


# July 2010

Please click underlined words for more details.

please call 215-879-7733 to RSVP ☎

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>New Group! ♥ Parent to Parent</b>  <i>Wednesday, August 4 - 6:30 - 8:00 PM</i>                      This is an opportunity for parents with cancer to meet together and share experiences and strategies in parenting children through the challenge of cancer. Open to both parents: parent with cancer and/or support parent. Facilitated by <b>Shari Baron</b>. <b>RSVP by August 3.</b>  <i>Parents who cannot attend this meeting, we would like to hear from you about your concerns in supporting your children. Please call us at 215-879-7733. Your input is needed and appreciated as we plan our programs for the Fall.</i></p>			<p><b>1</b></p> <p><b>Newcomer Orientation</b>                      11:00 AM                      ~ Yoga 1:15 - 2:45 PM</p> <p><u>Lansdale</u>  <b>Support Group</b> ☎                      10:00 AM - Noon  <b>Newcomers Noon - 1:00 PM</b>                      ~ Mind Body 1:30 PM                      ~ Yoga 7:00 PM</p>	<p><b>2</b></p> <p>TWCP is closed                      Friday, July 2 and Monday, July 5 for the Independence Day Holiday</p>	<p><b>3</b></p>
<p><b>5</b></p> <p>TWCP is closed</p> <p><i>* Yoga at Focus Fitness of the Main Line Free class for cancer survivors - Tuesdays, 1:30 - 2:45 PM 1111 East Lancaster Ave., Bryn Mawr, PA 19010 610-525-5515</i></p>	<p><b>6</b></p> <p><b>Mercy Hospital Group</b>                      9:30 - 11:00 AM</p> <p><b>SUPPORT GROUPS</b> ☎                      1:00 - 3:00 PM                      6:30 - 8:30 PM                      6:30 - 8:30 PM in Paoli                      ~ Qigong 5:15 - 6:15 PM  <b>Newcomer Orientation</b>                      6:00 PM</p> <p><b>*Yoga at Focus Fitness Studio</b> 1:30 - 2:45 PM ☎</p>	<p><b>7</b></p> <p><b>SUPPORT GROUP</b> ☎                      10:30 AM - 12:30 PM                      ♥ Family and Friends                      10:30 AM - 12:30 PM</p> <p>~ Introduction to Jin Shin Jyutsu (Week 1 of 3)                      1:30 - 3:00 PM ☎</p> <p><u>Lansdale</u>  <b>Bereavement 7:00 PM</b> ☎</p>	<p><b>8</b></p> <p><b>Newcomer Orientation</b>                      11:00 AM                      ~ Yoga 1:15 - 2:45 PM</p> <p><b>Temple Cancer Center Group</b>                      Writing Your Way Through Cancer                      1:30 - 3:00 PM</p> <p><b>Support Group</b> ☎                      10:00 AM - Noon  <b>Newcomers Noon - 1:00 PM</b>                      ~ Yoga 7:00 PM</p>	<p><b>9</b></p> <p>~ T'ai Chi 9:30 - 11:00 AM</p> <p>~ Yoga 10:00 AM  <b>Nutrition: Nutrition and Cancer Risk 1:00 PM</b>  <b>Potluck Lunch Noon</b></p>	<p><b>10</b></p> <p>🎗 <b>Thyroid Cancer (THYCA)</b>                      10:30 AM - Noon</p>
