – 8:00 P.M. (RSVP BY MAY 10)

COOKING FOR LIFE FOR PEOPLE WITH CANCER: "LET'S DISCUSS ASPARAGUS"

Chef Suzanne Weltman brings her expertise to this hands-on class that will introduce or reconnect participants to good food and cooking. Each session includes a new cooking experience for participants and information about ingredients and meal preparation will be disbursed. Please RSVP at (215) 879-7733.

FRIDAY, MAY 4 AND FRIDAY, JUNE 15

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, mind-body health specialist, will teach practices using breathing, imagery, and meditation to help reduce stress. No RSVP is required.

THURSDAY, MAY 10 AND THURSDAY, JUNE 7

9:30 A.M. -- 11:00 A.M.

SCRAPBOOK STUDIO FOR PEOPLE WITH CANCER

This monthly networking group for scrapbook enthusiasts or beginners offers an opportunity for participants to work on scrapbook pages and to learn and share ideas. TWCP has a supply of materials and tools courtesy of A.C. Moore. Participants should bring their own scrapbook and pictures. No RSVP is required.

FRIDAY, MAY 11

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

NUTRITION MATTERS FOR PEOPLE WITH CANCER: 16 HEALTHY HABITS FOR BETTER HEALTH

Sandra Mowry presents 16 steps that take only a few minutes each day that can improve one's health and well-being. Please RSVP at (215) 879-7733 by May 9.

FRIDAY, MAY 11

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

ENJOYING BALANCE WITH FENG SHUI FOR PEOPLE WITH CANCER

Illness can promote a sense of life out of balance. Feng Shui, which means *Wind Water*, is an ancient Chinese discipline that seeks to establish greater harmony and balance in life through understanding and improving one's relationship with the environment. Join H. G. Chissell and learn to enhance health and well-being. Please RSVP by May 10 at (215) 879-7733.

SATURDAY, MAY 12 AND SATURDAY, JUNE 16

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, MAY 12 AND SATURDAY, JUNE 2

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, MAY 12

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 monthly.

SATURDAY, MAY 12 FROM 10:30 A.M. – NOON (RSVP BY MAY 11)

SATURDAY, JUNE 2 FROM 10:30 A.M. – NOON (RSVP BY JUNE 1)

EXPLORING DREAMWORK FOR PEOPLE WITH CANCER

Wendy Pannier leads this monthly experiential group that helps people with cancer and their loved ones begin to discover their personal dream symbolism. Participants are invited to bring a dream for discussion. Please RSVP at (215) 879-7733.

FRIDAY, MAY 18

6:30 P.M. -- 9:30 P.M.

THE NINTH ANNUAL "EVENING IN THE PARK" WITH SPECIAL GUEST ACTOR LYNN REDGRAVE
TWCP anticipates 250 professionals, government officials, participants and others will attend this gala/awards ceremony to see award-winning actor Lynn Redgrave receive the "Medal of Inspiration," TWCP participant/volunteers Kathleen Daniels and Maryann Cugini the "Medal of Courage," and Malvern Preparatory School the "Junior Philanthropy Award." Guests will enjoy cocktails and fabulous food with a French theme by Private Chef Kitchen, live music and more, all to benefit TWCP. Governor Edward G. Rendell and Keith A. Morgan, TWCP chair emeritus are among the honorary co-chairs. Taking place at The Suzanne Morgan Center at Ridgeland, the "Evening in the Park" presenting partner is **MDS Pharma Services** and the radio sponsor is **B101**. Please call (215) 879-7733 for more information or visit www.twcp.org.

TUESDAY, MAY 22 AND TUESDAY, JUNE 26

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, MAY 23

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

THE SECOND ANNUAL MYRNA BRIND LECTURE SERIES FOR PEOPLE WITH CANCER: ASK THE DOCTOR ABOUT CHINESE MEDICINE

Jingduan Yang, MD, an expert in traditional Chinese medicine, will be the speaker for this second annual lecture on complementary medicine. He incorporates psychopharmacology, psychotherapy, neuro-emotional techniques, acupuncture and traditional Chinese herbal medicine in care people with cancer with a variety of emotional and physical illnesses at the Jefferson-Myrna Brind Center for Integrative Medicine. Please RSVP by May 17 at (215) 879-7733.

WEDNESDAY, MAY 30

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

ASK THE DOCTOR: ABOUT COLORECTAL CANCER

John D. Sprandio, MD, director of the Delaware County Regional Cancer Center, will present an update on chemotherapy options for colorectal cancer, especially addressing treatment approaches when cancer returns or metastasizes. Please RSVP at (215) 879-7733 by May 25.

WEDNESDAY, MAY 30 AND WEDNESDAY, JUNE 27

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

GYNECOLOGIC CANCERS 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.

