

**PRESS RELEASE*PRESS RELEASE*PRESS RELEASE*PRESS
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FOR IMMEDIATE RELEASE
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**THE WELLNESS COMMUNITY OF PHILADELPHIA CALENDAR
OF EVENT HIGHLIGHTS FOR JANUARY – FEBRUARY 2009**

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 19, 2009. 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

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.

JANUARY PROGRAMS AND EVENTS

WEDNESDAY, JANUARY 7

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

MIND-BODY PROGRAM FOR PEOPLE AFFECTED BY CANCER: MAKE MIND-BODY RESOLUTIONS FOR A NEW YEAR!

A "how to" workshop on making and supporting New Year's resolutions led by Gabriel Rocco. Please RSVP by January 5 at (215) 879-7733.

TUESDAYS, JANUARY 13, 20, 27 AND FEBRUARY 3, 10 AND 17

5:15 P.M. -- 6:15 P.M.

RELAX WITH QIGONG 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. Kevin Starboard returns as the instructor. Please RSVP by January 12 at (215) 879-7733.

THURSDAYS, JANUARY 15 AND FEBRUARY 19

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

NEW NETWORKING GROUP: YOUNG WOMEN WITH BREAST CANCER

In partnership with the "Young Survival Coalition," a networking group for young women with breast cancer (40 or younger at time of diagnosis) will meet at TWCP to discuss concerns and issues that are unique to young women with breast cancer. This monthly group is an opportunity for participants to share information and resources, and support one another as they move through the breast cancer experience. No RSVP is required.

WEDNESDAYS, JANUARY 21 AND 28

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

MIND-BODY SERIES: COMING BACK TO YOUR SENSES

When attention is distracted by thoughts of the past or future, one may miss the vitality of living in the moment. Learn how to revitalize one's senses with Gabriel Rocco. Please RSVP by January 20 at (215) 879-7733.

THURSDAYS, JANUARY 22, 29, AND FEBRUARY 5, 12, 19 AND 26

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

NEW! BEGINNER PILATES FOR PEOPLE AFFECTED BY CANCER

Learn the basics of Pilates while lengthening and strengthening one's body through proper alignment and posture with a focus on core strength and breathing. Joanne Sgro is the instructor; please RSVP by January 20 at (215) 879-7733.

MONDAYS, JANUARY 26, FEBRUARY 2 AND FEBRUARY 9

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

COOKING FOR LIFE: HEALTHY LOW FAT COOKING FOR PEOPLE AFFECTED BY CANCER

Chef Suzanne Weltman brings her expertise to this "hands on" class. Participants will learn how to cook low fat meals and prepare low fat snacks. The last session is a potluck and will include recipe sharing. Please RSVP by January 15 at (215) 879-7733.

TUESDAY, JANUARY 27

3:00 P.M. -- 4:30 P.M.

“ASK THE EXPERT” ABOUT NUTRITION AFTER A CANCER DIAGNOSIS -- THE SLOW FOOD MOVEMENT: AN INTERPRETATION TO FACILITATE NUTRITIONAL CHANGE

Debra DeMille, MS, RD, CSO, nutrition counselor, Joan Karnell Cancer Center at Pennsylvania Hospital, will present “The Slow Food Movement” which embraces the enjoyment of wholesome food in the pursuit of happiness. Many cancer survivors want to reevaluate diet and lifestyle but find it overwhelming. Learn through this movement to optimize nutrition as a cancer fighting, health promoting tool. Please RSVP by January 23 at (215) 879-7733.

WEDNESDAY, JANUARY 28

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

“FRANKLY SPEAKING ABOUT CANCER TREATMENT”

William Tester, MD, director of Einstein Cancer Center, 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. Hosted by Einstein Cancer Center, it will take place in the conference room of the Center. Please register by January 26 at (215) 879-7733.

