You Are Not Alone

The **Cancer Support Community of Philadelphia,** formerly, The Wellness Community of Philadelphia, is a non profit organization serving people with all types of cancer and their loved ones throughout the five-county region. People living with cancer are invited to participate from diagnosis through all stages of their treatment and survivorship.

THANK YOU to the Individuals and Organizations that make our programs possible!

- Bob Brockman NIA Fund
- Brun Family Foundation
- GlaxoSmithKline Foundation
- Mr. & Mrs. Harry Halloran
- Mrs. Patricia Kind
- Jacob & Valeria Langeloth Foundation
- Maria Dickinson Logan Charitable Trust
- Mr. Thomas McInerney
- J. Douglas & Maryellen Moran Charitable Fund of the Philadelphia Foundation
- Leo Niessen, Jr. Charitable Trust
- Royal Arcanum
- Caroline J. Sanders Trust
- Joseph Kennard Skilling Trust
- Estate of Joseph G. Tramo
- Turner Investments
- Urban Outfitters, Inc.
- Shirley Wellenbach Nutrition Education Fund

Give the Gift of Hope

All programs are offered free of charge to cancer survivors and their loved ones. The **Cancer Support Community of Philadelphia** depends solely on private gifts and grants. We appreciate your generosity and continued support. Please call **215-879-7733** or visit our website, www.cancersupport-phila.org, to learn about ways to give.
Our UNITED WAy number is 3912.

NON-PROFIT ORGANIZATION
U.S. POSTAGE
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Permit # 6346

CANCER SUPPORT COMMUNITY
PHILADELPHIA
Formerly The Wellness Community of Philadelphia

The Suzanne Morgan Center at Ridgeland
4100 Chamounix Drive, Philadelphia, PA 19131

Address Service Requested

PROGRAM CALENDAR ~ January & February 2012

CANCER SUPPORT COMMUNITY™
PHILADELPHIA
Formerly The Wellness Community of Philadelphia

The Suzanne Morgan Center at Ridgeland
4100 Chamounix Drive, Philadelphia, PA 19131
215-879-7733
www.cancersupport-phila.org

OUR MISSION

The **Cancer Support Community of Philadelphia** is dedicated to providing, at no cost to members, a comprehensive and professional program of emotional support and education designed to enhance the mind, body, and spirit of people whose lives have been impacted by cancer.

SCAN THIS CODE WITH YOUR MOBILE DEVICE TO VISIT THE CSCP WEBSITE

January 2012

WINTER WEATHER ALERT! When weather threatens, please call 215-879-7733 to learn about programs that may be cancelled!