<p><b>12</b></p> <p>~ Gentle Yoga Series                      11:00 AM - 12:30 PM                      (Week 7 of 8)</p> <p>The American Cancer Society presents:  <b>LOOK GOOD FEEL BETTER</b>                      1:30 - 3:30 PM ☎ by July 8</p> <p>🎗 <b>Young Women with Breast Cancer (YSC)</b>                      6:30 - 8:00 PM</p>	<p><b>13</b></p> <p><b>Mercy Hospital Group</b>                      9:30 - 11:00 AM</p> <p><b>HEALTHY SURVIVORSHIP Nutrition: "Awesome Rawsome"</b>                      11:30 AM - 1:00 PM ☎</p> <p><b>SUPPORT GROUPS</b> ☎                      1:00 - 3:00 PM                      6:30 - 8:30 PM                      6:30 - 8:30 PM in Paoli                      ~ Qigong 5:15 - 6:15 PM</p> <p><b>*Yoga at Focus Fitness Studio</b> 1:30 - 2:45 PM ☎</p>	<p><b>14</b></p> <p><b>Einstein Cancer Center Group</b> 10:00 - 11:30 AM</p> <p><b>SUPPORT GROUP</b> ☎                      10:30 AM - 12:30 PM                      ♥ Family and Friends                      10:30 AM - 12:30 PM</p> <p>~ Introduction to Jin Shin Jyutsu (Week 2 of 3)                      1:30 - 3:00 PM</p> <p>🎗 <b>Gynecologic Cancers</b>                      6:30 - 8:00 PM</p> <p><u>Lansdale</u>  <b>Bereavement 7:00 PM</b> ☎</p>	<p><b>15</b></p> <p><b>Newcomer Orientation</b>                      11:00 AM                      ~ Yoga 1:15 - 2:45 PM</p> <p><b>Support Group</b> ☎                      10:00 AM - Noon  <b>Newcomers Noon - 1:00 PM</b>                      ~ Mind Body 1:30 PM                      ~ Yoga 7:00 PM</p>	<p><b>16</b></p> <p>~ T'ai Chi 9:30 - 11:00 AM</p> <p>"The Quintessential Box"                      1:00 - 2:30 PM ☎</p> <p>~ Yoga 10:00 - 11:00 AM  <b>Potluck Lunch Noon</b>  <b>Journal Workshop</b>                      1:30 - 3:00 PM ☎</p>	<p><b>17</b></p>
<p><b>19</b></p> <p>~ Gentle Yoga Series                      11:00 AM - 12:30 PM                      (Week 8 of 8)</p> <p>🎗 <b>Colorectal Cancer (CCA)</b> 6:30 - 8:00 PM</p>	<p><b>20</b></p> <p><b>Mercy Hospital Group</b>                      9:30 - 11:00 AM</p> <p><b>SUPPORT GROUPS</b> ☎                      1:00 - 3:00 PM                      6:30 - 8:30 PM                      6:30 - 8:30 PM in Paoli                      ~ Qigong 5:15 - 6:15 PM  <b>Newcomer Orientation</b>                      6:00 PM                      ♥ Family and Friends                      6:30 - 8:00 PM ☎</p> <p><b>*Yoga at Focus Fitness Studio</b> 1:30 - 2:45 PM ☎</p>	<p><b>21</b></p> <p><b>SUPPORT GROUP</b> ☎                      10:30 AM - 12:30 PM                      ♥ Family and Friends                      10:30 AM - 12:30 PM</p> <p>~ Introduction to Jin Shin Jyutsu (Week 3 of 3)                      1:30 - 3:00 PM ☎</p> <p><b>TWCP 17TH BIRTHDAY CELEBRATION "ROCK 'N' ROLL PARTY"</b>                      WITH JERRY O'LEARY, CAKE AND GOOD FRIENDS                      6:30 - 8:00 PM ☎ in Philadelphia</p> <p><u>Lansdale</u>  <b>Bereavement 7:00 PM</b> ☎</p>	<p><b>22</b></p> <p><b>Newcomer Orientation</b>                      11:00 AM                      ~ Yoga 1:15 - 2:45 PM</p> <p><b>Temple Cancer Center Group</b> Writing your Way Through Cancer                      1:30 - 3:00 PM</p> <p><b>Support Group</b> ☎                      10:00 AM - Noon  <b>Newcomers Noon - 1:00 PM</b>                      Yoga 7:00 PM</p>	<p><b>23</b></p> <p>~ T'ai Chi 9:30 - 11:00 AM</p> <p>~ Yoga 10:00 - 11:00 AM  <b>Potluck Lunch Noon</b></p>	<p><b>24</b></p>
