

PRESS RELEASE*PRESS RELEASE*PRESS RELEASE*PRESS RELEASE

FOR IMMEDIATE RELEASE
JANUARY 4, 2012
(215) 879-7733, EXT. 206
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THE CANCER SUPPORT COMMUNITY OF PHILADELPHIA CALENDAR OF EVENT HIGHLIGHTS FOR JANUARY -- FEBRUARY 2012

NOTE TO EDITORS: All workshops, special events, etc. are free and open to the general public. They are held on-site at the **Cancer Support Community of Philadelphia (CSCP)** in Fairmount Park unless otherwise noted. *Off-site programs are in italics.* Schedule is subject to change without notice.

“Open to Options” is a service of the **Cancer Support Community of Philadelphia**. A trained specialist will help people with cancer to prepare questions about treatment options in advance of doctors’ appointments. This service can be provided in person or by phone at no cost to **CSCP** members. Those who have utilized this service have reported decreased feelings of distress and anxiety and increased confidence in working with their medical team. Please contact Kathleen Coyne, LCSW, program director, at (215) 879-7733, ext. 203 or kcoyne@cancersupport-phila.org for more information or to schedule an appointment.

ONGOING PROGRAMS

QIGONG FOR PEOPLE IMPACTED BY CANCER MONDAYS, 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.

NIA -- THE JOY OF MOVEMENT FOR PEOPLE IMPACTED BY CANCER TUESDAYS, 3:30 P.M. -- 4:30 P.M. AND MONTHLY ON SATURDAYS, 11:00 A.M. – 12:00 P.M. (JANUARY 14 AND FEBRUARY 11)

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 for this program led by Suzanne O’Grady. Please call (215) 879-7733 for more information.

NEWCOMER'S ORIENTATION FOR PEOPLE IMPACTED BY CANCER

THE FIRST AND THIRD TUESDAY EACH MONTH AT 6:00 P.M. AND THURSDAYS AT 11:00 A.M.

Come to the **Cancer Support Community of Philadelphia** and attend an introductory meeting to learn about **CSCP'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.

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

The **Cancer Support 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.

SINGING CIRCLE FOR PEOPLE IMPACTED BY CANCER TUESDAYS, 6:30 P.M. -- 7:30 P.M.

Join **CSCP's** group of singers led by composer, performer, and educator, Julia Haines. No talent is necessary – just a willingness to have fun! Please call (215) 879-7733 to learn more.

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

The Cancer Support 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: The Cancer Center at Paoli Hospital
255 West Lancaster Avenue
Paoli, Pennsylvania 19301*

T'AI CHI FOR PEOPLE IMPACTED BY CANCER

WEDNESDAYS, 9:30 A.M. -- 11:00 A.M.

T'ai Chi, an ancient Chinese energy practice, is a flowing series of movements and poses believed to "center the mind" and promote healing and relaxation. It builds awareness of the body and its muscles, distributing one's attention throughout the body, an important element to one's health. No RSVP is required. Please call (215) 879-7733 to learn more.

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, 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 to learn more.

MIND-BODY PROGRAM FOR PEOPLE IMPACTED BY CANCER

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

Gabriel Rocco, MA, teaches relaxation techniques and meditation practices that enhance the capacity to manage stress and live more fully in the present. Open to people with cancer and their support persons. Please call (215) 879-7733 to learn more.

BEREAVEMENT GROUP FOR PEOPLE IMPACTED BY CANCER

WEDNESDAYS, 6:00 P.M. -- 7:30 P.M.

This weekly group is for adults who have experienced the death of a loved one from cancer within the past two years. It provides an opportunity for bereaved persons to share their feelings and experiences, get support and suggestions, and learn how to go on with life. A phone interview with the facilitator is a prerequisite. Please call (215) 879-7733 to learn more.

YOGA FOR PEOPLE IMPACTED 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.

JANUARY PROGRAMS AND EVENTS

DRUMMING CIRCLE FOR PEOPLE IMPACTED BY CANCER

SATURDAYS, JANUARY 7 AND FEBRUARY 4, 10:30 A.M. -- 12:00 P.M.

Drumming with a rhythmic beat has been shown to have healing benefits. Come and share a story, experience the healing effects of drumming, and participate in some guided imagery, based on Native American traditions, to connect with one's deeper self. Please bring a drum or rattle if available and RSVP by January 5 and February 2, respectively, at (215) 879-7733.