Monday	Tuesday	Wednesday	Thursday		Saturday
2	**3**	**4**	**5**		**7**
CSCP Closed for New Year Holiday! **HEALTHY LIFESTYLES** Programs to support your well-being through cancer treatment and recovery. *As we begin 2012 we are offering several special programs that focus on weight management. Please look for the* ★	**Mercy Hospital Group** *9:30 - 11:00 AM* **SUPPORT GROUPS** ☎ *1:00 - 3:00 PM* *6:30 - 8:30 PM* *6:30 - 8:30 PM* **in Paoli** **NIA** **The Joy Of Movement** *3:30 - 4:30 PM* **Newcomer Orientation** *6:00 PM* **Singing Circle** *6:30 - 7:30 PM* ***Yoga at Focus Fitness** *1:30 PM*	**T'ai Chi** *9:30 - 11:00 AM* **SUPPORT GROUP** ☎ *10:30 AM - 12:30 PM* **Family and Friends** *10:30 AM - 12:30 PM* **No Mind Body** **Bereavement Group** *6:00 - 7:30 PM* ☎	**Newcomer Orientation** *11:00 AM* **Yoga** *1:15 - 2:45 PM*		**DRUMMING CIRCLE** *10:30 - Noon* *Drumming with a rhythmic beat has been shown to have healing benefits. Come and share your story, experience the healing effects of drumming, and participate in some guided imagery, based on Native American traditions, to connect with your deeper self. Bring a drum or rattle if you have one.* ☎
9	**10**	**11**	**12**		**14**
Writing for Wellness *10:00 - 11:30 AM* ☎ **Begin the New Year with Yoga!** *11:30 AM - 1:00 PM* *Learn about the benefits of yoga breathing and stretching - it is not as hard as you think and it will help you feel great!* **Qigong** *5:15 - 6:15 PM* **Young Women with Breast Cancer** (YSC) *6:30 - 8:30 PM*	**Mercy Hospital Group** *9:30 - 11:00 AM* **SUPPORT GROUPS** ☎ *1:00 - 3:00 PM* *6:30 - 8:30 PM* *6:30 - 8:30 PM* **in Paoli** **NIA** **The Joy Of Movement** *3:30 - 4:30 PM* **Singing Circle** *6:30 - 7:30 PM* **YSC Support Group for Young Women with Stage IV Breast Cancer** *6:30 - 8:30 PM* ☎ ***Yoga at Focus Fitness** *1:30 PM*	**Einstein Cancer Center Group** *10:00 - 11:30 AM* **T'ai Chi** *9:30 - 11:00 AM* **SUPPORT GROUP** ☎ *10:30 AM - 12:30 PM* **Family and Friends** *10:30 AM - 12:30 PM* ★ **Mind Body Series:** *Mindful Eating* *1:30 - 3:30 PM (week 1 of 3)* **Bereavement Group** *6:00 - 7:30 PM* ☎	**Coffee and Conversation...** *with the Director* *9:30 - 10:30 AM* *CSCP Executive Director,* ***Kim Hinkelman,*** *invites you to meet her for continental breakfast and share your experiences as a member of our community. Please* ***RSVP*** *if you are interested in this opportunity to lend us your voice.* Attendance is limited. **Newcomer Orientation** *11:00 AM* **Yoga** *1:15 - 2:45 PM*	CSCP CLOSED ON FRIDAYS	**Pancreatic Cancer** *10:30 AM - Noon* (PANCAN) **Thyroid Cancer** *10:30 AM - Noon* (THYCA) **NIA** *11:00 AM - Noon* **NIA - THE JOY OF MOVEMENT** *Tuesdays - 3:30 - 4:30 PM and monthly on Saturdays* *Discover the joy of movement through the practice of Nia, a fusion fitness class that combines movement forms from the dance arts, the martial arts, and the healing arts. All fitness levels are welcome. Please join us for this class led by Suzanne O'Grady that finds joy in moving your body, your way!*