<p><b>26</b></p> <p>🎨 <b>Art for Life</b>                      1:00 - 3:00 PM</p>	<p><b>27</b></p> <p><b>Mercy Hospital Group</b>                      9:30 - 11:00 AM</p> <p>🎗 <b>Living Well with Advanced Breast Cancer</b>                      11:00 AM - 1:00 PM</p> <p><b>SUPPORT GROUPS</b> ☎                      1:00 - 3:00 PM                      6:30 - 8:30 PM                      6:30 - 8:30 PM in Paoli                      ~ Qigong 5:15 - 6:15 PM</p> <p><b>*Yoga at Focus Fitness Studio</b> 1:30 - 2:45 PM ☎</p>	<p><b>28</b></p> <p><b>Einstein Cancer Center Group</b> 10:00 - 11:30 AM</p> <p><b>SUPPORT GROUP</b> ☎                      10:30 AM - 12:30 PM                      ♥ Family and Friends                      10:30 AM - 12:30 PM                      ~ Mind Body: Breathe Away Stress 1:30 - 3:30 PM</p> <p>The Fifth Annual Myrna Brind Lecture Women's Health and Integrative Medicine                      6:30 - 8:00 PM ☎</p> <p><u>Lansdale</u>  <b>Bereavement 7:00 PM</b> ☎</p>	<p><b>29</b></p> <p><b>Newcomer Orientation</b>                      11:00 AM                      ~ Yoga 1:15 - 2:45 PM</p> <p><b>Support Group</b> ☎                      10:00 AM - Noon  <b>Newcomers Noon - 1:00 PM</b>                      ♥ Family &amp; Friends 6:30 PM  <b>NO Yoga tonight</b></p>	<p><b>30</b></p> <p>~ T'ai Chi 9:30 - 11:00 AM</p> <p><b>HEALTHY SURVIVORSHIP Cancer and Employment</b>                      11:30 AM - 1:00 PM ☎</p> <p>~ Yoga 10:00 - 11:00 AM  <b>Potluck Lunch Noon</b></p>	<p><b>31</b></p> <p>♥</p> <p><b>Finding Strength Together</b>                      A New Tool for Couples                      9:00 - 5:00 PM  <b>Lunch included</b> ☎</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> 🧡 Young Women with Breast Cancer (YSC) 6:30 - 8:00 PM	<b>3</b> Mercy Hospital Group 9:30 - 11:00 AM  <b>SUPPORT GROUPS</b> 📞 1:00 - 3:00 PM 6:30 - 8:30 PM 6:30 - 8:30 PM in Paoli <b>Newcomer Orientation</b> 6:00 PM ~ Qigong 5:15 - 6:15 PM  * Yoga at Focus Fitness Studio 1:30 - 2:45 PM	<b>4</b> <b>SUPPORT GROUP</b> 📞 10:30 AM - 12:30 PM 📖 Family and Friends 10:30 AM - 12:30 PM ~ Mind Body Series: 📞 <i>Breath, Body and Mind</i> 1:30 - 3:30 PM (week 1 of 4) <b>New Group!</b> 📖 Parent to Parent 6:30 - 8:00 PM 📞  <u>Lansdale</u> Bereavement 7:00 PM 📞	<b>5</b> <b>Newcomer Orientation</b> 11:00 AM ~ Yoga 1:15 - 2:45 PM  <b>Support Group</b> 10:00 AM - Noon 📞 <b>Newcomers</b> Noon - 1:00 PM ~ Mind Body 1:30 PM ~ Yoga 7:00 PM	<b>4</b> ~ T'ai Chi 9:30 - 11:00 AM  ~ Yoga 10:00 AM Potluck Lunch Noon	<b>7</b> ~ Mind Body <b>Saturday Workshop</b> <b>Mind Body Approaches to Wellness</b> 10:00 AM - 2:00 PM Please bring your lunch. 📞
<b>9</b> ~ Evening Mind Body: <i>Mind Body Methods for Stress Management</i> 6:30 - 8:30 PM 📞 (week 1 of 2)	<b>10</b> Mercy Hospital Group 9:30 - 11:00 AM  <b>SUPPORT GROUPS</b> 📞 1:00 - 3:00 PM 6:30 - 8:30 PM 6:30 - 8:30 PM in Paoli ~ Qigong 5:15 - 6:15 PM  *Yoga at Focus Fitness Studio 1:30 - 2:45 PM	<b>11</b> Einstein Cancer Center <i>Cancer and Sexuality</i> 10:00 - 11:30 AM  <b>SUPPORT GROUP</b> 📞 10:30 AM - 12:30 PM 📖 Family and Friends 10:30 AM - 12:30 PM ~ Mind Body: <i>Breath, Body and Mind</i> 1:30 - 3:30 PM (2)  <u>Lansdale</u> Bereavement 7:00 PM 📞	<b>12</b> <b>Newcomer Orientation</b> 11:00 AM ~ Yoga 1:15 - 2:45 PM  <b>Temple Cancer Center Group</b> <i>Writing your Way Through Cancer</i> 1:30 - 3:00 PM  <b>Support Group</b> 📞 10:00 AM - Noon <b>Newcomers</b> Noon - 1:00 PM <b>Men and Cancer Meeting</b> 6:30 - 8:00 PM 📞 ~ Yoga 7:00 PM	<b>13</b> ~ T'ai Chi 9:30 - 11:00 AM  ~ Yoga 10:00 - 11:00 AM <b>Nutrition: Update on Osteoporosis</b> 11:00 AM Potluck Lunch Noon	<b>14</b>
