

PRESS RELEASE*PRESS RELEASE*PRESS RELEASE*PRESS RELEASE

FOR IMMEDIATE RELEASE
AUGUST 15, 2007
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SCOTT D. BLUEBOND
MARKETING &
COMMUNICATIONS
DIRECTOR

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

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 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

WEDNESDAYS

10:30 A.M. -- 12:30 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. Please call (215) 879-7733 for information about joining any of these groups.

THURSDAYS AT 11:00 A.M. AND TWO MONDAYS PER MONTH AT 6:30 P.M. (CALL FOR DATES)

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.

SEPTEMBER EVENTS

WEDNESDAYS, SEPTEMBER 5, 12 AND 19

1:30 P.M. – 3:30 P.M.

MIND-BODY SERIES FOR PEOPLE AFFECTED BY CANCER: “THE WISDOM OF NO ESCAPE”

Gabriel Rocco leads this class about meditation practices based on Pema Chodron’s book, “The Wisdom of No Escape.” Please RSVP by September 4 at (215) 879-7733.

SATURDAY, SEPTEMBER 8

10:30 A.M. – NOON

DREAM WORK FOR PEOPLE AFFECTED BY CANCER

Wendy Pannier will help people with cancer and their loved ones begin to discover their personal dream symbolism. Learn new insights about how dreams can help to enhance quality of life and foster healing. Please RSVP by September 7 at (215) 879-7733.

FRIDAY, SEPTEMBER 14

11:30 A.M. – 1:00 P.M.

NUTRITION MATTERS FOR PEOPLE AFFECTED BY CANCER: VEGETARIAN MEAL PLANNING

Whether following a vegetarian diet or choosing to add meatless meals to the menu, learn how to plan safely with Sandra Mowry. Recipes included. Please RSVP by September 12 at (215) 879-7733.

SATURDAY, SEPTEMBER 15

9:00 A.M. – NOON

“FRANKLY SPEAKING ABOUT CANCER TREATMENT”

This workshop for people in cancer treatment and caregivers will offer information and educational materials to help manage the physical and psychological effects of treatment. John D. Sprandio, MD, director of the Delaware County Regional Cancer Center, will be the presenter. Continental breakfast will be served. Please RSVP by September 13 at (215) 879-7733.

MONDAYS BEGINNING SEPTEMBER 17

1:00 P.M. – 3:30 P.M.

“OPEN STUDIO” FOR PEOPLE AFFECTED BY CANCER

The creative process of art making can provide healing and life-enhancing benefits. This ongoing studio class led by Caroline Peterson, MA, ATR-BC, invites people with cancer and their caregivers to explore creativity and enjoy art making. Artistic talent or experience is not required. An “orientation to materials” class is offered for newcomers on September 17 and October 15, 12:00 P.M. – 1:00 P.M. Please RSVP by September 14 at (215) 879-7733.

THURSDAY, SEPTEMBER 20

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 care team, and finding and evaluating resources. No registration is needed. Please call (215) 879-7733 for more information.

THURSDAY, SEPTEMBER 20

6:30 P.M. – 8:00 P.M.

QIGONG WORKSHOP: INTRODUCTION TO FALUN DAFA

Falun Dafa is an ancient and advanced form of Qigong that consists of gentle exercises combined with meditation. The practice is known for its emphasis on refining one's moral character in accordance with three principles: Truthfulness, Compassion and Tolerance. Please join Jingduan Yang, MD of the Jefferson -- Myrna Brind Center of Integrative Medicine to learn about this mind/body/spirit practice. Please RSVP by September 18 at (215) 879-7733.

MONDAY, SEPTEMBER 24

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 care team and finding and evaluating resources. No registration is needed. Please call (215) 879-7733 for more information.

MONDAY, SEPTEMBER 24

6:30 P.M. – 8:00 P.M.

COOKING FOR LIFE FOR PEOPLE AFFECTED BY CANCER: “LEARN ABOUT NUTS”

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. Attendance is limited. Please RSVP by September 20 at (215) 879-7733.

FRIDAY, SEPTEMBER 28

11:30 A.M. – 1:30 P.M.

FEARLESS STORYTELLING™ – WRITING FOR WELLNESS FOR PEOPLE AFFECTED BY CANCER

Humans through the ages have healed, learned, connected and delighted by telling stories. Morgan Henderson, MEd, therapist, writer, and cancer survivor, will help develop participants’ creative voices, silence their inner critics and help their story writing skills. Please RSVP by September 26 at (215) 879-7733.

SATURDAY, SEPTEMBER 29

10:30 A.M. – 2:30 P.M.

