

# Welcome to our Community

The Wellness Community of Philadelphia, an affiliate of the **Cancer Support Community**, serves people with all types of cancer and their loved ones throughout the five county region. People living with cancer are invited to participate from diagnosis through all stages of their treatment and survivorship.

To learn about our *free* services please call 215-879-7733 to speak with a member of our staff or to arrange a visit. **Newcomer Orientations** are also an opportunity to meet with staff and cancer survivors to learn about TWCP programs and support groups. **Registration is not required.**

## Philadelphia:

**Newcomer Orientations** are held the first and third Tuesday of each month at 6:00 PM and Thursdays at 11:00 AM, or by appointment.

**Lansdale: Newcomer Orientation** is held Thursdays at Noon, or by appointment.

## THANK YOU

TO THE FOLLOWING SPONSORS WHO  
MAKE OUR PROGRAMS POSSIBLE

- ADP Foundation
- AstraZeneca
- Brun Family Foundation
- Myrna Brind Fund
- Corpus Christi Church
- Fourjay Foundation
- Herbert G. Feldman Charitable Foundation
- GlaxoSmithKline
- Innisfree Foundation
- Junior League of Philadelphia
- Patricia Kind
- The Jacob and Valeria Langeloth Foundation
- Bernard Loeb & Bernadette Herbst Loeb Charitable Foundation
- Maria Dickinson Logan Charitable Trust
- Morphotek
- Gerald B. Shreiber Foundation
- Wachovia Wells Fargo Foundation
- Shirley Wellenbach Nutrition Education Fund

**OUR MISSION** *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 are provided at no charge to participants. Our program is not an alternative but a complement to conventional medical treatment. Each person decides for him or herself what activities to attend.*

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
PAID  
The Wellness  
Community of  
Philadelphia



