

15th ANNIVERSARY • 1993—2008

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

FOR IMMEDIATE RELEASE
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**THE WELLNESS COMMUNITY OF PHILADELPHIA CALENDAR
OF EVENT HIGHLIGHTS FOR SEPTEMBER – OCTOBER 2008**

NOTES TO EDITORS: 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. The “Celebration of Support” is being held September 22-27 in recognition of TWCP’s 15th anniversary this year. *Off-site programs are in italics.* Schedule is subject to change without notice.

ONGOING PROGRAMS

MONDAYS (BEGINNING SEPTEMBER 22)

1:00 P.M. – 3:30 P.M.

“OPEN STUDIO” – ART-MAKING FOR PEOPLE AFFECTED BY CANCER

This studio class led by Caroline Peterson, MA, ATR-BC, LPC, invites people with cancer and their caregivers to explore creativity and enjoy art-making in a mindful way. Artistic talent or experience is not required. No RSVP is required.

TUESDAYS

WELLNESS WORKOUT FOR PEOPLE AFFECTED BY CANCER

10:00 A.M. – 11:00 A.M.

This weekly fitness program focuses on total body conditioning and includes gentle stretching, strengthening and low-impact aerobic exercises. Joanne Sgro is the instructor and no RSVP is required.

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 ON THE SECOND AND FOURTH MONDAYS EACH MONTH AT 6:30 P.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.

THURSDAYS

1:15 P.M. – 2:45 P.M.

YOGA FOR PEOPLE AFFECTED BY CANCER

This is a restorative yoga that can help develop flexibility, strength and balance regardless of one's state of physical fitness. Participants learn yoga breathing that provides increased energy and deeper relaxation. No RSVP is required.

FRIDAYS

9:30 A.M. – 11:00 A.M.

T'AI CHI FOR PEOPLE AFFECTED BY CANCER

This form of Chinese exercise, geared towards beginners and those with previous experience, is practiced for its relaxation, energizing effects and health benefits. Beth Rose is the instructor and no RSVP is required.

SEPTEMBER PROGRAMS AND EVENTS

WEDNESDAYS, SEPTEMBER 3, 10, 17 AND 24

1:30 P.M. – 3:30 P.M.

MIND-BODY SERIES FOR PEOPLE AFFECTED BY CANCER: HEALING WITH THE FIVE ELEMENTS

Gabriel Rocco leads this series that examines the healing power of the imagination and the five natural elements. The mind-body practices taught at this workshop are appropriate for everyone and beginners are welcome. Please RSVP by September 1 at (215) 879-7733.

FRIDAY, SEPTEMBER 5

11:30 A.M. – 1:00 P.M.

“NUTRITION MATTERS” FOR PEOPLE AFFECTED BY CANCER: HEALTHIER GRILLING

Sandra Mowry presents healthier alternatives for barbeques and flavorful grilling recipes. Please RSVP by September 4 at (215) 879-7733.

TUESDAYS, SEPTEMBER 9, 16, 23, 30 AND OCTOBER 7 AND 14

5:00 P.M. – 6:00 P.M.

QIGONG FOR PEOPLE AFFECTED BY CANCER

Kevin Starboard leads this six-week Qigong series which incorporates slow, meditative movements with deep abdominal breathing that can counteract the chronic stress and strain of daily life. Please RSVP by September 8 at (215) 879-7733.

TUESDAY, SEPTEMBER 16

6:30 P.M. – 8:00 P.M.

CAREGIVER CONNECTION: CARING FOR A LOVED ONE WITH CANCER

This is a monthly discussion group for those who are providing emotional support or physical care for a loved one with cancer. This session examines the range of feelings that is experienced by caregivers throughout the cancer experience. Please RSVP by September 20 at (215) 879-7733.

THURSDAY, SEPTEMBER 18

6:30 P.M. – 8:00 P.M.

