

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 JULY – AUGUST 2010

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

NEWCOMER'S ORIENTATION FOR PEOPLE AFFECTED BY CANCER THE FIRST AND THIRD TUESDAY EACH MONTH AT 6:00 P.M. AND THURSDAYS AT 11:00 A.M. (EXCLUDING AUGUST 17)

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.

QIGONG FOR PEOPLE AFFECTED BY CANCER TUESDAYS, 5:15 P.M. -- 6:15 P.M.

Qigong incorporates slow, meditative movements with deep abdominal breathing that can counteract the chronic stress and strain of daily life. No RSVP is required. Please call (215) 879-7733 for information about this program.

SUPPORT GROUP FOR PEOPLE WITH CANCER TUESDAYS, 6:30 P.M. -- 8:30 P.M.

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.

SUPPORT GROUP FOR PEOPLE WITH CANCER TUESDAYS, 6:30 P.M. -- 8:30 P.M.

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

SUPPORT GROUP FOR FAMILY AND FRIENDS SUPPORTING A LOVED ONE WITH CANCER WEDNESDAYS, 10:30 A.M. -- 12:30 P.M. AND TUESDAYS, JULY 20 AND AUGUST 17, 6:30 P.M. -- 8:00 P.M.

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 more information.

YOGA FOR PEOPLE AFFECTED BY CANCER

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

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. Please call (215) 879-7733 to learn more.

T'AI CHI FOR PEOPLE AFFECTED BY CANCER

FRIDAYS, 9:30 A.M. -- 11:00 A.M. (EXCLUDING JULY 2)

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. No RSVP is required; please call (215) 879-7733 to learn more.

JULY PROGRAMS AND EVENTS

INTRODUCTION TO JIN SHIN JYUTSU FOR PEOPLE AFFECTED BY CANCER

WEDNESDAYS, JULY 7, 14, AND 21, 1:30 P.M. -- 3:00 P.M.

Carolyn Kantor presents this three-part workshop that will instruct participants in a beginning practice of this ancient art. Jin Shin Jyutsu brings balance to the body's energies to promote optimal health and well-being. It is a valuable complement to conventional healing methods, inducing relaxation and reducing the effects of stress. Please RSVP by July 6 at (215) 879-7733.

THYROID CANCER NETWORKING GROUP

SATURDAY, JULY 10, 10:30 A.M. -- 12:00 P.M.

Presented in partnership with the Thyroid Cancer Survivors Association, this drop-in group provides an opportunity to meet with those who face similar treatment and concerns, and to share information, experiences and coping strategies. Caregivers are also welcome. Please call (215) 879-7733 for more information.

LOOK GOOD . . . FEEL BETTER FOR PEOPLE AFFECTED BY CANCER

MONDAY, JULY 12, 1:30 P.M. -- 3:30 P.M.

This free program offered by the American Cancer Society teaches beauty techniques to women in active treatment to help them combat the appearance-related side effects of cancer treatment. Cosmetologists teach women how to cope with skin changes and hair loss using cosmetics and skin care products donated by the cosmetic industry. Please RSVP by July 8 at (215) 879-7733.

YOUNG WOMEN WITH BREAST CANCER

MONDAYS, JULY 12 AND AUGUST 2, 6:30 P.M. -- 8:00 P.M.

Presented in partnership with the Young Survival Coalition, this drop-in group for young women with breast cancer (40 or younger at time of diagnosis) provides an opportunity to address concerns and issues that are unique to them. Women can share information and resources and support one another as they move through the breast cancer experience. Please call (215) 879-7733 for more information.

NUTRITION: "AWESOME RAWesome" FOR PEOPLE AFFECTED BY CANCER

TUESDAY, JULY 13, 11:30 A.M. -- 1:00 P.M.

Join Ellen Sue Spicer-Jacobson, a freelance writer in the field of food and health, and Cyndi Dinger, RD, LDN, director of nutrition at MANNA, for this workshop that will focus on eating more uncooked or barely cooked foods: sprouts, salads, smoothies, etc. Please RSVP by July 9 at (215) 879-7733.

GYNECOLOGIC NETWORKING GROUP FOR PEOPLE WITH CANCER

WEDNESDAYS, JULY 14 AND AUGUST 25, 6:30 P.M. -- 8:00 P.M.

This drop-in networking meeting provides an opportunity for women living with gynecologic cancers to share information with others who face similar treatment and concerns, experiences and coping strategies. Please call (215) 879-7733 for more information.

"THE QUINTESSENTIAL BOX" FOR PEOPLE WITH CANCER

FRIDAY, JULY 16, 1:00 P.M. -- 2:30 P.M.

Join Carolyn Kantor, music therapist, and Maureen Vita, oncology art therapist, Hahnemann Cancer Center, for this workshop where participants will make origami boxes and fill them with hopes and dreams. Please RSVP by July 13 at (215) 879-7733.

COLORECTAL CANCER NETWORKING GROUP

MONDAYS, JULY 19 AND AUGUST 16, 6:30 P.M. -- 8:00 P.M.

Presented in partnership with The Delaware Valley Chapter of the Colon Cancer Alliance (CCA), this drop-in group provides an opportunity to meet with survivors, family members, and supporters who have been affected by colorectal cancer. This is an opportunity to share information, resources and support. Please call (215) 879-7733 for more information.

17th TWCP BIRTHDAY PARTY FOR PEOPLE AFFECTED BY CANCER

WEDNESDAY, JULY 21, 6:30 P.M. -- 8:00 P.M.

Rock and Roll to celebrate TWCP's 17th birthday. It's time again to enjoy cake and celebrate community! Jerry O'Leary, MA, MT-BC, founder of The Delaware Valley's "Music Works," will lead partygoers in song and spirit. Please RSVP by July 19 at (215) 879-7733.