MIND-BODY APPROACHES TO WELLNESS FOR PEOPLE AFFECTED BY CANCER

This workshop examines breathing, relaxation, meditation 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 bring lunch and RSVP by September 27 at (215) 879-7733.

OCTOBER EVENTS

MONDAY, OCTOBER 1

6:30 P.M. – 8:00 P.M.

READING FOR WELLNESS BOOK CLUB FOR PEOPLE AFFECTED BY CANCER

This month’s selection is “My Sister’s Keeper” by Jodi Picoult. The difficult choices a family must make when a child is diagnosed with a serious disease are explored with pathos and understanding in this 11th novel by Jodi Picoult. Please RSVP by September 28 at (215) 879-7733.

WEDNESDAY, OCTOBER 3

6:00 P.M. – 8:00 P.M.

NON-HODGKIN LYMPHOMA: THE CHANGING LANDSCAPE

This seminar, presented by The Leukemia & Lymphoma Society, will present basic information on terminology, risk factors, diagnosis, staging and classification. New insights, treatments, targeted therapies, and future directions for NHL will be discussed. Jakub Svoboda, MD, of Crozer-Keystone Consultants in Medical Oncology & Hematology, PC, will be the presenter. Registration and dinner begin at 6:00 P.M. Please RSVP by October 1 at (215) 879-7733.

WEDNESDAYS, OCTOBER 10, 17 AND 24

6:30 P.M. – 8:00 P.M.

THE MUSIC IN OUR LIVES FOR PEOPLE AFFECTED BY CANCER

This series, with Joe Tramo, examines music and its capacity to create feelings of joy and hope as well as to reflect memories that celebrate life. Participants are invited to listen and share as well as appreciate the music that has enriched their lives. Please RSVP by October 8 at (215) 879-7733.

SATURDAY, OCTOBER 13

10:30 A.M. – NOON

DREAM WORK FOR PEOPLE AFFECTED BY CANCER

Wendy Pannier will help people with cancer and their loved ones begin to discover their personal dream symbolism. Learn new insights about how dreams can help to enhance quality of life and foster healing. Please RSVP by October 12 at (215) 879-7733.

WEDNESDAYS, OCTOBER 17, 24 AND 31

1:30 P.M. – 3:30 P.M.

MIND-BODY SERIES: “CINEMA NIRVANA” FOR PEOPLE WITH CANCER

This series, based on Dean Sluyter's book, "Cinema Nirvana," will combine mind-body practices for stress reduction and emotional well-being while encouraging discussion of films such as *Casablanca*, *The Graduate*, *The Godfather*, *Memento*, and others. Please RSVP by October 16 at (215) 879-7733.

THURSDAY, OCTOBER 18

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 care team, and finding and evaluating resources. No registration is needed. Please call (215) 879-7733 for more information.

FRIDAY, OCTOBER 19

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

NUTRITION MATTERS FOR PEOPLE AFFECTED BY CANCER: BOOST YOUR ENERGY LEVEL

Join Sandra Mowry and learn helpful ways to increase energy and stamina during treatment and recovery through nutrition. Please RSVP by October 17 at (215) 879-7733.

FRIDAY, OCTOBER 19

1:30 P.M. – 3:30 P.M.

LABYRINTH JOURNEY: A PATH OF HOPE AND HEALING FOR PEOPLE AFFECTED BY CANCER

The labyrinth is a mind-body practice that can assist participants in addressing challenges, managing stress, making decisions, and finding clarity and peace. It is a walking meditation that, when viewed as a metaphor for life's journey, offers lessons as the path is negotiated. Join Lynne Texter, PhD, and Janine Mariscotti, MSW, LCSW, for this workshop. Please RSVP by October 17 at (215) 879-7733.

THURSDAY, OCTOBER 25

6:30 P.M. – 8:00 P.M.

ASK THE DOCTOR ABOUT INTEGRATIVE MEDICINE FOR PEOPLE AFFECTED BY CANCER

Join Ira Cantor, MD, consultant in integrative oncology at Paoli Cancer and Riddle Cancer Centers, and medical director of the Steiner Medical & Therapeutic Center, for a presentation on the benefits of an integrative cancer program and how complementary therapies can help people with cancer. Please RSVP by October 23 at (215) 879-7733.

MONDAY, OCTOBER 29

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 care team, and finding and evaluating resources. No registration is needed. Please call (215) 879-7733 for more information.

MONDAY, OCTOBER 29

6:30 P.M. – 8:00 P.M.

COOKING FOR LIFE FOR PEOPLE AFFECTED BY CANCER: "HOW TO ENJOY PUMPKINS"

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. Attendance is limited. Please RSVP by October 25 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.