JUNE EVENTS

FRIDAY, JUNE 1 FROM 11:30 A.M. -- 1:00 P.M. (RSVP BY MAY 30)

MONDAY, JUNE 18 FROM 6:30 P.M. -- 8:00 P.M. (RSVP BY JUNE 14)

COOKING FOR LIFE FOR PEOPLE WITH CANCER: "IT'S THE BERRIES"

Chef Suzanne Weltman brings her expertise to this hands-on class that will introduce or reconnect participants to good food and cooking. Each session includes a new cooking experience for participants and information about ingredients and meal preparation will be disbursed. Please RSVP at (215) 879-7733.

SATURDAY, JUNE 2

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 are welcome, no RSVP is required; meets monthly.

WEDNESDAYS, JUNE 6, 13, 20 AND 27

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

MIND-BODY SERIES FOR PEOPLE WITH CANCER: COMFORTABLE WITH UNCERTAINTY

This program, based on the book by "Comfortable with Uncertainty" Pema Chodron, offers support through meditation and awareness practices to nurture a deep trust in one's self and the confidence to face the challenges of living with a serious illness. No RSVP required.

FRIDAY, JUNE 8

9:00 A.M. -- 3:45 P.M.

THE NINTH ANNUAL "CELEBRATION OF HOPE"

*This educational conference is held in recognition National Cancer Survivors' Day (June 3). Please call (215) 879-7733 or visit www.twcp.org to learn more and to register. The entire program is free for people with cancer and their loved ones. Registration deadline is June 2. "Celebration of Hope" presenting partner: **GlaxoSmithKline Oncology**; Community Partner: **AstraZeneca**; Program Partners: **Merck Oncology** and **Novartis Oncology**; Speaker partner **Genentech BioOncology**; Radio Sponsor: **B101**.*

9:00 A.M. – 10:00 A.M. -- Registration and Complimentary Continental Breakfast

10:00 A.M. – 10:30 A.M. -- Welcome by TWCP staff and participants

10:30 A.M. -- 11:15 A.M. – "Discovering Pottery through Cancer" with Willie L. Leftwich. *This lawyer, artist, and cancer survivor will explain how his art helped him survive colon cancer.*

11:15 A.M. – 12:00 P.M. – "The Healing Art of Poem Making" with Richard Pestell, MD, PhD. *In addition to his work as an internationally renowned expert in oncology and endocrinology, this director of the Kimmel Cancer Center at Thomas Jefferson University Hospital writes poetry. He will offer insights into how art can impact one's ability to cope with and manage cancer.*

12:00 P.M. – 12:45 P.M. – Lunch

12:45 P.M. – 1:30 P.M. – "Musical Medicine" with Matthew Zachary

He was diagnosed with brain cancer six months shy of his college graduation and told he would likely never perform again. He will present specific strategies for navigating the ever-changing landscape of survivorship through his piano playing and will perform live at the conference.

1:30 P.M. – 2:15 P.M. – "Creating Stories through Cancer" with author and cancer survivor Alice Hoffman
She has been creating stories for over 30 years in which the commonplace and the extraordinary are seamlessly interwoven. In July 1998 she was diagnosed with breast cancer. This presentation will include tips on how people affected by cancer can use writing as a way to achieve a sense of psychological stability as they recover from cancer.

2:30 P.M. – 3:45 P.M. -- Afternoon Workshops

Includes "Exploring Open Studio Art" with Caroline Peterson, MA, ATR-BC; "Writing Towards Wellness: Poetry as a Healing Art" with Lisa DeVuono, MA; and "Music as Therapy" with Brian Abrams, PhD, MT-BC, LPC, FAMI

Location: The Hyatt Regency Philadelphia at Penn's Landing

201 South Columbus Blvd.

Philadelphia, Pennsylvania, 19106

FRIDAY, JUNE 15

11:30 A.M. – 1:00 P.M.

NUTRITION MATTERS FOR PEOPLE WITH CANCER: FIBER FACTS

Learn about fiber and its benefits and how to include it in one's diet with Sandra Mowry. Please RSVP by June 13 at (215) 879-7733.

MONDAYS, BEGINNING JUNE 18 THROUGH AUGUST 6

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, JUNE 23

10:00 A.M. – 2:00 P.M.

MIND-BODY APPROACHES TO WELLNESS FOR PEOPLE WITH CANCER

Gabriel Rocco, MA, leads this special workshop for people affected by cancer that explores mind-body-emotion interactions. Participate in exercises that utilize breathing, relaxation, meditation practices and sound healing. Learn how mind-body practices have the potential to support one's capacity to live with difficulties and the unpredictable nature of cancer in everyday life. Please register at (215) 879-7733 by June 20.

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 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. Please visit **TWCP's** website at www.twcp.org for more information.