

## **PRESS RELEASE\*PRESS RELEASE\*PRESS RELEASE\*PRESS RELEASE**

FOR IMMEDIATE RELEASE  
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(215) 879-7733, ext. 206  
SBLUEBOND@TWCP.ORG

SCOTT D. BLUEBOND  
MARKETING &  
COMMUNICATIONS  
DIRECTOR

### **THE WELLNESS COMMUNITY OF PHILADELPHIA CALENDAR OF EVENT HIGHLIGHTS FOR MAY – JUNE 2010**

**NOTE TO EDITORS:** The Wellness Community of Philadelphia is pleased to present its 12th annual *Celebration of Hope* educational conference and *Evening in the Park* gala/awards ceremony on Friday, May 21 with special guest keynote speaker and honoree, Marisa Acocella Marchetto, cancer survivor and author of the graphic memoir "Cancer Vixen." 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 5:00 P.M. AND THURSDAYS AT 11:00 A.M.**

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.**

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.

##### **MIND-BODY CLASS FOR PEOPLE AFFECTED BY CANCER**

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

Learn relaxation techniques, breathing and meditation practices that can help one to manage stress and to live more fully in the moment. No RSVP is required. Please call (215) 879-7733 to learn more.

##### **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.**

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.

### **MAY PROGRAMS AND EVENTS**

#### **PANCREATIC CANCER NETWORKING GROUP**

**SATURDAYS, MAY 1 AND JUNE 5, 10:00 A.M. -- 12:00 P.M.**

Presented in partnership with Pancreatic Cancer Action Network (PANCAN), this drop-in group provides an opportunity to meet with survivors, family members, and supporters who have been affected by pancreatic cancer. This is an opportunity to share information, resources and support. Please call (215) 879-7733 for more information.

#### **YOUNG WOMEN WITH BREAST CANCER**

**MONDAYS, MAY 3 AND JUNE 7, 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.

#### **MIND-BODY CLASSES: IMAGERY AND IMMUNITY FOR PEOPLE AFFECTED BY CANCER**

**WEDNESDAYS, MAY 5, 12, 19 AND 26, 1:30 P.M. -- 3:30 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 May 3 at (215) 879-7733.

#### **THYROID CANCER NETWORKING GROUP**

**SATURDAYS, MAY 8 AND JUNE 12, 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.

#### **TRANSFORMING YOUR CANCER EXPERIENCE INTO CREATIVE WRITING**

**MONDAYS, MAY 10 AND JUNE 14, 10:00 A.M. -- 11:30 A.M.**

Studies have proven that expressive writing can be psychologically, spiritually and even physically healing. This once-monthly writing group with Janet Fallon, MLA, provides a supportive forum where participants can write about and then share their writing about any phase of their cancer experience or life. No writing experience or expertise is necessary. Please RSVP at (215) 879-7733 by May 7 and June 11, respectively.

#### **MOVING TOWARDS A PLANT-BASED DIET FOR PEOPLE AFFECTED BY CANCER**

**WEDNESDAY, MAY 12, 6:30 P.M. -- 8:00 P.M.**

Linda Goldsmith, RD, will present information about the benefits of a plant-based diet and tips on how to begin to introduce more fruits and vegetable into meals. Please RSVP by May 10 at (215) 879-7733.

#### **CHILDREN'S PARTY – A SUMMER CARNIVAL FOR CHILDREN WITH A LOVED ONE WITH CANCER**

**SUNDAY, MAY 16, 1:00 P.M. -- 4:00 P.M.**

Boost Camp, part of the Junior League of Philadelphia, hosts this event at TWCP for children 6-15 who have a loved one with cancer. Parents are invited for a separate program. Food, fun and support are included; RSVP by May 11 at (215) 879-7733.