WRITING FOR WELLNESS FOR PEOPLE IMPACTED BY CANCER

MONDAYS, JANUARY 9 AND FEBRUARY 6, 10:00 A.M. -- 11:30 A.M.

This monthly workshop with Janet Ruth Falon, MLA, will help those 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, respectively, at (215) 879-7733.

YOUNG WOMEN WITH BREAST CANCER

MONDAYS, JANUARY 9 AND FEBRUARY 6, 6:30 P.M. -- 8:30 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 SERIES: MINDFUL EATING FOR PEOPLE IMPACTED BY CANCER

WEDNESDAYS, JANUARY 11, 18, AND 25, 1:30 P.M. -- 3:30 P.M.

"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 one's inner critic into a more compassionate nutritional ally. Please RSVP by January 9 at (215) 879-7733 for this series led by Gabriel Rocco, MA.

THYROID CANCER NETWORKING GROUP

SATURDAYS, JANUARY 14 AND FEBRUARY 11, 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.

PANCREATIC CANCER NETWORKING GROUP

SATURDAYS, JANUARY 14 AND FEBRUARY 11, 10:30 A.M. -- 12:00 P.M.

This networking meeting, held in partnership with Pancreatic Cancer Action Network, is open to people with pancreatic cancer and their loved ones. Meet with others who face similar treatment and concerns to share information, and to support one another in living with pancreatic cancer. Please call (215) 879-7733 for more information.

COOKING FOR LIFE: RECIPE REVISIONS FOR PEOPLE IMPACTED BY CANCER

THURSDAY, JANUARY 19, 6:30 P.M. -- 8:00 P.M.

Join chef Suzanne Weltman and learn ways to reduce fat and calories in some favorite dishes without compromising taste. Please RSVP by January 17 at (215) 879-7733.

LUNG CANCER NETWORKING GROUP

SATURDAY, JANUARY 21 AND FEBRUARY 11, 10:30 A.M. -- 12:00 P.M.

This monthly meeting is an opportunity to connect with others who face similar treatment and concerns, and to share information, experiences and coping strategies. People with lung cancer and support persons are welcome. Please call (215) 879-7733 for more information.

GENTLE YOGA SERIES (SEATED YOGA) FOR PEOPLE IMPACTED BY CANCER

MONDAYS, JANUARY 23 AND 30 AND FEBRUARY 6 AND 13, 11:30 A.M. -- 1:00 P.M.

Michelle Stortz leads this class that adapts traditional yoga poses and movements to meet individual needs. Participants are seated for much of this program which makes it comfortable for those still in active treatment and for yoga beginners. Please RSVP by January 19 at (215) 879-7733.

THE AMERICAN CANCER SOCIETY PRESENTS LOOK GOOD . . . FEEL BETTER®

MONDAY, JANUARY 23, 1:30 P.M. -- 3:30 P.M.

Women who are actively undergoing cancer treatment will learn beauty techniques 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 at (215) 879-7733.

COLORECTAL CANCER NETWORKING GROUP

MONDAY, JANUARY 23 AND FEBRUARY 27, 6:30 P.M. -- 8:00 P.M.

Presented in partnership with The Delaware Valley Chapter of the Colon Cancer Alliance, 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. Caregivers welcome. Please call (215) 879-7733 for more information.

LIVING WELL WITH ADVANCED BREAST CANCER NETWORKING GROUP

TUESDAYS, JANUARY 24 AND FEBRUARY 28, 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.

TIPS FOR A SUCCESSFUL WEIGHT LOSS PLAN AFTER CANCER!

TUESDAY, JANUARY 24, 3:30 P.M. -- 5:00 P.M.

Katrina Claghorn, MS, RD, LDN, CSO, advanced practice clinical dietitian specialist at the Abramson Cancer Center, will review the benefits of weight loss for people with cancer and offer tips for success including calculating calories/fat grams and keeping a food diary. Please RSVP by January 19 at (215) 879-7733.

“FRANKLY SPEAKING ABOUT CANCER: SPOTLIGHT ON BREAST RECONSTRUCTION”

WEDNESDAY, JANUARY 25, 6:30 P.M. -- 8:30 P.M.

