


March 2010

Please click underlined words for more details.

call 215-879-7733 to check on program status in case of inclement weather


please call 215-879-7733 to RSVP 

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 🎨 Art for Life 1:00 - 3:00 PM * 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	2 Mercy Hospital Group 9:30 - 11:00 AM SUPPORT GROUPS 📞 1:00 - 3:00 PM 6:30 - 8:30 PM 6:30 - 8:30 PM in Paoli Newcomer Orientation 5:00 PM ~Qigong 5:15 - 6:15 PM *Yoga at Focus Fitness Studio 1:30 - 2:45 PM	3 SUPPORT GROUP 📞 10:30 AM - 12:30 PM ♥ Family and Friends 10:30 AM - 12:30 PM ~Mind Body: Meditation - Quieting the Wild Mind 1:30 - 3:30 PM (week 1 of 5) LANSDALE ~Tai Chi Beginner 6:30 PM Intermediate 7:00 PM Bereavement 7:00 PM 📞	4 Newcomer Orientation 11:00 AM ~Yoga 1:15 - 2:45 PM Support Group 10:00 AM - Noon 📞 Newcomers Noon - 1:00 PM ~Mind Body 1:30 - 3:30 PM ~Yoga 7:00 PM	5 ~Tai Chi 9:30 - 11:00 AM ~Yoga 10:00 AM Nutrition 11:00 AM Potluck Lunch Noon ~Art Studio 1:30	6 📌 Pancreatic Cancer (PanCAN) 10:00 AM - Noon
8 🎨 Creative Writers Group 10:00 - 11:30 AM 📞 🎨 Art for Life 1:00 - 3:00 PM	9 Mercy Hospital Group 9:30 - 11:00 AM SUPPORT GROUPS 📞 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	10 Einstein Cancer Center Group 10:00 - 11:30 AM SUPPORT GROUP 📞 10:30 AM - 12:30 PM ♥ Family and Friends 10:30 AM - 12:30 PM ~Mind Body: Meditation 1:30 - 3:30 PM (week 2 of 5) JOKE FEST 6:30 - 8:00 PM 📞 LANSDALE ~Tai Chi Beginner 6:30 PM Intermediate 7:00 PM Bereavement 7:00 PM 📞	11 Newcomer Orientation 11:00 AM ~Yoga 1:15 - 2:45 PM Support Group 📞 10:00 AM - Noon Newcomers Noon - 1:00 PM ~Yoga 7:00 PM	12 ~Tai Chi 9:30 - 11:00 AM FOOD FOR LIFE a program of the CANCER PROJECT Introduction to How Foods Fight Cancer (part 1 of 4) 6:30 - 8:30 PM 📞 ~Yoga 10:00 AM Potluck Lunch Noon ~Ceramics Workshop 1:00 PM 📞	13 📌 Thyroid Cancer (THYCA) 10:30 AM - Noon
15 📌 Breast Cancer Treatment Group 10:00 - 11:30 AM 🎨 Art for Life 1:00 - 3:00 PM 📌 Colorectal Cancer (CCA) 6:30 - 8:00 PM	16 Mercy Hospital Group 9:30 - 11:00 AM SUPPORT GROUPS 📞 1:00 - 3:00 PM 6:30 - 8:30 PM 6:30 - 8:30 PM in Paoli Newcomer Orientation 5:00 PM ~Qigong 5:15 - 6:15 PM *Yoga at Focus Fitness Studio 1:30 - 2:45 PM	17 SUPPORT GROUP 📞 10:30 AM - 12:30 PM ♥ Family and Friends 10:30 AM - 12:30 PM ~Mind Body: Meditation 1:30 - 3:30 PM (week 3 of 5) 📌 Gynecologic Cancers 6:30 - 8:00 PM LANSDALE ~Tai Chi Beginner 6:30 PM Intermediate 7:00 PM Bereavement 7:00 PM 📞	18 Newcomer Orientation 11:00 AM ~Yoga 1:15 - 2:45 PM 📌 Young Women with Breast Cancer (YSC) 6:30 - 8:00 PM Support Group 📞 10:00 AM - Noon Newcomers Noon - 1:00 PM ~Yoga 7:00 PM	19 ~Tai Chi 9:30 - 11:00 AM ~Introduction to