ART FOR LIFE FOR PEOPLE AFFECTED BY CANCER

MONDAYS, JULY 26 AND AUGUST 30, 1:00 P.M. -- 3:00 P.M.

Monthly networking group for sharing and art-making. Art supplies available. No talent necessary. Come for fun, creativity and community. No RSVP is required. Please call (215) 879-7733 for information about this program.

LIVING WELL WITH ADVANCED BREAST CANCER

TUESDAYS, JULY 27 AND AUGUST 31, 11:00 A.M. -- 1:00 P.M.

This drop-in networking meeting provides an opportunity for women living with metastatic breast cancer to share information with others who face similar treatment and concerns, experiences and coping strategies. Women support one another in living life to the fullest through ongoing treatment. Please call (215) 879-7733 for more information.

THE FIFTH ANNUAL MYRNA BRIND LECTURE – WOMEN'S HEALTH AND INTEGRATIVE MEDICINE FOR PEOPLE AFFECTED BY CANCER

WEDNESDAY, JULY 28, 6:30 P.M. -- 8:00 P.M.

This program for women with cancer and those who support them features Birgit Rakel, MD. She is an assistant professor in the Department of Family and Community Medicine at Thomas Jefferson University Hospital and head of the Women's Health Program at the Brind Center of Integrative Medicine. She will present treatment strategies that combine state-of-the-art conventional medicine with herbal and nutritional supplementation, homeopathy, and mind-body therapies. Light refreshments will be served. Please RSVP by July 26 at (215) 879-7733.

CANCER AND EMPLOYMENT

FRIDAY, JULY 30, 11:30 A.M. -- 1:00 P.M.

Learn what one needs to know about returning to work or finding employment after cancer treatment with Rodney N. Warner, Esquire, of the Legal Clinic for the Disabled, Inc. Please RSVP by July 28 at (215) 879-7733.

FINDING STRENGTH TOGETHER – A NEW TOOL FOR COUPLES AFFECTED BY CANCER

SATURDAY, JULY 31, 9:00 A.M. -- 5:00 P.M.

This intensive workshop is for couples that have a partner with breast cancer. The goal is to improve the communication and problem-solving skills to more effectively navigate the breast cancer experience. Sandra Bernstein, MSN, RN, CNS, LMFT, and Mark Bernstein, MD, are the facilitators. Attendance is limited and lunch included. Please RSVP by July 23 at (215) 879-7733.

AUGUST PROGRAMS AND EVENTS

MIND-BODY CLASSES FOR PEOPLE AFFECTED BY CANCER: BREATH, BODY AND MIND SERIES

WEDNESDAYS, AUGUST 4, 11, AND 18, 1:30 P.M. -- 3:30 P.M.

Learn about the mind-body connection and how awareness and focus on the breath can help one relax. No RSVP is required. Please call (215) 879-7733 to learn more.

PARENT TO PARENT (NEW GROUP) FOR PEOPLE AFFECTED BY CANCER

WEDNESDAY, AUGUST 4, 6:30 P.M. -- 8:00 P.M.

This is an opportunity for parents with cancer to meet together and share experiences and strategies in parenting children through the challenge of cancer. Open to the parent with cancer and/or the support parent. Facilitated by Shari Baron. Please RSVP by August 3 at (215) 879-7733.

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

SATURDAY, AUGUST 7, 10:00 A.M. -- 2:00 P.M.

Gabriel Rocco, MA, leads this workshop that 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 the difficulties and unpredictable nature of cancer. Please bring a lunch and RSVP by August 5 at (215) 879-7733.

EVENING MIND-BODY: METHODS FOR STRESS MANAGEMENT FOR PEOPLE AFFECTED BY CANCER

MONDAYS, AUGUST 9 AND 16, 6:30 P.M. -- 8:30 P.M.

Learn relaxation techniques, breathing and meditation practices that can help one to manage stress and to live more fully in the moment. Please RSVP by August 4 at (215) 879-7733.

UNDERSTANDING CANCER-RELATED COGNITIVE CHANGES

WEDNESDAY, AUGUST 18, 6:30 P.M. -- 8:30 P.M.

Pamela Shapiro, PhD, assistant research professor at Fox Chase Cancer Center's Psychosocial and Behavioral Medicine Program, will present research findings about the impact of cancer on the brain, what causes cognitive changes (chemo brain) and what one can do about these changes. Please RSVP by August 16 at (215) 879-7733.

LOOK GOOD . . . FEEL BETTER FOR PEOPLE AFFECTED BY CANCER

THURSDAY, AUGUST 19, 12:30 P.M. -- 2:30 P.M.

This free program offered by the American Cancer Society teaches beauty techniques to women in active treatment to help them combat the appearance-related side effects of cancer treatment. Cosmetologists teach women how to cope with skin changes and hair loss using cosmetics and skin care products donated by the cosmetic industry. Please RSVP by August 13 at (215) 879-7733.

Location: The Anne McCouch Center

1000 West Main Street

Lansdale, Pennsylvania 19446

GENTLE YOGA SERIES FOR PEOPLE AFFECTED BY CANCER

MONDAYS, AUGUST 23 – OCTOBER 25 (NO CLASS SEPTEMBER 6 OR OCTOBER 11), 11:00 A.M. -- 12:00 P.M.

This eight-week course, led by Michelle Stortz, adapts traditional yoga poses and movements to meet individual needs.

Participants are seated for much of this class which makes it comfortable for those still in active treatment and for beginners.

Please RSVP by August 19 at (215) 879-7733.

The mission of **The Wellness Community of Philadelphia (TWCP)**, a Cancer Support Community affiliate, 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. 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.