

**PRESS RELEASE*PRESS RELEASE*PRESS RELEASE*PRESS
RELEASE**

FOR IMMEDIATE RELEASE
OCTOBER 23, 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 NOVEMBER -- DECEMBER 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.

NOVEMBER EVENTS

FRIDAY, NOVEMBER 2

11:30 A.M. -- 12:30 P.M.

LEGAL CONCERNS FOR PEOPLE WITH CANCER

This program is presented by Spencer Rand, Esq., supervising attorney for the Temple Legal Aid Office. He will present information on living wills and power of attorney, SSI and social security disability, qualifying for medical assistance and COBRA regulations. Please RSVP at (215) 879-7733 by October 31.

FRIDAYS, NOVEMBER 9 AND DECEMBER 7

1:15 P.M. -- 2:45 P.M.

BREATHING CLINIC FOR PEOPLE AFFECTED BY CANCER

These classes 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 modified instruction for those with special needs. Please RSVP at (215) 879-7733 November 7 and December 5, respectively.

SATURDAYS, NOVEMBER 10 AND DECEMBER 8

10:30 A.M. -- NOON

THYROID CANCER NETWORKING GROUP

This is an opportunity to meet with others who face similar treatment and concerns, and to share information, experiences and coping strategies. Caregivers are welcome. Please call (215) 879-7733 to learn more.

SATURDAYS, NOVEMBER 10 AND DECEMBER 1

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 November 9 and November 30, respectively at (215) 879-7733.

SATURDAY, NOVEMBER 10

12:30 P.M. -- 2:00 P.M.

COLORECTAL CANCER NETWORKING GROUP

This is an opportunity to meet with others who face similar treatment and concerns, and to share information, experiences and coping strategies. Caregivers are welcome. Please call (215) 879-7733 to learn more.

MONDAYS, NOVEMBER 12 AND DECEMBER 10

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

BREAST CANCER NETWORKING GROUP

This monthly group is an opportunity for women newly diagnosed, in treatment or in recovery, to meet about concerns, share information and resources, and support one another as they move through the breast cancer experience. Please call (215) 879-7733 to learn more.

WEDNESDAY, NOVEMBER 14

12:00 P.M. -- 3:00 P.M.

"IN FASHION!" LUNCHEON AND FASHION SHOW WITH REQUIEM

The Wellness Community of Philadelphia is hosting its fifth annual fashion show with design team REQUIEM, presented by SAKS FIFTH AVENUE. Guests are invited to a private home for a luncheon, a showing of REQUIEM'S Spring/Summer 2008 line available at SAKS FIFTH AVENUE in Bala Cynwyd, and to meet Raffaele Borriello and Julien Desselle of REQUIEM. Seating is limited; please call (215) 879-7733 for more information and location. Tickets are \$500 and benefit TWCP.

FRIDAY, NOVEMBER 16

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

NUTRITION MATTERS FOR PEOPLE AFFECTED BY CANCER: HEALTHY HOLIDAY EATING

Sandra Mowry will offer tips on preparation of nutritious and delicious festive food for the holiday season. Please RSVP at (215) 879-7733 by November 14.

SATURDAY, NOVEMBER 17

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

LUNG CANCER NETWORKING GROUP

This is an opportunity to meet with others who face similar treatment and concerns, and to share information, experiences and coping strategies. Caregivers are welcome. Please call (215) 879-7733 to learn more.

TUESDAYS, NOVEMBER 13, 20, 27 AND DECEMBER 3, 10, 17

2:00 P.M. -- 3:00 P.M.

QIGONG SERIES FOR PEOPLE AFFECTED BY CANCER

QiGong 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. Attendance at all six sessions is

recommended. Kevin Starboard returns as the instructor. Please RSVP at (215) 879-7733 by November 2.

SATURDAY, NOVEMBER 17

10:30 A.M. -- 2:30 P.M.

MIND-BODY WORKSHOP: HEALING FOR THE HOLIDAYS FOR PEOPLE WITH CANCER

Learn about mind-body practices that can help manage seasonal stress and evoke joy during the holidays even in times of illness with mind-body health specialist, Gabriel Rocco. Please RSVP at (215) 879-7733 by November 16.

MONDAY, NOVEMBER 19

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

COOKING FOR LIFE FOR PEOPLE AFFECTED BY CANCER -- "AN APPLE A DAY"

Chef Suzanne Weltman brings her expertise to this "hands on" class that will introduce or re-connect participants to the essence of fine food and good cooking. Each class will include a new cooking experience for participants with information about ingredients and meal preparation. In this session learn about and enjoy the versatility of apples. Attendance is limited. Please RSVP at (215) 879-7733 by November 15.

TUESDAYS, NOVEMBER 20, 27 AND DECEMBER 4

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

JOURNALING WORKSHOP FOR PEOPLE AFFECTED BY CANCER

Journaling can be a powerful tool in managing the challenge of a cancer diagnosis. Joe Tramo will lead this workshop series designed for beginners or those experienced in journaling. Learn how the journaling experience can provide insight and support. Please RSVP at (215) 879-7733 by November 19.

