

PRESS RELEASE*PRESS RELEASE*PRESS RELEASE*PRESS RELEASE

FOR IMMEDIATE RELEASE
JUNE 20, 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 JULY – AUGUST 2007

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

JULY EVENTS

FRIDAY, JULY 6

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

“NUTRITION MATTERS” FOR PEOPLE AFFECTED BY CANCER: ACID AND ALKALINE FOODS

What are “acid” foods? What are “alkaline” foods? Sandra Mowry will present information on the acid/alkaline diet and its possible impact on health. Please RSVP by July 5 at (215) 879-7733.

MONDAY, JULY 9

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

NETWORKING GROUP -- MOVING THROUGH BREAST CANCER

This networking group is an opportunity for newly diagnosed women, in treatment or in recovery, to meet and share concerns, information and resources, and support one another as they move through the breast cancer experience. Caregivers are welcome, no RSVP is required; meets monthly.

THURSDAYS, JULY 12 THROUGH SEPTEMBER 13

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 and include exercise, strength training, cancer education and emotional support. All women must commit to the full program and have a permission form signed by their physician. It is supported by an unrestricted, educational grant from AstraZeneca. Please register by July 6 at (215) 879-7733.

Location: The Aquatic & Fitness Center

601 Righters Ferry Road

Bala Cynwyd, Pennsylvania 19004

WEDNESDAYS, JULY 11, 18, AND 25

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

BREATHING CLINIC FOR PEOPLE AFFECTED BY CANCER

Bobbi Tighe leads these classes that will focus on specific, gentle and simple breathing instruction to release tension and open healing energy in the body. Also included will be some restorative yoga for beginners and those with special needs. No RSVP is required.

WEDNESDAY, JULY 18

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

TWCP BIRTHDAY PARTY FOR PEOPLE AFFECTED BY CANCER

It is time again to enjoy cake and celebrate community! Jerry O'Leary, MA, MT-BC, founder of The Delaware Valley's "Music Works," will lead participants in singing country and western tunes. Please RSVP by July 16 at (215) 879-7733.

THURSDAY, JULY 19

9:30 A.M. -- 10:30 A.M.

NEW TO CANCER? QUESTIONS AFTER DIAGNOSIS

This educational class, designed for people newly diagnosed with cancer and/or their support persons, will provide information about the cancer vocabulary, partnering with the health team, and finding and evaluating resources. No registration is needed and refreshments will be provided.

MONDAY, JULY 23

5:00 P.M. -- 6:00 P.M.

NEW TO CANCER? QUESTIONS AFTER DIAGNOSIS

This educational class, designed for people newly diagnosed with cancer and/or their support persons, will provide information about the cancer vocabulary, partnering with the health team, and finding and evaluating resources. No registration is needed and refreshments will be provided.

MONDAY, JULY 23

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

COOKING FOR LIFE FOR PEOPLE AFFECTED BY CANCER: FRESH FRUIT SMOOTHIES

Chef Suzanne Weltman brings her expertise to this "hands-on" class that will introduce or reconnect participants to the essence of good food and excellent cooking. Each session includes a new cooking experience for participants with information about ingredients and meal preparation. Please RSVP by July 19 at (215) 879-7733.

TUESDAYS, JULY 24 AND 31 & AUGUST 7, 14, 21, AND 28

3:30 P.M. -- 4:30 P.M.

QIGONG SERIES FOR PEOPLE AFFECTED BY CANCER

Qigong, which literally means "energy work," has been used in China for thousands of years to help practitioners achieve vibrant health and a calm mind. It incorporates slow, meditative movements with deep abdominal breathing that can counteract the chronic stress and strain of daily life on the body and mind, and restore balance to essence, energy and spirit. Regular practice has been shown to improve health, strengthen the immune system, regulate blood pressure, and calm the mind. Kevin Starbard is the instructor and no RSVP is required.

FRIDAY, JULY 27

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

INTRODUCTION TO MIND-BODY PRACTICES FOR PEOPLE AFFECTED BY 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.