16	**17**	**18**	**19**		**21**
CSCP closed for Martin Luther King Holiday *** Free Yoga Class for cancer survivors** *Tuesdays - 1:30 - 2:45 PM* **at Focus Fitness Studio** 1111 East Lancaster Ave. Bryn Mawr, PA 19010 610-525-5515	**Mercy Hospital Group** *9:30 - 11:00 AM* **SUPPORT GROUPS** ☎ *1:00 - 3:00 PM* *6:30 - 8:30 PM* *6:30 - 8:30 PM* **in Paoli** **NIA** **The Joy Of Movement** *3:30 - 4:30 PM* **Newcomer Orientation** *6:00 PM* **Singing Circle** *6:30 - 7:30 PM* ***Yoga at Focus Fitness** *1:30 PM*	**T'ai Chi** *9:30 - 11:00 AM* **SUPPORT GROUP** ☎ *10:30 AM - 12:30 PM* **Family and Friends** *10:30 AM - 12:30 PM* ★ **Mind Body Series:** *Mindful Eating* *1:30 - 3:30 PM (week 2 of 3)* **Gynecologic Cancers** *6:30 - 8:00 PM* **Bereavement Group** *6:00 - 7:30 PM* ☎	**Newcomer Orientation** *11:00 AM* **Yoga** *1:15 - 2:45 PM* ★ **COOKING FOR LIFE** *Recipe revisions for reducing fat and calories but not taste!* *6:30 - 8:00 PM* ☎		**Lung Cancer** *10:30 AM - Noon*
23	**24**	**25**	**26**		**28**
Gentle Yoga Series *11:30 AM - 1:00 PM (week 1)* ***Michelle Stortz*** *leads this class that 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 anyone starting out with yoga.* ☎ **American Cancer Society** ***presents*** *Look Good...Feel Better®* *1:30 - 3:30 PM* ☎ **Qigong** *5:15 - 6:15 PM* **Colorectal Cancer**(CCA) *6:30 - 8:00 PM*	**Mercy Hospital Group** *9:30 - 11:00 AM* **Living Well with Advanced Breast Cancer** *11:00 AM - 1:00 PM* **SUPPORT GROUPS** ☎ *1:00 - 3:00 PM* *6:30 - 8:30 PM* *6:30 - 8:30 PM* **in Paoli** **No NIA today!** **Singing Circle** *6:30 - 7:30 PM* ***Yoga at Focus Fitness** *1:30 PM* ★ **Healthy Lifestyles:** **TIPS FOR A SUCCESSFUL WEIGHT LOSS PLAN AFTER CANCER!** *3:30 - 5:00 PM* ☎	**Einstein Cancer Center Group** *10:00 - 11:30 AM* **T'ai Chi** *9:30 - 11:00 AM* **SUPPORT GROUP** ☎ *10:30 AM - 12:30 PM* **Family and Friends** *10:30 AM - 12:30 PM* ★ **Mind Body Series:** *Mindful Eating* *1:30 - 3:30 PM (week 3 of 3)* **FRANKLY SPEAKING ABOUT** ***Breast Reconstruction*** *6:30 AM – 8:30 PM* ☎ **Bereavement Group** *6:00 - 7:30 PM* ☎	**Newcomer Orientation** *11:00 AM* **Yoga** *1:15 - 2:45 PM* Dragon Boat Team Orientation Meeting *6:30 - 7:30 PM* Join CSCP "POWER OVER CANCER" and be part of a great team - Have fun! Increase your strength and fitness! Indoor practice through April, then practice monthly on the river. Help raise funds to support CSCP! ☎ *Please call Karen Neyer at 215-879-7733 for more information.*		
30	**31**				
Gentle Yoga Series *11:30 AM - 1:00 PM (week 2)* **Qigong** *5:15 - 6:15 PM* ★ **Healthy Lifestyles:** **INCREASING ACTIVITY AND MAINTAINING FITNESS FOR WEIGHT MANAGEMENT** *3:00 - 4:30 PM* ☎	**Mercy Hospital Group** *9:30 - 11:00 AM* **SUPPORT GROUPS** ☎ *1:00 - 3:00 PM* *6:30 - 8:30 PM* *6:30 - 8:30 PM* **in Paoli** **NIA** **The Joy Of Movement** *3:30 - 4:30 PM* **Singing Circle** *6:30 - 7:30 PM* ***Yoga at Focus Fitness** *1:30 PM*				