Jin Shin Jyutsu 11:30 AM - 1:00 PM 📞 ~Yoga 10:00 - 11:00 AM Potluck Lunch Noon	20 Equinox Drumming Circle 10:00 - 11:30 AM 📞 Inspiring Wellness: Moving Forward After Breast Cancer Saturday, March 20, 8:30 AM - 12:30 PM Gouley Auditorium, Braemar Educational Center, Albert Einstein Medical Center, Philadelphia, PA Free event for African-American women affected by breast cancer and their families. Call 610-645-4567.
22 📌 Breast Cancer Recovery Group 10:00 - 11:30 AM 🎨 Art for Life 1:00 - 3:00 PM Cooking for Life Juicy Cooking with Citrus 6:30 - 8:00 PM 📞	23 Mercy Hospital Group 9:30 - 11:00 AM 📌 Living Well with Advanced Breast Cancer 11:00 AM - 1:00 PM SUPPORT GROUPS 📞 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	24 Einstein Cancer Center Group 10:00 - 11:30 AM SUPPORT GROUP 📞 10:30 AM - 12:30 PM ♥ Family and Friends 10:30 AM - 12:30 PM ~Mind Body: Meditation 1:30 - 3:30 PM (week 4 of 5) "GIVE AND TAKE" 6:00 - 8:00 PM LBBC program in Cherry Hill N.J. see description below LANSDALE ~Tai Chi Beginner 6:30 PM Intermediate 7:00 PM Bereavement 7:00 PM 📞	25 Newcomer Orientation 11:00 AM ~Yoga 1:15 - 2:45 PM Support Group 📞 10:00 AM - Noon Newcomers Noon - 1:00 PM ~Mind Body 1:30 - 3:30 PM ~Yoga 7:00 PM ♥ Family & Friends 6:30 PM	26 ~Tai Chi 9:30 - 11:00 AM Line Dancing 3:00 - 4:00 PM 📞 FOOD FOR LIFE Fueling up on Low-Fat, High-Fiber Foods (part 2) 6:30 - 8:30 PM 📞 ~Yoga 10:00 - 11:00 AM Potluck Lunch Noon	27 Frankly Speaking about New Discoveries in Cancer Treatment 9:00 - Noon 📞
29 🎨 Art for Life 1:00 - 3:00 PM	30 Mercy Hospital Group 9:30 - 11:00 AM SUPPORT GROUPS 📞 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	31 SUPPORT GROUP 📞 10:30 AM - 12:30 PM ♥ Family and Friends 10:30 AM - 12:30 PM ~Mind Body: Meditation 1:30 - 3:30 PM (week 5 of 5) LANSDALE ~Tai Chi Beginner 6:30 PM Intermediate 7:00 PM Bereavement 7:00 PM 📞	"GIVE & TAKE": MANAGING LIFE'S DEMANDS WHILE IN TREATMENT Wednesday, March 24, 6:00 - 8:00 PM Cherry Hill Library, 1100 Kings Highway North, Cherry Hill, NJ, 08034 presented by Living Beyond Breast Cancer 📞 Call 610-645-4567 Shari Baron, MSN, RN, CNS, CGP, TWCP Clinical Associate, will be the presenter at this program presented by Living Beyond Breast Cancer. Managing the everyday demands of life while going through treatment can be daunting! Learn effective ways to manage the daily demands of work, home and family including managing your time, communicating your evolving needs to others, and providing good self-care. Learn how to adapt to new caretaking "roles" and how to delegate what you can, ask for help, and harness the good intentions of family and friends using online care pages to coordinate resources and help.		