AUGUST EVENTS

WEDNESDAY, AUGUST 1

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

THE PATIENT ACTIVE GUIDE TO LIVING WITH OVARIAN CANCER

*This workshop, featuring Stephanie A. King, MD, associate professor and Julia M. Neufeld, RN, BS, OCN, nursing coordinator, Department of Obstetrics and Gynecology, Drexel University College of Medicine, will provide information about ovarian cancer and its treatment with a special focus on living with ovarian cancer as a chronic illness. **The Wellness Community's** publication, "The Patient Active Guide to Living with Ovarian Cancer," will be distributed to attendees. Dinner and parking vouchers will be provided. Please register by July 27 at (215) 879-7733.*

Location: Hahnemann University Hospital

6th Floor Bobst Conference Room

Broad and Vine

Philadelphia, Pennsylvania 19102

FRIDAY, AUGUST 3

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

"NUTRITION MATTERS" FOR PEOPLE AFFECTED BY CANCER: SUMMER TREATS WITH LYCOPENE

Sandra Mowry presents information about two summer treats, tomatoes and watermelon, chief sources of the phytochemical, lycopene. Learn about its healthful benefits and take home delicious recipes. Please RSVP by August 2 at (215) 879-7733.

SATURDAY, AUGUST 4

10:30 A.M. -- 2:30 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. 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 RSVP by August 2 at (215) 879-7733.

WEDNESDAY, AUGUST 8

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

READING FOR WELLNESS BOOK CLUB FOR PEOPLE AFFECTED BY CANCER

This month's book club selection is "Saving Graces" by Elizabeth Edwards. According to *Publisher's Weekly*, "Edwards's memoir is not about cancer, politics or even unbearable loss It's about the value of people coming together to support each other." Please RSVP by August 7 at (215) 879-7733.

MONDAYS, AUGUST 13, 20, AND 27

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

SCRAPBOOK STUDIO SUMMER SERIES FOR PEOPLE AFFECTED BY CANCER

This is the perfect time to take those valued photographs and turn them into a work of art that will tell a story. **TWCP** has a supply of materials and tools courtesy of A.C. Moore. **TWCP** will provide scrapbooks and expert advice. Please RSVP at by August 9 at (215) 879-7733.

MONDAYS, AUGUST 13

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

NETWORKING GROUP -- MOVING THROUGH BREAST CANCER

This networking group is an opportunity for newly diagnosed women, in treatment or in recovery, to meet and share concerns, information and resources, and support one another as they move through the breast cancer experience. Caregivers are welcome, no RSVP is required; meets monthly.

WEDNESDAYS, AUGUST 15, 22, AND 29

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

MIND-BODY SERIES FOR PEOPLE AFFECTED BY CANCER: DESTRUCTIVE EMOTIONS -- HOW CAN THEY BE OVERCOME?

This program, led by Gabriel Rocco, uses the book "Destructive Emotions" by Daniel Goleman. Participants will learn practices that reduce negativity and bolster the immune system. Please RSVP by August 14 at (215) 879-7733.

THURSDAY, AUGUST 16

9:30 A.M. -- 10:30 A.M.

NEW TO CANCER? QUESTIONS AFTER DIAGNOSIS

This educational class, designed for people newly diagnosed with cancer and/or their support persons, will provide information about the cancer vocabulary, partnering with the health team, and finding and evaluating resources. No registration is needed and refreshments will be provided.

FRIDAY, AUGUST 17

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

"NUTRITION MATTERS" FOR PEOPLE AFFECTED BY CANCER: CANCER, NUTRITION AND BONE HEALTH

Cyndi Dinger RD, LDN, nutrition manager at MANNA, will explain how a proper diet can help support and sustain bone health for people who have been treated for cancer. Please RSVP by August 16 at (215) 879-7733.

FRIDAY, AUGUST 17

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

INTRODUCTION TO MIND BODY-PRACTICES FOR PEOPLE AFFECTED BY 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.

MONDAY, AUGUST 20

5:00 P.M. -- 6:00 P.M.

NEW TO CANCER? QUESTIONS AFTER DIAGNOSIS

This educational class, designed for people newly diagnosed with cancer and/or their support persons, will provide information about the cancer vocabulary, partnering with the health team, and finding and evaluating resources. No registration is needed and refreshments will be provided.

MONDAY, AUGUST 20

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

COOKING FOR LIFE FOR PEOPLE AFFECTED BY CANCER: COOL DIPS

Chef Suzanne Weltman brings her expertise to this "hands-on" class that will introduce or reconnect participants to the essence of good food and excellent cooking. Each session includes a new cooking experience for participants with information about ingredients and meal preparation. Please RSVP by August 16 at (215) 879-7733.

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.