SINGING CIRCLE *Tuesdays, 6:30 - 7:30 PM*

"If you can walk you can dance; if you can talk you can sing."
Zimbabwean proverb

Join our group of singers led by composer, performer, and educator, **Julia Haines**. The benefits of singing are many: it exercises the brain, helps reduce stress, and can lower blood pressure. Making music in a group has been shown to increase the activity of white blood cells so important in fighting cancer. But don't do it just because it's good for you -- singing is fun! No experience necessary, no reading music required. Enjoy the uplift, the fun and community of singing with a group -- the more people, the more fun it is!

February 2012

Please RSVP at 215-879-7733 or info@cancersupport-phila.org

Monday	Tuesday	Wednesday	Thursday		Saturday

SAVE THE DATE!

The HUMOR PROJECT, Inc.

Humor, Heart and Hope: Laughter Through the Cancer Journey

Friday, March 30, 2012 - 1:00 – 4:00 PM

at the **The Perelman Center for Advanced Medicine**
3400 Civic Center Boulevard, Philadelphia, PA 19104

The Cancer Support Community of Philadelphia and The Abramson Cancer Center of the University of Pennsylvania present this unique symposium, designed to bring the joy of laughter to those living with cancer and their family and friends.

For information and to register call: 215-879-7733

1

T'ai Chi *9:30 - 11:00 AM*

SUPPORT GROUP ☎
10:30 AM - 12:30 PM

Family and Friends
10:30 AM - 12:30 PM

Mind Body Series:
"Comfortable with Uncertainty"
1:30 - 3:30 PM (week 1 of 5)

NON-HODGKIN LYMPHOMA: The Changing Landscape
6:00 – 7:30 PM ☎

Bereavement Group
6:00 - 7:30 PM ☎

2

Newcomer Orientation *11:00 AM*

Yoga *1:15 - 2:45 PM*

Dragon Boat Team Practice
6:30 -7:30 PM

4

Drumming Circle
10:30 - Noon ☎

Beginning March 8 - Thursdays - 5:30 - 7:30 PM for 10 weeks
- a group for school aged-children who are affected by cancer in their family. It is an opportunity for kids to come together with other kids who have shared experiences. Through art and play activities they will explore thoughts, feelings, and questions about life when a loved one has cancer. **Please call 215-879-7733 to register.**

kid SUPPORT AT CANCER SUPPORT COMMUNITY

6

Writing for Wellness
10:00 - 11:30 AM ☎

Gentle Yoga Series
11:30 AM - 1:00 PM (week 3)

Qigong *5:15 - 6:15 PM*

Young Women with Breast Cancer (YSC) *6:30 - 8:30 PM*

7

Mercy Hospital Group
9:30 - 11:00 AM

SUPPORT GROUPS ☎
1:00 - 3:00 PM
6:30 - 8:30 PM
6:30 - 8:30 PM **in Paoli**

NIA The Joy Of Movement
3:30 - 4:30 PM

Newcomer Orientation
6:00 PM

Singing Circle *6:30 - 7:30 PM*

***Yoga at Focus Fitness** *1:30 PM*

8

Einstein Cancer Center Group *10:00 - 11:30 AM*

T'ai Chi *9:30 - 11:00 AM*

SUPPORT GROUP ☎
10:30 AM - 12:30 PM

Family and Friends
10:30 AM - 12:30 PM

Mind Body Series:
"Comfortable with Uncertainty"
1:30 - 3:30 PM (week 2)

Bereavement Group
6:00 - 7:30 PM ☎

9

Newcomer Orientation
11:00 AM

Yoga *1:15 - 2:45 PM*

Dragon Boat Team Practice
6:30 -7:30 PM

CSCP CLOSED ON FRIDAYS

11

Pancreatic Cancer
10:30 AM - Noon
(PANCAN)

Thyroid Cancer
10:30 AM - Noon
(THYCA)

Lung Cancer
10:30 AM - Noon

NIA
The Joy Of Movement
11:00 AM - Noon

COUPLES FACING CANCER TOGETHER
12:30 - 2:30 PM ☎

Sunday, February 12

CELEBRATE FUN!
BOOST Camp for Kids
1:00 - 4:00 PM
BOOST Camp, part of the Junior League of Philadelphia, hosts these events at CSCP for children 6-15 who have a loved one with cancer. Parents invited. Food, fun, and support.
Please RSVP by February 8.

