

*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.*



# FINDING STRENGTH TOGETHER



## ***A NEW TOOL FOR COUPLES***

*Saturday, July 31 - 9:00 AM – 5:00 PM*

● This intensive workshop is for couples where one partner has been diagnosed with breast cancer. The goal of the workshop is to improve the communication and problem-solving skills to more effectively navigate through the breast cancer experience. The research data indicates a significant difference in comfort with problem-solving among participants who attended the workshop. **Sandra Bernstein**, M.S.N., R.N., C.N.S., L.M.F.T., and **Mark Bernstein**, M.D., will facilitate this workshop. Attendance is limited.

**Please RSVP by July 23.**

***This program takes place in Philadelphia.***

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

**The Wellness Community of  
Philadelphia**

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

**Lansdale Satellite:**

**The Anne McCouch Center  
1000 West Main Street, Lansdale, PA 19446  
215-393-9105**