

**PRESS RELEASE\*PRESS RELEASE\*PRESS RELEASE\*PRESS  
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FOR IMMEDIATE RELEASE  
DECEMBER 20, 2007  
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MARKETING &  
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**THE WELLNESS COMMUNITY OF PHILADELPHIA  
CALENDAR OF EVENT HIGHLIGHTS FOR JANUARY -- FEBRUARY 2008**

**NOTE 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 20, 2008. Please call Debra Gross at (215) 879-7733, ext. 215 for more information. 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**

**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, LPC, invites people with cancer and their caregivers to explore creativity and enjoy art making. Artistic talent or experience is not required. Newcomers to the class should arrive before 1:00 P.M. for an orientation. 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 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.

**JANUARY EVENTS**

**WEDNESDAYS, JANUARY 2, 9, 16, 23, AND 30**

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

**MIND-BODY SERIES FOR PEOPLE AFFECTED BY CANCER: STRESS MANAGEMENT**

Gabriel Rocco presents mind-body practices that can be used to cope with the stress of cancer treatment as well as everyday challenges. Please RSVP at (215) 879-7733 by January 1.

**FRIDAY, JANUARY 4**

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

**"NUTRITION MATTERS" FOR PEOPLE AFFECTED BY CANCER: REASSESS ONE'S NUTRITION FOR THE NEW YEAR**

Sandra Mowry leads a discussion to reevaluate eating habits and lifestyle for a healthy New Year. Please RSVP at (215) 879-7733 by January 3.

**WEDNESDAY, JANUARY 9**

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

**SPECIAL PROGRAM: AFRICAN-AMERICANS AND CANCER**

Constance Sumner, MSN, RN, community outreach coordinator at Fox Chase Cancer Center, will present important information all African-Americans should know about cancer risk factors and how to make healthy life-style choices. Please RSVP at (215) 879-7733 by January 7.

**FRIDAYS, JANUARY 11 AND FEBRUARY 15 AND TUESDAYS, JANUARY 29 AND FEBRUARY 26**

**11:00 A.M. -- 1:00 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 to share information, experiences, concerns and coping strategies. Please call (215) 879-7733 to learn more.

**FRIDAYS, JANUARY 11 AND FEBRUARY 8**

**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 January 10 and February 7, respectively.

**SATURDAYS, JANUARY 12 AND FEBRUARY 16**

**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.

**SATURDAYS, JANUARY 12 AND FEBRUARY 9**

**10:30 A.M. -- NOON**

**THYROID CANCER NETWORKING GROUP**

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

**SATURDAYS, JANUARY 12 AND FEBRUARY 9**

**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 January 11 and February 8, respectively at (215) 879-7733.

**SATURDAY, JANUARY 12**

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

**COLORECTAL CANCER NETWORKING GROUP**

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

**MONDAYS, JANUARY 14 AND FEBRUARY 11 FROM 5:00 P.M. -- 6:00 P.M. AND  
THURSDAYS, JANUARY 31 AND FEBRUARY 28 FROM 9:30 A.M. -- 10:30 A.M.  
NEW TO CANCER**

This educational class, offered twice each month, is designed for people newly diagnosed with cancer and/or their support persons and is led by TWCP staff. It will provide information about the cancer vocabulary, asking the right questions, partnering with the health care team, and finding and evaluating resources. No registration is needed. Please call (215) 879-7733 for more information.

**MONDAYS, JANUARY 14 AND FEBRUARY 11  
6:30 P.M. -- 8:00 P.M.**

**BREAST CANCER NETWORKING GROUP**

This monthly group is an opportunity for newly diagnosed women with cancer, 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.

**FRIDAYS, JANUARY 18 AND FEBRUARY 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, MA teaches practices using breathing, imagery, and meditation to help reduce stress. Please call (215) 879-7733 to learn more.

**TUESDAY, JANUARY 22  
6:30 P.M. -- 8:00 P.M.**

**CAREGIVER CONNECTION: CARING FOR A LOVED ONE WITH CANCER**

Communicating with family and friends is the focus of this monthly discussion group for those who are providing emotional support or physical care of a loved one with cancer. The session will include information, discussion and resource sharing. Please RSVP at (215) 879-7733 by January 21.

**WEDNESDAYS, JANUARY 23 AND FEBRUARY 27  
6:30 P.M. -- 8:00 P.M.**

**GYNECOLOGIC CANCERS NETWORKING GROUP**

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

**FRIDAY, JANUARY 25  
11:30 A.M. -- 1:00 P.M.**

**“NUTRITION MATTERS” FOR PEOPLE AFFECTED BY CANCER: CANCER AND ANTIOXIDANTS**

Cyndi Dinger, RD, LDN, nutrition manager of MANNA, will present information about antioxidants and their use in diet and as supplements for people with cancer. Please RSVP at (215) 879-7733 by January 23.