13

Gentle Yoga Series
11:30 AM - 1:00 PM (week 4)

Qigong *5:15 - 6:15 PM*

14

Mercy Hospital Group
9:30 - 11:00 AM

SUPPORT GROUPS ☎
1:00 - 3:00 PM
6:30 - 8:30 PM
6:30 - 8:30 PM **in Paoli**

NIA The Joy Of Movement
3:30 - 4:30 PM

Singing Circle *6:30 - 7:30 PM*

YSC Support Group for Young Women with Stage IV Breast Cancer *6:30 - 8:30PM* ☎

***Yoga at Focus Fitness** *1:30 PM*

15

T'ai Chi *9:30 - 11:00 AM*

SUPPORT GROUP ☎
10:30 AM - 12:30 PM

Family and Friends
10:30 AM - 12:30 PM

Mind Body Series:
"Comfortable with Uncertainty"
1:30 - 3:30 PM (week 3)

Gynecologic Cancers
6:30 - 8:00 PM

Bereavement Group
6:00 - 7:30 PM ☎

16

Coffee and Conversation...
with the Director
9:30 - 10:30 AM
Please RSVP.

Newcomer Orientation *11:00 AM*

Yoga *1:15 - 2:45 PM*

Dragon Boat Team Practice
6:30 -7:30 PM

18

20

CSCP Closed for Presidents, Day

21

Mercy Hospital Group
9:30 - 11:00 AM

SUPPORT GROUPS ☎
1:00 - 3:00 PM
6:30 - 8:30 PM
6:30 - 8:30 PM **in Paoli**

Nia The Joy Of Movement
3:30 - 4:30 PM

Newcomer Orientation *6:00 PM*

Singing Circle *6:30 - 7:30 PM*

***Yoga at Focus Fitness** *1:30 PM*

22

Einstein Cancer Center Group *10:00 - 11:30 AM*

T'ai Chi *9:30 - 11:00 AM*

SUPPORT GROUP ☎
10:30 AM - 12:30 PM

Family and Friends
10:30 AM - 12:30 PM

Mind Body Series:
"Comfortable with Uncertainty"
1:30 - 3:30 PM (week 4)

Bereavement Group
6:00 - 7:30 PM ☎

23

Newcomer Orientation
11:00 AM

Yoga *1:15 - 2:45 PM*

COOKING FOR LIFE
Cooking with Tofu
6:30 - 8:00 PM ☎

25

MIND BODY APPROACHES TO WELLNESS

Saturday, February 25
10:00 AM - 2:00 PM

***Gabriel Rocco**, MA, leads this special 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 our capacity to live with difficulties and the unpredictable nature of cancer in everyday life.*
Please RSVP by February 22.
Bring your lunch.

27

Laughter Yoga
11:00 am - Noon ☎

Colorectal Cancer(CCA)
6:30 - 8:00 PM

28

Mercy Hospital Group
9:30 - 11:00 AM

Living Well with Advanced Breast Cancer *11:00 AM - 1:00 PM*

SUPPORT GROUPS ☎
1:00 - 3:00 PM
6:30 - 8:30 PM
6:30 - 8:30 PM **in Paoli**

Nia The Joy Of Movement
3:30 - 4:30 PM

Singing Circle *6:30 - 7:30 PM*

***Yoga at Focus Fitness** *1:30 PM*

29

T'ai Chi *9:30 - 11:00 AM*

SUPPORT GROUP ☎
10:30 AM - 12:30 PM

Family and Friends
10:30 AM - 12:30 PM

Mind Body Series:
"Comfortable with Uncertainty"
1:30 - 3:30 PM (week 5)

Leap Year Joke Fest
6:30 - 8:00 PM ☎

CSCP Leap Year JOKE FEST
Wednesday, February 29
6:30 - 8:00 PM
This is an annual tradition at CSCP. Bring a joke to tell or just come to laugh with friends. Refreshments. Bring a dessert to share. **Please RSVP by February 27.**

Support

NEWCOMER ORIENTATION is an opportunity to meet with staff and cancer survivors to learn about CSCP programs and support groups. **NEWCOMER ORIENTATION** takes place:
- Tuesdays - *the 1st and 3rd of each month at 6:00 PM*
- Thursdays - *11:00 AM*
- by appointment

WEEKLY SUPPORT GROUPS FOR PEOPLE WITH CANCER

These dedicated weekly groups include people with all types of cancer. The focus is on managing the changes and uncertainty of cancer while living life as fully as possible. *Attendance at a Newcomer Orientation and an interview is required.*