TUESDAYS, NOVEMBER 27 AND DECEMBER 18

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

LIVING WELL WITH ADVANCED BREAST CANCER NETWORKING GROUP

This is an opportunity for women to meet other women who face similar treatment and concerns, and to share information, experiences and coping strategies. Please call (215) 879-7733 to learn more.

TUESDAY, NOVEMBER 27

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

TWCP ANNUAL CAREGIVERS DINNER FOR PEOPLE AFFECTED BY CANCER

In recognition of National Family Caregivers Month, TWCP has invited Barry Jacobs, PsyD, clinical psychologist, family therapist and author of "The Emotional Survival Guide for Caregivers" to present the many challenges that caregivers confront when caring for a loved one with cancer. Please RSVP at (215) 879-7733 by November 22.

WEDNESDAY, NOVEMBER 28

6:00 P.M. -- 8:00 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. 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. Dinner and parking vouchers will be provided. Please call (215) 879-7733 to register by November 26.

Location: Hahnemann University Hospital

Sixth Floor Bobst Conference Room

Broad and Vine Streets

Philadelphia, Pennsylvania 19102

WEDNESDAYS, NOVEMBER 28 AND DECEMBER 19

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

GYNECOLOGIC CANCERS NETWORKING GROUP

This is an opportunity for women with gynecologic cancers to meet with others who face similar treatment and concerns, and to share information, experiences and coping strategies. Please call (215) 879-7733 to learn more.

FRIDAYS, NOVEMBER 30 AND DECEMBER 14

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 teaches practices using breathing, imagery, and meditation to help reduce stress. Please call (215) 879-7733 to learn more.

DECEMBER EVENTS

SATURDAY, DECEMBER 1

9:00 A.M. -- NOON

"FRANKLY SPEAKING ABOUT LUNG CANCER"

This workshop will provide people with lung cancer and their loved ones with valuable information about current state-of-the-art lung cancer treatment, and symptom and side effect management. Special guest speakers will be Corey Langer, MD, director, thoracic and head and neck, medical oncology, Fox Chase Cancer Center, and Kristen Kreamer, CRNP, AOCN, ANCC, BC, also at Fox Chase. In addition, the "Frankly Speaking About Lung Cancer" booklet will be distributed to participants. Continental breakfast will be served. Please register at (215) 879-7733 by November 27.

MONDAY, DECEMBER 3

2:00 P.M. -- 6:00 P.M.

OPEN STUDIO: HOLIDAY CARD MAKING WORKSHOP FOR PEOPLE AFFECTED BY CANCER

Join Caroline Peterson for an afternoon of art-making. Participants are invited to drop in any time between 2:00 P.M. and 6:00 P.M. to create greeting cards that will convey the spirit of the season. Please RSVP at (215) 879-7733 by November 26.

FRIDAY, DECEMBER 7

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

NUTRITION MATTERS FOR PEOPLE AFFECTED BY CANCER: INFECTION PROTECTION

Sandra Mowry will present food choices designed to minimize the risk of becoming sick during the cold and flu season. Please RSVP at (215) 879-7733 by December 5.

SATURDAY, DECEMBER 8

12:30 P.M. -- 2:30 P.M.

INFLAMMATORY BREAST CANCER NETWORKING GROUP

This is an opportunity to meet with others who face similar treatment and concerns, and to share information, experiences and coping strategies. Caregivers are welcome. Please call (215) 879-7733 to learn more.

SATURDAY, DECEMBER 8

10:00 A.M. -- 9:30 P.M.

"SHOPPING WORKS WONDERS" AT BLOOMINGDALE'S

Bloomingtondale's King of Prussia is hosting a shopping day to benefit TWCP. Shoppers are asked to bring their same-day receipts to the reception desk on Level 1, and Bloomingtondale's will donate 10 percent of total purchases to TWCP. Shoppers will also receive an electronic gift card worth \$15 for every \$150 purchase throughout the store (certain restrictions apply). Please call (215) 879-7733 to learn more.

Location: Bloomingtondale's

The Court at King of Prussia

660 West DeKalb Pike

King of Prussia, Pennsylvania 19406

THURSDAY, DECEMBER 13

5:00 P.M. -- 8:00 P.M.

TRUNK SHOW AT BRUGES HOME BENEFITING THE WELLNESS COMMUNITY OF PHILADELPHIA

*Enjoy a shopping experience at Bruges Home (www.brugeshome.com), offering extraordinary home furnishings and decorative accessories from all over the world. Jewelry designer Melissa Joy Manning (www.mjmmetal.com) will bring her limited edition pieces and Lori Shinal (www.lorishinalinteriors.com) will showcase her handbags, many of them professionally hand-painted and made especially for this event! Ten percent of the evening's sales will be donated to **The Wellness Community of Philadelphia**. Please call (215) 879-7733 to learn more.*

Location: Bruges Home

323A Race Street

Philadelphia, Pennsylvania 19106

FRIDAY, DECEMBER 14

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

COOKING FOR LIFE FOR PEOPLE AFFECTED BY CANCER: HOLIDAY COOKIES

Chef Suzanne Weltman brings her expertise to this "hands on" class that will introduce or re-connect participants to the essence of fine food and good cooking. Come and learn about the baking of tasty, nutritious cookies. Attendance is limited. Please RSVP at (215) 879-7733 by December 12.

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.