Learn about breast reconstruction and non-reconstruction options, treatment decisions and the factors that influence it, and how to prepare for and what to expect after surgery. The speaker is Suhail K. Kanchwala, MD, assistant professor of surgery, Division of Plastic Surgery at the Hospital of the University of Pennsylvania. This workshop is presented with the Young Survival Coalition and is made possible with a charitable contribution from Mentor Worldwide LLC. Refreshments will be served. Please RSVP by January 18 at (215) 879-7733.

INCREASING ACTIVITY AND MAINTAINING FITNESS FOR WEIGHT MANAGEMENT FOR PEOPLE IMPACTED BY CANCER

MONDAY, JANUARY 30, 3:00 P.M. -- 4:30 P.M.

Justin C. Brown, predoctoral fellow, The Penn TREC Survivor Center, Center for Clinical Epidemiology and Biostatistics, will talk about the vital role of fitness in reducing weight and cancer risk. He will lay out considerations in beginning an exercise program after treatment and explain the role physical therapy plays. Please RSVP by January 25 at (215) 879-7733.

FEBRUARY PROGRAMS AND EVENTS

NON-HODGKIN LYMPHOMA: THE CHANGING LANDSCAPE

WEDNESDAY, FEBRUARY 1, 6:00 P.M. -- 7:30 P.M.

The Leukemia and Lymphoma Society presents this program with speaker Manish Sharma, MD, of the Temple Bone Marrow Transplant Program at Jeanes Hospital. Topics presented include what NHL is, how it is diagnosed and staged, how it develops, its symptoms, treatment options, its side effects and questions to ask the treating doctor. Complimentary light dinner will be served and registration for this program is required. Please contact Nancy Chum at (610) 238-0360, ext. 234 by January 30.

COUPLES FACING CANCER TOGETHER

SATURDAY, FEBRUARY 11, 12:30 P.M. -- 2:30 P.M.

This workshop is designed to support and strengthen couples who are dealing with the stress of cancer. They 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 at (215) 879-7733.

CELEBRATE FUN! BOOST CAMP FOR KIDS IMPACTED BY CANCER

SUNDAY, FEBRUARY 12, 1:00 P.M. -- 4:00 P.M.

BOOST Camp, part of the Junior League of Philadelphia, hosts these events at CSCP for children six-15 who have a loved one with cancer. Parents are invited. Food, fun, and support. Please RSVP by February 8 at (215) 879-7733.

COOKING FOR LIFE: COOKING WITH TOFU FOR PEOPLE IMPACTED BY CANCER

THURSDAY, FEBRUARY 23, 6:30 P.M. -- 8:00 P.M.

Join chef Suzanne Weltman and learn about tofu. Try delicious recipes using varieties of this protein rich meat substitute. Please RSVP by February 21 at (215) 879-7733.

MIND-BODY APPROACHES TO WELLNESS FOR PEOPLE IMPACTED BY CANCER

SATURDAY, FEBRUARY 25, 10:00 A.M. -- 2:00 P.M.

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 one's capacity to live with difficulties and the unpredictable nature of cancer in everyday life. Please RSVP by February 22 at (215) 879-7733.

LAUGHTER YOGA FOR PEOPLE IMPACTED BY CANCER

MONDAY, FEBRUARY 27, 11:00 A.M. -- 12:00 P.M.

Melanie Galioto of "Laugh Yourself Philly" leads this workshop that combines yoga breathing with laughter exercises designed to strengthen the immune system and reduce the negative effects of stress. Feel fresh and energetic! Please RSVP by February 23 at (215) 879-7733.

CSCP LEAP YEAR JOKE FEST

WEDNESDAY, FEBRUARY 29, 6:30 P.M. -- 8:00 P.M.

This is an annual tradition at CSCP. Please bring a joke to tell or just come to laugh with friends. Light refreshments; please bring a dessert to share. Please RSVP by February 27 at (215) 879-7733.

The **Cancer Support Community of Philadelphia (CSCP)** 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. CSCP offers programs at Ridgeland in Fairmount Park and other Philadelphia-area locations. Please call the **Cancer Support Community of Philadelphia** at (215) 879-7733 or toll free at (888) 819-3553. Visit CSCP's website at cancersupport-phila.org for more information, "like" CSCP on Facebook, and follow CSCP on Twitter.