

*The mission of The Wellness Community is to help people affected by cancer enhance health and well-being through a professional program of emotional support, education, and hope. All programs and services are provided free of charge.*



# Drumming Circle



## Autumn Equinox Celebration

*Saturday, September 26 - 10:00 – 11:30 AM*

Celebrating the natural rhythms of the solar cycles can bring us closer to nature and help our well-being. 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. **Dom Roberti**, retired college professor, cancer survivor, and Wellness Community volunteer will the circle.

**RSVP by September 24.**

**215-879-7733 • [www.twcp.org](http://www.twcp.org)**

**The Wellness Community of**

**Philadelphia**

**The Suzanne Morgan Center at Ridgeland  
Chamounix Drive, West Fairmount Park  
Philadelphia, PA 19131**

**Lansdale Satellite:**

**The Anne McCouch Center**

**1000 West Main Street, Lansdale, PA 19446  
215-393-9105**