#### **COLORECTAL CANCER NETWORKING GROUP**

**MONDAYS, MAY 17 AND JUNE 21, 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.

#### **GENTLE YOGA SERIES FOR PEOPLE AFFECTED BY CANCER**

**MONDAY, MAY 17, 24, JUNE 7, 14, 21, 28, JULY 12 AND 19, 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 for those

living with cancer including anyone in active treatment. Attendance at all sessions is recommended. Please RSVP by May 13 at (215) 879-7733.

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

**THURSDAY, MAY 20, 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 May 14 at (215) 879-7733.*

*Location: The Anne McCouch Center  
1000 West Main Street  
Lansdale, Pennsylvania 19446*

**THE 12TH ANNUAL CELEBRATION OF HOPE EDUCATIONAL CONFERENCE**

**FRIDAY, MAY 21, 9:30 A.M. -- 2:30 P.M.**

*This educational conference is held in recognition National Cancer Survivors' Day (June 6). Please call (215) 879-7733 or visit [twcp.org](http://twcp.org) to learn more and to register by May 14. The program is free for people with cancer and their loved ones.*

*Celebration of Hope presenting partner: GlaxoSmithKline; healthcare professional partner, Vox Medica; radio sponsor: B101, print sponsor: The Inquirer/Daily News/philly.com.*

**SCHEDULE:**

**9:30 A.M. – 10:00 A.M. Registration and coffee**

**10:15 A.M. – 11:00 A.M. Mary Lou Galatino, PT, PhD, MSCE** will present “A Kaleidoscope of Life – Experiencing the Many Perspectives of Cancer.” She is a healthcare professional and researcher who became a cancer survivor and then a “co-survivor” when her husband experienced cancer.

**11:00 A.M. – 11:45 A.M. Jun James Mao, MD, MSCE** will share his experience and research regarding the use of complementary medicine in cancer care with “Integrative Oncology: New Frontier in Cancer Survivorship.” He is an assistant professor and director of integrative medicine in the Department of Family Medicine and Community Health at the University of Pennsylvania School of Medicine.

**12:00 P.M. – 1:00 P.M. Lunch**

**1:00 P.M. – 1:45 P.M. Marisa Acocella Marchetto** has had ongoing cartoons in *The New Yorker* and *Glamour*. Three weeks before getting married, she was diagnosed with breast cancer. When her *Glamour* editors found out, they asked her to document her battle with the disease. “Cancer Vixen,” the graphic memoir, was published in October 2006; Cate Blanchett has signed on to star in the film version of it. Her keynote presentation is “Cancer Victim or Cancer Vixen.”

**1:45 P.M. – 2:30 P.M. Mark Seaman’s Earth Rhythms** percussion ensemble will conclude the day’s program with spirited music to celebrate and affirm life as they present “Celebrate Life – Livin’ in the Rhythm.”

*Location: Hilton Philadelphia City Avenue*

*4200 City Avenue*

*Philadelphia, Pennsylvania, 19131*

**FRIDAY, MAY 21**

**6:30 P.M. – 10:30 P.M.**

**THE 12TH ANNUAL EVENING IN THE PARK**

TWCP anticipates 250 professionals, government officials, participants and others will attend this gala/awards ceremony to see Marisa Acocella Marchetto receive the *Medal of Inspiration*, award-winning radio station B101, the *Medal of Victory*, and TWCP participant and volunteer Bernie Brody, the *Medal of Courage*. Guests will enjoy fabulous food and cocktails by Susan and Patrick Loumange’s Catered Events, a DJ, and more, all to benefit TWCP. Governor Edward G. Rendell and chair emeritus Keith and Alixandra Morgan are honorary co-chairs for the event and will be joined by evening co-chairs Tisa Baena and Joanie Hall. Taking place at The Suzanne Morgan Center at Ridgeland, the *Evening in the Park* radio sponsor is B101 and print sponsors are The Philadelphia Inquirer/Daily News/philly.com. Tickets begin at \$350 per person and sponsorships are still available. Please call (215) 879-7733 for more information or visit [twcp.org](http://twcp.org).