Location: Einstein Cancer Center

5501 Old York Road

Philadelphia, Pennsylvania 19141

SATURDAY, JANUARY 31

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

“FRANKLY SPEAKING ABOUT ADVANCED BREAST CANCER”

This workshop will cover the latest treatments for advanced (metastatic) breast cancer. In addition to learning about side effects and management, the social and emotional challenges of the diagnosis will be explored. The program is presented in partnership with Living Beyond Breast Cancer. Lunch is provided; please register by January 28 at (215) 879-7733.

FEBRUARY PROGRAMS AND EVENTS

WEDNESDAYS, FEBRUARY 4, 11, 18, AND 25

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

MIND-BODY SERIES: MINDFULNESS MEDITATION FOR ANXIETY

Instead of reacting to anxiety, mindfulness meditation allows one to observe it. Instead of passing judgment on one's emotions, mindfulness meditation allows one to experience and accept them. Please RSVP by February 2 at (215) 879-7733.

FRIDAY, FEBRUARY 6

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

“ASK THE EXPERT” ABOUT NUTRITION AFTER A CANCER DIAGNOSIS: SHOPPING FOR VALUE AND GOOD HEALTH -- STORE TOUR AT WHOLE FOODS MARKET®

Learn how to shop for food that will support a healthy diet while keeping an eye on a budget. Food samplings will be included. Tour to begin in the café at Whole Foods Market®. Please RSVP by February 4 at (215) 879-7733.

Location: Whole Foods Market®

2001 Pennsylvania Avenue

Philadelphia, Pennsylvania 19130

SATURDAY, FEBRUARY 7

10:00 A.M. -- 2:30 P.M.

MIND-BODY WINTER RETREAT: HEALING BREATH

Yoga instructor, Bobbi Tighe, will join Gabriel Rocco for this special workshop of yoga stretching and meditation practice that will focus on breathing as a means to increase well-being in mind and body. Please bring lunch and RSVP by February 5 at (215) 879-7733.

TUESDAY, FEBRUARY 10

10:00 A.M. -- 12:00 P.M.

JOURNALING THROUGH CANCER

Many studies have shown that expressive writing, such as journaling, is beneficial to both mental and physical health, especially for people dealing with serious health concerns. Learn the basics of vital journaling and how to apply them healthfully to the experience of cancer. No writing experience or expertise is needed. Facilitated by Janet Ruth Falon, MLA, award-winning writer and teacher, creator of the Journaling Through Breast Cancer program, and author of “The Jewish Journaling Book.”

Please bring a tablet or journal and RSVP by February 6 at (215) 879-7733.

WEDNESDAY, FEBRUARY 18

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

“ASK THE NURSE” ABOUT LYMPHOMA

This program features Lisa Downs, MSN, CRNP, coordinator, lymphoma program, University of Pennsylvania Cancer Center, who will provide information about treatment and side effect management of lymphoma. Sponsored by The Leukemia and Lymphoma Society. Light refreshments will be served; please RSVP by February 16 at (215) 879-7733.

SATURDAY, FEBRUARY 21

9:00 A.M. -- 12:30 P.M.

COUPLES FACING CANCER TOGETHER

This workshop is designed to support and strengthen couples who are dealing with the stress of cancer. They will learn skills in problem-solving, communication, maintaining intimacy and in nurturing one another. Sandra Bernstein, MSN, RN, CNS, LMFT, and Marc Bernstein, MD, will facilitate. Attendance is limited. Please register by February 19 at (215) 879-7733.

SATURDAY, FEBRUARY 28

10:00 A.M. -- 2:30 P.M.

KIDS' CONNECTION: FAMILY DAY FOR PEOPLE AFFECTED BY CANCER

This workshop provides an opportunity for parents or grandparents who have cancer, their partners, and their children, to explore with others in the same situation, the various issues they confront while living with cancer in their family. The program is specifically designed for families with children ages 6 -- 18, and all members are urged to attend. Facilitated by **TWCP** staff, children and parents will use art, games, discussion and relaxation techniques to foster increased comfort and communication. Lunch provided; please RSVP by February 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.