Philadelphia: **The Suzanne Morgan Center**
Tuesdays - 1:00 - 3:00 PM & 6:30 - 8:30 PM
Wednesdays - 10:30 AM - 12:30 PM

Paoli: **The Cancer Center of Paoli Hospital**
255 West Lancaster Avenue, Paoli, PA 19301
Tuesdays - 6:30 - 8:30 PM

PHILADELPHIA OFF-SITE SUPPORT GROUPS

Drop-in groups for people with any cancer and their supporters. *No registration required.*

Mercy Hospital - Radiation Department - *501 S. 54th St.*
Tuesdays - 9:30 - 11:00 AM

Einstein Hospital - Cancer Center - *5501 Old York Road*
2nd & 4th Wednesdays - 10:00 - 11:30 AM

SUPPORT FOR FAMILY AND CAREGIVERS

Our programs for people with cancer are also open to those who provide emotional support and physical care.
The **Family and Friends** support group (*Wednesdays - 10:30 AM - 12:30 PM)* offers an opportunity to meet with others to learn how to help a loved one with cancer and to manage the stress of caregiving. **No RSVP.**

BEREAVEMENT GROUP: SUPPORT FOR LIFE AFTER LOSS

Wednesdays - 6:00 - 7:30 PM An interview is required for membership in this group which meets weekly. Please call.

NETWORKING GROUPS

These are drop-in groups that meet monthly for people with cancer to share information, support, and resources specific to their cancer. *See calendar for dates/times.*

- **Support Group for Young Women with Stage IV Breast Cancer** *Sponsored by the Young Survival Coalition*
- **Advanced Breast Cancer**
- **Gynecologic Cancers** *Sponsored by Supreme Council of the Royal Arcanum*
- **Colorectal Cancer** *with Colon Cancer Alliance*
- **Thyroid Cancer** *with Thyroid Cancer Survivors Association*
- **Young Women with Breast Cancer** *with Young Survival Coalition*
- **Pancreatic Cancer** *with Pancreatic Cancer Action Network*
- **Lung Cancer**

Education

FRANKLY SPEAKING ABOUT CANCER: SPOTLIGHT ON BREAST RECONSTRUCTION

Monday, January 25 - 6:30 - 8:30 PM

This free workshop presented with the **Young Survival Coalition** will have information on breast reconstruction after a breast cancer diagnosis. Come learn about:
- Breast reconstruction and non-reconstruction options
- How to make a decision that is right for you
- Medical factors that can influence your decision
- How to prepare for and what to expect after surgery

Suhail K. Kanchwala, MD, Assistant Professor of Surgery, Division of Plastic Surgery, Hospital of the University of Pennsylvania, will be the presenter. *Refreshments will be served. This program is made possible with a charitable contribution from Mentor Worldwide, LLC.* **Please RSVP by January 19.**

COUPLES FACING CANCER TOGETHER

Saturday, February 11 - 12:30 PM - 2:30 PM

This workshop is designed to support and strengthen couples who are dealing with the stress of cancer. Couples will learn skills in problem-solving, communication, maintaining intimacy and in nurturing one another. **Sandra Bernstein**, MSN, RN, CNS, LMFT, and **Mark Bernstein,** MD, will facilitate this workshop. Attendance is limited. **Please RSVP by February 8.**

NON-HODGKIN LYMPHOMA: ***The Changing Landscape***
Wednesday, February 1 - 6:00 – 7:30 PM

The *Leukemia and Lymphoma Society* presents this program with speaker, **Dr. Manish Sharma** of the Temple Bone Marrow Transplant Program at Jeanes Hospital. The program will cover topics -
- What NHL is and how it develops
- How NHL is diagnosed and how it is staged
- NHL treatment options
- How the symptoms and side effects are treated
- Questions to ask your doctor about treatment

Complimentary light dinner will be served. Registration for this free program is required. **Please contact Nancy Chum at 610-238-0360 ext. 234 by January 30.**

COMING IN MARCH! - CANCER TRANSITIONS is a 6-week workshop series designed to help cancer survivors make the transition from active treatment to post-treatment care. To qualify for this series, participants must have completed treatment within the last 24 months. Each session involves exercise and education with weekly guest experts who will present information about fitness, nutrition, post-treatment medical management, and emotional health and well-being. **Participants must complete a physician's waiver.*
Please call for more information.