RSVP at info@twcp.org

Please click underlined words for more details.

April 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12th Annual  Save the Date! Friday, May 21, 2010 at the Hilton Philadelphia City Avenue</p>			<p>1 Newcomer Orientation 11:00 AM ~Yoga 1:15 - 2:45 PM</p>	<p>2 ~Tai Chi 9:30 - 11:00 AM ~Yoga 10:00 AM Potluck Lunch Noon</p>	<p>3</p>
<p>5 ~Art for Life 1:00 - 3:00 PM</p>	<p>6 Mercy Hospital Group 9:30 - 11:00 AM SUPPORT GROUPS 1:00 - 3:00 PM 6:30 - 8:30 PM 6:30 - 8:30 PM in Paoli Newcomer Orientation 5:00 PM ~Qigong 5:15 - 6:15 PM *~Yoga at Focus Fitness Studio 1:30 - 2:45 PM</p>	<p>7 SUPPORT GROUP 10:30 AM - 12:30 PM ♥ Family and Friends 10:30 AM - 12:30 PM ~Mind Body: The Power of Loving-Kindness 1:30 - 3:30 PM (week 1 of 3) LANSDALE ~Tai Chi Beginner 6:30 PM Intermediate 7:00 PM Bereavement 7:00 PM</p>	<p>8 Newcomer Orientation 11:00 AM ~Yoga 1:15 - 2:45 PM</p>	<p>9 ~Tai Chi 9:30 - 11:00 AM FOOD FOR LIFE Discovering Dairy and Meat Alternatives <i>(part 3)</i> 6:30 - 8:30 PM ~Yoga 10:00 AM Nutrition 11:00 AM Potluck Lunch Noon ~Art Studio 1:30</p>	<p>10 Pancreatic Cancer (PanCAN) 10:00 AM - Noon Thyroid Cancer (THYCA) 10:30 AM - Noon</p>
<p>12 ~Creative Writers Group 10:00 - 11:30 AM ~Art for Life 1:00 - 3:00 PM</p>	<p>13 Mercy Hospital Group 9:30 - 11:00 AM SUPPORT GROUPS 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</p>	<p>14 Einstein Cancer Center Group 10:00 - 11:30 AM SUPPORT GROUP 10:30 AM - 12:30 PM ♥ Family and Friends 10:30 AM - 12:30 PM SPRING SING-ALONG 6:30 - 8:00 PM LANSDALE ~Tai Chi Beginner 6:30 PM Intermediate 7:00 PM Bereavement 7:00 PM</p>	<p>15 Newcomer Orientation 11:00 AM ~Yoga 1:15 - 2:45 PM Young Women with Breast Cancer (YSC) 6:30 - 8:00 PM Support Group 10:00 AM - Noon Newcomers Noon - 1:00 PM ~Mind Body 1:30 - 3:30 PM ~Yoga 7:00 PM</p>	<p>16 ~Tai Chi 9:30 - 11:00 AM ~Yoga 10:00 - 11:00 AM Potluck Lunch Noon</p>	<p>18 CHILDREN'S PARTY Spring Celebration Sunday, April 18 1:00 - 4:00 PM Boost Camp part of the Junior League of Philadelphia hosts this event at TWCP for children 6-15 who have a loved one with cancer. Parents invited. Food, fun, and support. RSVP.</p>
<p>19 Breast Cancer Treatment Group 10:00 - 11:30 AM ~Art for Life 1:00 - 3:00 PM Colorectal Cancer (CCA) 6:30 - 8:00 PM</p>	<p>20 Mercy Hospital Group 9:30 - 11:00 AM SUPPORT GROUPS 1:00 - 3:00 PM 6:30 - 8:30 PM 6:30 - 8:30 PM in Paoli Newcomer Orientation 5:00 PM ~Qigong 5:15 - 6:15 PM *Yoga at Focus Fitness Studio 1:30 - 2:45 PM</p>	<p>21 SUPPORT GROUP 10:30 AM - 12:30 PM ♥ Family and Friends 10:30 AM - 12:30 PM ~Mind Body: The Power of Loving-Kindness 1:30 - 3:30 PM (week 2 of 3) LANSDALE ~Tai Chi Beginner 6:30 PM Intermediate 7:00 PM Bereavement 7:00 PM</p>	<p>22 Newcomer Orientation 11:00 AM ~Yoga 1:15 - 2:45 PM</p>	<p>23 ~Tai Chi 9:30 - 11:00 AM FOOD FOR LIFE Cancer Fighting Compounds and Healthy Weight Control <i>(part 4)</i> 6:30 - 8:30 PM ~Yoga 10:00 - 11:00 AM Potluck Lunch Noon ~Art Studio 1:30</p>	<p>24 MIND BODY WEEKEND RETREAT: <i>"A Weekend for Self-Renewal"</i> Saturday, April 24 9:00 AM - 7:00 PM Sunday, April 25 9:00 AM - 3:00 PM</p>
<p>26 Breast Cancer Recovery Group 10:00 - 11:30 AM ~Art for Life 1:00 - 3:00 PM</p>	<p>27 Mercy Hospital Group 9:30 - 11:00 AM Living Well with Advanced Breast Cancer SUPPORT GROUPS 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 Breast Reconstruction: What You Need to Know 6:30 - 8:00 PM <i>Presented by Young Survivors Coalition</i></p>	<p>28 Einstein Cancer Center Group 10:00 - 11:30 AM SUPPORT GROUP 10:30 AM - 12:30 PM ♥ Family and Friends 10:30 AM - 12:30 PM ~Mind Body: The Power of Loving-Kindness 1:30 - 3:30 PM (week 3 of 3) Ask the Doctor about Gynecologic Cancers 6:30 - 8:00 PM LANSDALE ~Tai Chi Beginner 6:30 PM Intermediate 7:00 PM Bereavement 7:00 PM</p>	<p>29 Newcomer Orientation 11:00 AM ~Yoga 1:15 - 2:45 PM</p>	<p>30 ~Tai Chi 9:30 - 11:00 AM "Coping Through Creativity" 1:00 - 2:30 PM ~Yoga 10:00 - 11:00 AM Potluck Lunch Noon</p>	
			<p>Support Group 10:00 AM - Noon Newcomers Noon - 1:00 PM ~Mind Body 1:30 - 3:30 PM ♥ Family & Friends 6:30 PM ~Yoga 7:00 PM</p>		