“COOKING FOR LIFE” FOR PEOPLE AFFECTED BY CANCER

Chef Suzanne Weltman brings her expertise to this “hands-on” class. Each session includes a new cooking experience for participants who will also learn about ingredients and meal preparation. This class will focus on “knife skills” as a part of meal preparation. Please RSVP by September 16 at (215) 879-7733.

FRIDAY, SEPTEMBER 19 (RAIN DATE SATURDAY, SEPTEMBER 20 AT 3:30 P.M.)

4:30 P.M. – 7:00 P.M.

“HELP MAKE IT HAPPEN!” MINI GOLF TOURNAMENT

*This will be TWCP's fifth annual miniature golf tournament organized by kids, for kids. Children along with their parents will play to raise money for **The Wellness Community of Philadelphia**. Tickets are \$25 for children and \$35 for adults.*

Sponsorships are also still available starting at \$100 each. Children under the age of 11 must be accompanied by an adult.

Reservations are limited; please call (215) 879-7733 to purchase tickets or to sponsor this event.

Location: Tee's Golf Center

707 Conshohocken Road
Conshohocken, Pennsylvania 19428

MONDAY, SEPTEMBER 22

7:00 P.M.

TWCP FOUNDERS' DINNER

An **invitation only** founders' dinner will be held at **TWCP** to thank those individuals who helped establish it back in 1993 and sustain it for 15 years. Please call (215) 879-7733 to learn more.

TUESDAY, SEPTEMBER 23

5:30 P.M. – 7:00 P.M.

TWCP HOMECOMING RECEPTION

An **invitation only** homecoming reception will be held at **TWCP** to thank all former and current staff for their contributions to the organization. Please call (215) 879-7733 to learn more.

WEDNESDAY, SEPTEMBER 24

8:30 A.M. – 10:00 A.M.

TWCP CAREGIVER'S BREAKFAST

A caregivers' breakfast hosted by cancer survivor and eight-time award winning journalist, NBC 10's Lu Ann Cahn is being held at **TWCP** to honor those who give so selflessly to help people with cancer. Please call (215) 879-7733 to learn more.

WEDNESDAY, SEPTEMBER 24

6:00 P.M. – 8:00 P.M.

TWCP SURVIVORS' DINNER

A survivors' dinner will be held at **TWCP** with special guest speaker Gwen Darien, director of the survivor and patient advocacy department at the American Association for Cancer Research. Please call (215) 879-7733 to learn more.

THURSDAY, SEPTEMBER 25

4:00 P.M. – 6:00 P.M.

TWCP SERVICE PROJECT AND RECEPTION

A service project and reception will take place to honor **TWCP's** volunteers while they once again tackle a worthy project on behalf of the organization. Please call (215) 879-7733 to learn more.

FRIDAY, SEPTEMBER 26

7:30 A.M. – 9:00 A.M.

TWCP PROFESSIONAL BREAKFAST

An **invitation only** professional breakfast will be held at **TWCP's** Barn. The featured speaker is Julia Rowland, PhD, director, Office of Cancer Survivorship, Division of Cancer Control and Population Sciences, National Cancer Institute, NIH/DHHS. Her topic is "Cancer Survivorship: New Directions in Research and Care." Please call (215) 879-7733 to learn more.

SATURDAY, SEPTEMBER 27

9:00 A.M. – 4:00 P.M.

CITY AVENUE AWARENESS WALK AND CANCER INFORMATION AND RESOURCE FAIR

TWCP will hold a "City Avenue Awareness Walk" and "Cancer Information and Resource Fair." The two-mile "Awareness Walk" will be held in collaboration with many local businesses. Following the walk, a fair featuring exhibits by local healthcare and cancer organizations, a sampling of **TWCP** programs, as well as refreshments and other activities will take place back at **TWCP**. It is sponsored by Lindi Skin. B101 radio will provide music, giveaways, Buzzbee and more fun! Special thanks to the "City Suburban News." Please call (215) 879-7733 to learn more.

OCTOBER PROGRAMS AND EVENTS

WEDNESDAYS, OCTOBER 1, 8, 15, 22 AND 29

1:30 P.M. – 3:30 P.M.

