

15th ANNIVERSARY • 1993—2008

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

FOR IMMEDIATE RELEASE
OCTOBER 28, 2008
(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 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. *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 -- ART FOR LIFE

The creative process of art-making can provide healing and life-enhancing benefits and lend support to people as they move through the cancer experience. Caroline Peterson, MA, ATR-BC, LPC, leads this weekly, ongoing studio class that offers people with cancer and their caregivers the opportunity to explore creativity and enjoy art-making. 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.

NOVEMBER PROGRAMS AND EVENTS

WEDNESDAYS, NOVEMBER 5, 12 AND 19

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

MIND-BODY SERIES: BODY, EMOTIONS, MIND AND SPIRIT FOR PEOPLE WITH CANCER

This series, with Gabriel Rocco, examines changes one can choose that will support healing, bring more joy to everyday experiences, and enhance well-being. Please RSVP by November 3 at (215) 879-7733.

MONDAY, NOVEMBER 10

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

COOKING BASICS -- SAUCES AND DRESSINGS FOR PEOPLE WITH CANCER

Participants will learn basic preparation techniques for making sauces and salad dressings and receive recipes for the holidays. Please RSVP by November 7 at (215) 879-7733.

TUESDAY, NOVEMBER 11

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

TWCP ANNUAL CAREGIVERS' DINNER: UNDERSTANDING AND TREATING ANXIETY AND DEPRESSION

This annual dinner that honors all those caring for a loved one with cancer. Family members and friends who provide emotional support, practical assistance, and physical care are all welcome. Mark Bernstein, MD, clinical associate professor at The University of Pennsylvania, and psychiatrist in private practice, will present information to help identify and treat anxiety and depression, both for the person with cancer as well as the caregiver. Please register by November 7 at (215) 879-7733.

FRIDAY, NOVEMBER 14

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

NUTRITION MATTERS: VERSATILE TOFU FOR PEOPLE WITH CANCER

Sandra Mowry presents delicious ways to use this high protein, low fat, nutritious food, from making meals to tasty desserts. Please RSVP by November 12 at (215) 879-7733.

FRIDAY, NOVEMBER 14

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

LEGAL CONCERNS FOR PEOPLE WITH CANCER

Rodney Warner, lawyer for the Legal Clinic for the Disabled, Inc., will present information about social security disability, insurance and employment rights, and other general issues and resources that could be of importance for people dealing with cancer. Please RSVP by November 12 at (215) 879-7733.

MONDAY, NOVEMBER 17

12:00 P.M. -- 1:30 P.M.

"FRANKLY SPEAKING ABOUT CANCER TREATMENT"

Lydia Komarnicky, MD, professor and chair of radiation oncology, Drexel University, presents this workshop for people in

cancer treatment and their caregivers. This program will offer information and educational materials to help manage the physical and psychological effects of treatment. Lunch and parking vouchers will be provided. Please register by November 13 at (215) 879-7733.

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

MONDAYS, NOVEMBER 17 AND 24 AND DECEMBER 1 AND 8
3:00 P.M. – 4:00 P.M.

NEW TO TWCP! – WATER FITNESS CLASS FOR PEOPLE WITH CANCER

Water exercise can improve cardiovascular conditioning, strength and flexibility. This four-week program will help participants build better muscular endurance and balance. The class size will be limited and written permission from a physician is required. Please RSVP by November 12 at (215) 879-7733.

Carousel House
Belmont Avenue and North Concourse Drive
West Fairmount Park
Philadelphia, Pennsylvania 19131

THURSDAY, NOVEMBER 20
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 (brugeshome.com), offering extraordinary home furnishings and decorative accessories from all over the world. Jewelry designer Melissa Joy Manning (mjmmetal.com) will offer her limited edition pieces. 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, NOVEMBER 21
11:30 A.M. – 1:00 P.M.

NUTRITION MATTERS: CANCER AND NUTRITION -- WHAT CANCER SURVIVORS NEED TO KNOW

Join Eileen Trombetta, RD, CNSD, LDN, clinical research nutritionist at Fox Chase Cancer Center, as she offers the latest nutrition information on healthy survivorship. Please RSVP by November 19 at (215) 879-7733.

SATURDAY, NOVEMBER 22
10:00 A.M. – 2:00 P.M.

WEEKEND WORKSHOP: MIND-BODY PRACTICES FOR STRESS MANAGEMENT FOR PEOPLE WITH CANCER

Gabriel Rocco, MA, presents mind-body practices that can be used to cope with the stress of cancer treatment as well as everyday challenges. Please RSVP by November 20 at (215) 879-7733.

DECEMBER PROGRAMS AND EVENTS

WEDNESDAYS, DECEMBER 3, 10 AND 17
1:30 P.M. – 3:30 P.M.

MIND-BODY SERIES: HEALING POWER OF GRATITUDE FOR PEOPLE WITH CANCER

This series examines choices one can make to deal with illness, stress, anger, or fear. Participants will learn practices to evoke compassion, loving-kindness, and gratitude. Please RSVP by December 1 at (215) 879-7733.

FRIDAY, DECEMBER 5
11:30 A.M. – 1:00 P.M.

NUTRITION MATTERS: HEALTHIER HOLIDAY FARE FOR PEOPLE WITH CANCER

Sandra Mowry presents new ways to have healthy and tasty, festive foods. Please RSVP by December 3 at (215) 879-7733.

SATURDAY, DECEMBER 6
9:00 A.M. – 12:00 P.M.

“FRANKLY SPEAKING ABOUT LUNG CANCER”

This “Frankly Speaking About Lung Cancer” workshop will cover the latest treatments for lung cancer and address side effects and their management. Attendees will also be taught tools to help overcome the social and emotional challenges of the

diagnosis. James P. Stevenson, MD, director of thoracic oncology at Penn Presbyterian Medical Center, will lead this workshop and all participants will receive the free "Frankly Speaking About Lung Cancer" booklet. Continental breakfast will be served. Please register by December 4 at (215) 879-7733.

MONDAY, DECEMBER 8

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

OPEN STUDIO: HOLIDAY CARD MAKING FOR PEOPLE WITH CANCER

Enjoy 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 by December 1 at (215) 879-7733.

WEDNESDAY, DECEMBER 10

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

TWCP HOLIDAY PARTY FOR PEOPLE WITH CANCER

All TWCP participants, family members, friends, volunteers, board, and staff and are invited to celebrate the season and share camaraderie and holiday cheer! Dinner will be provided but please bring a dessert to share. Please RSVP by December 5 at (215) 879-7733.

MONDAY, DECEMBER 15

5:00 P.M. -- 6:30 P.M.

NEW TO CANCER

Information will be provided on understanding a new vocabulary, finding and evaluating information, asking the right questions, partnering with one's health care team, and connecting to resources. Designed for those who are newly diagnosed or just beginning their experience with cancer. Support people are welcome. Please RSVP by December 12 at (215) 879-7733.

MONDAY, DECEMBER 15

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

COOKING FUN -- HOLIDAY TREATS FOR PEOPLE WITH CANCER

Suzanne Weltman will present new and healthy recipes for treats at holiday time. Please RSVP by December 12 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.