

PROGRAMS FOR HEALTHY SURVIVORSHIP



GETTING THE SLEEP YOU NEED

Wednesday, September 29 - 7:00 - 8:30 PM

Philip Gehrman, PhD, CBSM, Clinical Director, Behavioral Sleep Medicine Program Department of Psychiatry & Penn Sleep Center University of Pennsylvania, will present valuable information on sleeplessness during the cancer experience.

[RSVP](#) by September 27 at 215-879-7733.

215-879-7733 • 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

*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.*