✔ Have you recently been diagnosed with a new or recurrent cancer?
✔ Do you need to make decisions about treatment options?
✔ Do you have an appointment scheduled to meet with your doctor?

The **Cancer Support Community** now offers a question listing service to help you prepare for your upcoming oncology visit. This service is available at no cost to any person diagnosed with a new or recurrent cancer who has to make decisions about treatment options.

Call us at **215-879-7733** and ask about **OPEN TO OPTIONS**

Healthy Lifestyles

The American Cancer Society presents **Look Good...Feel Better®**
Monday, January 23 - 1:30 - 3:30 PM

A free program that teaches beauty techniques to women who are actively undergoing cancer treatment, to help them combat the appearance-related side effects of radiation and chemotherapy. Classes are taught by licensed cosmetologists who have been specially trained, and each woman practices techniques using products donated by the cosmetics industry. Space is limited. **Please register by January 17.**

WRITING FOR WELLNESS

Mondays, January 9 & February 6 - 10:00 - 11:30 AM

This monthly workshop with **Janet Ruth Falon**, MLA, supports anyone interested in creative writing, journaling, or poetry. No writing experience or expertise is required to come, learn, and have fun. **Please RSVP by January 4 and February 2.**

LAUGHTER YOGA *Monday, February 27 – 11:00 AM – Noon*
Melanie Galioto of *LaughYourselfPhilly* leads this workshop that combines yoga breathing with laughter exercises to strengthen your immune system and unwind the negative effects of stress, making you feel fresh and energetic. **Please RSVP by February 23.**

★ Weight Management in the New Year!

COOKING FOR LIFE Chef **Suzanne Weltman** brings her expertise to this "hands on" class that will introduce or reconnect participants to the essence of good food and good cooking. Learn about ingredients and cooking techniques and have fun!

Recipe Revisions - *Thursday, January 19 - 6:30 - 8:00 PM*
Learn ways to reduce fat and calories in some favorite dishes without compromising taste! **RSVP by January 17.**

Cooking with Tofu - *Thursday, February 23 - 6:30 - 8:00 PM*
Learn about tofu and try delicious recipes using varieties of this protein rich meat substitute. **RSVP by February 21.**

TIPS FOR A SUCCESSFUL WEIGHT LOSS PLAN AFTER CANCER! *Tuesday, January 24 - 3:30 – 5:00 PM*
Katrina Claghorn, MS, RD, LDN, CSO, Advanced Practice Clinical Dietitian Specialist at Abramson Cancer Center will review the benefits of weight loss for cancer survivors and offer tips for success including: calculating calories/fat grams and keeping a food diary. **Please RSVP by January 20.**

INCREASING ACTIVITY AND MAINTAINING FITNESS FOR WEIGHT MANAGEMENT *Monday, January 30 - 3:00 - 4:30 PM*
Justin C. Brown, Pre- Doctoral Fellow, The Penn TREC Survivor Center, Center for Clinical Epidemiology & Biostatistics, will talk about the vital role of fitness in reducing weight and cancer risk, and he will discuss considerations in beginning an exercise program after treatment and the role of physical therapy. **Please RSVP by January 25.**

MIND BODY SERIES: MINDFUL EATING *Wednesdays, January 11, 18, 25 - 1:30 - 3:30 PM* with **Gabriel Rocco**, MA *"Mindful* Eating" is an approach that involves bringing one's full attention to the process of eating - to the tastes, smells, thoughts, and feelings that arise during a meal - and transforms your inner critic into a more compassionate nutritional ally.