MIND-BODY SERIES FOR PEOPLE AFFECTED BY CANCER: FINDING TRUE PEACE AND HAPPINESS

This series with Gabriel Rocco will introduce the process of mindfulness that clears away clutter so that one can find and appreciate the natural joy of being alive. Please RSVP by September 30 at (215) 879-7733.

WEDNESDAYS, OCTOBER 1, 15, 22 AND 29

6:30 P.M. – 8:00 P.M.

EVENING YOGA SERIES FOR PEOPLE WITH CANCER

Bobbi Tighe is the instructor for this four-week series that will introduce the benefits of yoga and leave participants feeling relaxed, yet energized. Please RSVP by September 29 at (215) 879-7733.

THURSDAYS, OCTOBER 2, 9, 16, 23, 30 AND NOVEMBER 6

3:30 P.M. – 4:30 P.M.

FITNESS AFTER CANCER TREATMENT

*This six-week series for people who have completed cancer treatment within the past two years is designed to get one started with movement and strength-training with experienced **TWCP** Wellness Workout instructor Joanne Sgro. Written permission from a physician is required. The class takes place at The Aquatic and Fitness Center in Bala Cynwyd. Participants must register by September 30 at (215) 879-7733.*

Location: The Aquatic & Fitness Center

601 Righters Ferry Rd.

Bala Cynwyd, Pennsylvania 19004

THURSDAYS, OCTOBER 2, 16, 23, 30 AND NOVEMBER 6 AND 13

6:00 P.M. – 8:00 P.M.

MANAGING WEIGHT GAIN AFTER CANCER

Learn how to lose weight and adopt a lifestyle that will support healthy survivorship after treatment in this series of six classes. Katrina Claghorn, MS, RD, CSO, LDN, advanced practice clinical dietitian specialist, Karen Wagner, MS, RD, clinical dietitian specialist, both of The Abramson Cancer Center, and **TWCP** program director Kathleen Coyne, LCSW, will present this weight management and education program for people who have completed treatment for cancer within the past two years.

Presentations on food-shopping, healthy cooking, the benefits of exercise and tips for implementing a continued plan for healthy survivorship will be included. Participation is limited and will require a medical release. Please register by September 25 at (215) 879-7733.

FRIDAY, OCTOBER 3

11:30 A.M. – 1:00 P.M.

“NUTRITION MATTERS” FOR PEOPLE AFFECTED BY CANCER

Cyndi Dinger of MANNA will discuss omega-3 foods and supplements and their value in one’s diet. Please RSVP by October 2 at (215) 879-7733.

SATURDAY, OCTOBER 4

9:00 A.M. – NOON

“FRANKLY SPEAKING ABOUT CANCER TREATMENT”

This workshop for people in cancer treatment and their 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 October 1 at (215) 879-7733.

FRIDAY, OCTOBER 17

11:30 A.M. – 1:00 P.M.

“NUTRITION MATTERS” FOR PEOPLE AFFECTED BY CANCER: MEATLESS MEALS

Sandra Mowry discusses the health benefits of adding meat-free meals to one’s diet and offers tasty recipes. Please RSVP by October 16 at (215) 879-7733.

MONDAY, OCTOBER 20

6:30 P.M. – 8:00 P.M.

“COOKING FOR LIFE” FOR PEOPLE AFFECTED BY CANCER

Chef Suzanne Weltman brings her expertise to this “hands-on” class. Each session includes a new cooking experience for participants who will also learn about ingredients and recipe preparation. Please RSVP by October 17 at (215) 879-7733.

SATURDAY, OCTOBER 25

10:00 A.M. – 2:00 P.M.

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

This workshop with Gabriel Rocco explores mind-body-emotion interactions. Participate in exercises that utilize breathing, relaxation and meditation practices. 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 October 23 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 twcp.org for more information. **The Wellness Community of Philadelphia’s** grounds and buildings are smoke-free.