<b>16</b> 🧡 Colorectal Cancer (CCA) 6:30 - 8:00 PM  ~ Evening Mind Body: <i>Mind Body Methods for Stress Management</i> 6:30 - 8:30 PM 📞 (week 2 of 2)	<b>17</b> Mercy Hospital Group 9:30 - 11:00 AM  <b>SUPPORT GROUPS</b> 📞 1:00 - 3:00 PM 6:30 - 8:30 PM 6:30 - 8:30 PM in Paoli <b>No Newcomer Orientation</b> ~ Qigong 5:15 - 6:15 PM 📖 Family and Friends 6:30 - 8:00 PM 📞  *Yoga at Focus Fitness Studio 1:30 - 2:45 PM	<b>18</b> <b>SUPPORT GROUP</b> 📞 10:30 AM - 12:30 PM 📖 Family and Friends 10:30 AM - 12:30 PM ~ Mind Body: <i>Breath, Body and Mind</i> 1:30 - 3:30 PM (3)  <b>HEALTHY SURVIVORSHIP</b> <b>Understanding Cognitive Changes (Chemobrain)</b> 6:30 - 8:00 PM 📞  <u>Lansdale</u> Bereavement 7:00 PM 📞	<b>19</b> <b>Newcomer Orientation</b> 11:00 AM ~ Yoga 1:15 - 2:45 PM  <b>Support Group</b> 📞 10:00 AM - Noon <b>Newcomers</b> Noon - 1:00 PM <b>Look Good Feel Better</b> 12:30 - 3:30 PM 📞 ~ Mind Body 1:30 PM ~ Yoga 7:00 PM	<b>20</b> ~ T'ai Chi 9:30 - 11:00 AM  ~ Yoga 10:00 - 11:00 AM Potluck Lunch Noon	<b>21</b>
<b>23</b> ~ Gentle Yoga Series 11:00 AM - 12:30 PM (Week 1 of 8)	<b>24</b> Mercy Hospital Group 9:30 - 11:00 AM  <b>SUPPORT GROUPS</b> 📞 1:00 - 3:00 PM 6:30 - 8:30 PM 6:30 - 8:30 PM in Paoli ~ Qigong 5:15 - 6:15 PM  *Yoga at Focus Fitness Studio 1:30 - 2:45 PM	<b>25</b> Einstein Cancer Center Group 10:00 - 11:30 AM  <b>SUPPORT GROUP</b> 📞 10:30 AM - 12:30 PM 📖 Family and Friends 10:30 AM - 12:30 PM 🧡 Gynecologic Cancers 6:30 - 8:00 PM  <u>Lansdale</u> Bereavement 7:00 PM 📞	<b>26</b> <b>Newcomer Orientation</b> 11:00 AM ~ Yoga 1:15 - 2:45 PM  <b>Temple Cancer Center Group</b> <i>Writing your Way Through Cancer</i> 1:30 - 3:00 PM  <b>Support Group</b> 📞 10:00 AM - Noon <b>Newcomers</b> Noon - 1:00 PM 📖 Family & Friends 6:30 PM <b>NO Yoga tonight</b>	<b>27</b> ~ T'ai Chi 9:30 - 11:00 AM  ~ Yoga 10:00 - 11:00 AM Potluck Lunch Noon	<b>28</b>
<b>30</b> ~ Gentle Yoga Series 11:00 AM - 12:30 PM 🎨 Art for Life 1:00 - 3:00 PM	<b>31</b> Mercy Hospital Group 9:30 - 11:00 AM 🧡 Living Well with Advanced Breast Cancer 11:00 AM - 1:00 PM <b>SUPPORT GROUPS</b> 📞 1:00 - 3:00 PM 6:30 - 8:30 PM 6:30 - 8:30 PM in Paoli ~ Qigong 5:15 - 6:15 PM  *Yoga at Focus Fitness Studio 1:30 - 2:45 PM	<div style="border: 1px solid black; padding: 10px;">  <p><b>ASK QUESTIONS ~ GAIN CONFIDENCE ~ BE EMPOWERED TO FACE CANCER</b>  <i>Before you make decisions about treatment - ASK ABOUT YOUR OPTIONS</i>                      Facing a treatment decision? We can help. The Wellness Community has offered support, education and hope to people affected by cancer for over 25 years.</p> <p>Now, <b>Open to Options</b> helps you identify important questions about your treatment options based upon your personal needs. The goals of this program are to help you:</p> <ul style="list-style-type: none"> <li>* Communicate clearly with your medical team</li> <li>* Ask critical questions about your options</li> <li>* Make treatment decisions that best fit your personal hopes and goals</li> </ul> <p>To schedule a *question-listing* session, call 215-879-7733.</p> </div>			