**“COOKING FOR LIFE”: NUTS ABOUT NUTS FOR PEOPLE AFFECTED BY CANCER**

**MONDAY, MAY 24, 6:30 P.M. -- 8:00 P.M.**

Chef Suzanne Weltman leads this interactive class that provides information and an experience in meal preparation and fun! Come learn new recipes and prepare delicious dishes using a variety of nuts. Please RSVP by May 21 at (215) 879-7733.

**LIVING WELL WITH ADVANCED BREAST CANCER**

**TUESDAYS, MAY 25 AND JUNE 29, 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.

## **GYNECOLOGIC NETWORKING GROUP FOR PEOPLE WITH CANCER**

**WEDNESDAYS, MAY 26 AND JUNE 23, 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.

## **JUNE PROGRAMS AND EVENTS**

### **WHAT YOU SHOULD KNOW AFTER CANCER TREATMENT**

**WEDNESDAY, JUNE 2, 6:30 P.M. -- 8:00 P.M.**

Nevena Damjanov, MD, director of clinical research at Penn Presbyterian, will present post treatment needs of cancer survivors: managing late effects of treatment, ongoing healthcare follow-up, risk factors, and other concerns that confront survivors living life after treatment. Please RSVP by May 28 at (215) 879-7733.

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

**WEDNESDAYS, JUNE 2, 9, 16, 23, AND 30, 1:30 P.M. -- 3:30 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 May 31 at (215) 879-7733.

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

**SATURDAY, JUNE 12, 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 difficulties and the unpredictable nature of cancer. Please bring a lunch and RSVP by June 10 at (215) 879-7733.

### **"ASK THE DOCTOR" ABOUT LYMPHOMA**

**WEDNESDAY, JUNE 16, 6:00 P.M. -- 8:00 P.M.**

Michael Bromberg, MD, associate professor, medicine, Temple University Cancer Center, will provide information about the treatment and side effect management of lymphoma. This program is sponsored by the Leukemia and Lymphoma Society. Please RSVP by June 14 at (215) 879-7733.

### **"NEW DISCOVERIES IN CANCER TREATMENT AND SYMPTOM MANAGEMENT"**

**THURSDAY, JUNE 17, 6:00 P.M. -- 8:00 P.M.**

*This workshop for people affected by cancer will focus on new therapies, research advances, and the future of personalized medicine. It will be held in conjunction with the Radiation Therapy Oncology Group's (RTOG) annual meeting. Dr. Yaacov Richard Lawrence, assistant professor, Department of Radiation Oncology, Thomas Jefferson University, Bodine Cancer Center, will be the speaker. A light supper will be served. Please RSVP by June 14 at (215) 879-7733.*

*Location: The Loews Philadelphia Hotel*

*1200 Market Street*

*Philadelphia, Pennsylvania 19107*

### **MEETING PROTEIN NEEDS IN A VEGETARIAN DIET FOR PEOPLE AFFECTED BY CANCER**

**FRIDAY, JUNE 18, 11:30 A.M. -- 1:00 P.M.**

Cyndi Dinger, RD, LDN, director of nutrition and client services at MANNA, will present ways to include protein in a diet that does not include or limits meat. Please RSVP by June 16 at (215) 879-7733.

### **"EMPOWERING YOURSELF THROUGH THE CANCER JOURNEY" -- A TWO-PART WORKSHOP**

**FRIDAY, JUNE 18 AND 25, 1:00 P.M. -- 3:00 P.M.**

Through art making and discussion, come and explore the many meanings of becoming one's own best advocate through the experience of cancer. No talent necessary. Come for fun, creativity and community. Sheila Fox, LCSW, is the instructor. Please RSVP by June 16 at (215) 879-7733.

### **"COOKING FOR LIFE": GREENS FOR GOOD HEALTH FOR PEOPLE AFFECTED BY CANCER**

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

Chef Suzanne Weltman leads this interactive class that provides information and an experience in meal preparation and fun! Learn about different greens and new ways into to use them in meal preparation. Please RSVP by June 25 at (215) 879-7733.

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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](http://twcp.org) for more information.