**MONDAY, JANUARY 28  
6:30 P.M. -- 8:00 P.M.**

**“COOKING FOR LIFE” FOR PEOPLE AFFECTED BY CANCER – EASY SOUPS**

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. This month’s class will learn about ingredients and recipes and work together to prepare an “easy soup” for dinner. Attendance is limited. Please RSVP at (215) 879-7733 by January 24.

**THURSDAY, JANUARY 31  
6:30 P.M. -- 8:00 P.M.**

**“ASK THE DOCTOR” ABOUT GASTROINTESTINAL CANCERS**

Christine Szarka, MD, of the Cancer Center of Paoli Hospital, will lead a question and answer session on treatment concerns for stomach, esophageal, pancreatic and colorectal cancers. Please RSVP at (215) 879-7733 by January 29.

**FEBRUARY EVENTS**

***SATURDAY, FEBRUARY 2  
10:00 A.M. – 2:00 P.M.***

**“THE PATIENT ACTIVE GUIDE TO LIVING WITH ADVANCED BREAST CANCER”**

*This program, led by Rene Rubin, MD, of Hahnemann University Hospital, will feature a presentation of medical concerns and current research for the treatment of advanced breast cancer. It will also include information on the emotional challenges in dealing with ongoing treatment and a panel discussion with women who are living with advanced disease. The program was made possible by an unrestricted educational grant from GlaxoSmithKline Oncology. Dinner and parking vouchers will be provided. Please register at (215) 879-7733 by February 1.*

*Location: Hahnemann University Hospital  
Sixth Floor -- Bobst Conference Room  
Broad and Vine Streets  
Philadelphia, Pennsylvania 19102*

**WEDNESDAYS, FEBRUARY 6, 13, 20, AND 27**

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

**MIND-BODY SERIES FOR PEOPLE AFFECTED BY CANCER: EMPOWERING THE IMMUNE SYSTEM**

Learn practices that can support physical, emotional, psychological and spiritual aspects of healing with Gabriel Rocco. Attendance at all sessions is recommended. Please RSVP at (215) 879-7733 by February 5.

**FRIDAY, FEBRUARY 8**

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

**“NUTRITION MATTERS” FOR PEOPLE AFFECTED BY CANCER: CHOOSING THE SAFEST FOODS**

Sandra Mowry presents information about food safety and how to minimize exposure to chemicals, pesticides, etc. through diet. Please RSVP at (215) 879-7733 by February 7.

**SATURDAY, FEBRUARY 9**

**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 to share information, experiences, concerns and coping strategies. Caregivers are welcome. Please call (215) 879-7733 to learn more.

**TUESDAY, FEBRUARY 19**

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

**CAREGIVER CONNECTION: CARING FOR A LOVED ONE WITH CANCER**

Partnering with the health care team is the focus of this monthly discussion group for those who are providing emotional support or physical care of a loved one with cancer. The session will include information, discussion and resource sharing. Please RSVP at (215) 879-7733 by February 18.

**FRIDAY, FEBRUARY 22**

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

**“COOKING FOR LIFE” FOR PEOPLE AFFECTED BY CANCER: CHOCOLATE**

Chef Suzanne Weltman brings her expertise to this “hands on” class that will introduce or reconnect participants to the essence of fine food and good cooking. This month’s class will learn about and prepare new dishes using chocolate. Attendance is limited. Please RSVP at (215) 879-7733 by February 19.

**SATURDAY, FEBRUARY 23**

**10:00 A.M. -- 2:00 P.M.**

**MIND-BODY WORKSHOP: MIND-BODY APPROACHES TO WELLNESS FOR PEOPLE AFFECTED BY CANCER**

This workshop led by Gabriel Rocco, MA examines breathing, relaxation, and meditation. 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 at (215) 879-7733 by February 21.

**THURSDAY, FEBRUARY 28**

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

**“ASK THE DOCTOR” ABOUT ACUPUNCTURE AND CANCER**

Please join Jingduan Yang, MD, of the Jefferson Myrna Brind Center of Integrative Medicine to learn about this ancient practice that can assist people with cancer in treating pain and side effects and promoting well-being. Please RSVP at (215) 879-7733 by February 26.

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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 [twcp.org](http://twcp.org) for more information. **The Wellness Community of Philadelphia's** grounds and buildings are smoke-free.