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

Address Service Requested

# CALENDAR

LOOK INSIDE for September/October 2010 programs - Philadelphia and Lansdale

# CANCER SUPPORT



## Program Calendar

## September and October 2010

### The Wellness Community of Philadelphia

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



*Free programs for  
people with cancer  
and their loved ones.*

•  
215-879-7733  
www.twcp.org  
•

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



*Groups also meet in Paoli,  
and other Philadelphia  
locations.*



# September 2010

please call 215-879-7733 to RSVP ☎

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
<p><b>Family Matters: Talking with School-Age Children About Breast Cancer</b>            Tuesday, September 14 - 6:00 PM to 8:00 PM            at the Loews Philadelphia Hotel in Center City            1200 Market Street, Philadelphia, 19107</p> <p><i>*Presented with Living Beyond Breast Cancer</i>  <b>Kathleen Coyne</b>, MSS, LCSW, TWCP Program Director, will present information for parents of children, ages 6-18, regarding communication about cancer diagnosis and treatment, and address other concerns for children who have a parent with cancer.  <b>Register at at 610-645-4567 or at <a href="http://www.lbbc.org">www.lbbc.org</a>.</b></p>	<p><b>1</b>  <b>SUPPORT GROUP</b> ☎            10:30 AM - 12:30 PM  <b>Family and Friends</b>            10:30 AM - 12:30 PM</p> <p><b>Mind Body: Resting the Mind and Body</b>            1:30 - 3:30 PM</p> <p><b>Bereavement Group</b> ☎            7:00 PM in Lansdale</p>	<p><b>2</b>  <b>Newcomer Orientation</b>            11:00 AM  <b>Yoga</b> 1:15 - 2:45 PM</p> <p><b>Lansdale Support Group</b> ☎            10:00 AM - Noon  <b>Newcomers Noon - 1:00 PM</b>  <b>Mind Body</b> 1:30 PM  <b>Yoga</b> 7:00 PM</p>	<p><b>3</b>  <b>T'ai Chi</b> 9:30 - 11:00 AM</p> <p><b>Yoga</b> 10:00 AM  <b>Potluck Lunch Noon</b></p>	<p><b>4</b></p>	<p><b>6</b>            TWCP is closed for the Labor Day Holiday</p>	<p><b>7</b>  <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  <b>Qigong</b> 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><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>8</b>  <b>Einstein Cancer Center Group</b> 10:00 - 11:30 AM</p> <p><b>SUPPORT GROUP</b> ☎            10:30 AM - 12:30 PM  <b>Family and Friends</b>            10:30 AM - 12:30 PM</p> <p><b>Mind Body: Breathing</b>            1:30 - 3:30 PM</p> <p><b>Bereavement Group</b> ☎            7:00 PM in Lansdale</p>	<p><b>9</b>  <b>Newcomer Orientation</b>            11:00 AM  <b>Yoga</b> 1:15 - 2:45 PM</p> <p><b>Temple Cancer Center Group</b> 1:30 - 3:00 PM</p> <p><b>Lansdale Support Group</b> ☎            10:00 AM - Noon  <b>Newcomers Noon - 1:00 PM</b>  <b>Yoga</b> 7:00 PM</p>	<p><b>10</b>  <b>T'ai Chi</b> 9:30 - 11:00 AM</p> <p><b>Yoga</b> 10:00 AM  <b>Nutrition: 11:00 AM</b>  <b>Potluck Lunch Noon</b>  <b>Art Studio: Paper Marbling</b> 1:00 PM ☎</p>	<p><b>11</b>  <b>Pancreatic Cancer</b>            10:00 AM - Noon  <b>Thyroid Cancer (THYCA)</b>            10:30 AM - Noon</p> <p><b>Family Day Event</b>  <b>Livin' in the Rhythm</b>            3:00 - 4:00 PM            Join us for this dynamic, interactive and upbeat experience, led by Mark Seaman of Earth Rhythms and a selection of world drums and percussion instruments. We invite young and old to share in this special program as we kick off a regular offering of family centered programs this year. <b>RSVP by September 9.</b></p>
<p><b>13</b>  <b>Gentle Yoga Series</b>            11:00 AM - 12:30 PM (3 of 8)</p> <p><b>Young Women with Breast Cancer (YSC)</b>            6:30 - 8:00 PM</p> <p><b>Lansdale T'ai Chi</b>            Beginner - 6:30 PM            Intermediate - 7:00 PM</p>	<p><b>14</b>  <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  <b>Qigong</b> 5:15 - 6:15 PM</p> <p><b>*Yoga at Focus Fitness Studio</b> 1:30 - 2:45 PM</p> <p><b>Family Matters: Talking with School-Age Children About Breast Cancer</b>            6:00 PM to 8:00 PM            at the Loews Philadelphia Hotel (see above)</p>	<p><b>15</b>  <b>SUPPORT GROUP</b> ☎            10:30 AM - 12:30 PM  <b>Family and Friends</b>            10:30 AM - 12:30 PM</p> <p><b>Mind Body: Body Scan</b>            1:30 - 3:30 PM</p> <p><b>Gynecologic Cancers</b>            6:30 - 8:00 PM</p> <p><b>Frankly Speaking about Lung Cancer</b>            6:30 - 8:00 PM ☎</p> <p><b>Bereavement Group</b> ☎            7:00 PM in Lansdale</p>	<p><b>16</b>  <b>Newcomer Orientation</b>            11:00 AM  <b>Yoga</b> 1:15 - 2:45 PM</p> <p><b>COOKING FOR LIFE</b>  <i>with Suzanne Weltman "Versatile Legumes"</i>            6:30 - 8:00 PM ☎</p> <p><b>Lansdale Support Group</b> ☎            10:00 AM - Noon  <b>Newcomers Noon - 1:00 PM</b>  <b>Mind Body</b> 1:30 PM  <b>Yoga</b> 7:00 PM</p>	<p><b>17</b>  <b>T'ai Chi</b> 9:30 - 11:00 AM</p> <p><b>Yoga</b> 10:00 AM  <b>Potluck Lunch Noon</b>  <b>Art Studio: Book Making</b> 1:00 PM ☎</p>	<p><b>18</b></p>					
<p><b>20</b>  <b>Gentle Yoga Series</b>            11:00 AM - 12:30 PM (4 of 8)</p> <p><b>Journaling Workshop</b>            1:00 - 2:30 PM ☎</p> <p><b>Colorectal Cancer (CCA)</b> 6:30 - 8:00 PM</p> <p><b>Lansdale T'ai Chi</b>            Beginner - 6:30 PM            Intermediate - 7:00 PM</p>	<p><b>21</b>  <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  <b>Qigong</b> 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>22</b>  <b>Einstein Cancer Center Group</b> 10:00 - 11:30 AM</p> <p><b>SUPPORT GROUP</b> ☎            10:30 AM - 12:30 PM  <b>Family and Friends</b>            10:30 AM - 12:30 PM</p> <p><b>Mind Body: Working with Emotion</b> 1:30 - 3:30 PM</p> <p><b>New Class! Fitness After Cancer Treatment - 6 weeks</b>            6:00 - 7:00 PM ☎</p> <p><b>Bereavement Group</b> ☎            7:00 PM in Lansdale</p>	<p><b>23</b>  <b>Newcomer Orientation</b>            11:00 AM  <b>Yoga</b> 1:15 - 2:45 PM</p> <p><b>Temple Cancer Center Group</b> 1:30 - 3:00 PM</p> <p><b>Lansdale Support Group</b>            10:00 AM - Noon ☎  <b>Newcomers Noon - 1:00 PM</b>  <b>Family &amp; Friends</b>            6:30 PM  <b>Yoga</b> 7:00 PM</p>	<p><b>24</b>  <b>T'ai Chi</b> 9:30 - 11:00 AM</p> <p><b>ART WORKSHOP</b>  <b>Treasure Mapping</b>            Noon - 2:00 PM ☎</p> <p><b>Yoga</b> 10:00  <b>Potluck Lunch Noon</b></p>	<p><b>25</b>  <b>Drumming Circle</b>  <i>Autumn Equinox Celebration</i>            10:00 - 11:30 AM ☎</p> <p><b>Wellness Walk in Lansdale</b>            beginning 9:00 AM            at The Anne Mc Couch Center ☎</p>					
<p><b>27</b>  <b>Gentle Yoga Series</b>            11:00 AM - 12:30 PM (5 of 8)</p> <p><b>Lansdale T'ai Chi</b>            Beginner - 6:30 PM            Intermediate - 7:00 PM</p>	<p><b>28</b>  <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  <b>Qigong</b> 5:15 - 6:15 PM  <b>Family and Friends</b>            6:30 - 8:00 PM ☎</p> <p><b>*Yoga at Focus Fitness Studio</b> 1:30 - 2:45 PM</p>	<p><b>29</b>  <b>SUPPORT GROUP</b> ☎            10:30 AM - 12:30 PM  <b>Family and Friends</b>            10:30 AM - 12:30 PM</p> <p><b>Mind Body: Opening the Mind</b> 1:30 - 3:30 PM</p> <p><b>Fitness A.C.T. - week 2 of 6</b>            6:00 - 7:00 PM</p> <p><b>HEALTHY SURVIVORSHIP: Getting the Sleep You Need</b>            7:00 - 8:30 PM ☎</p> <p><b>Bereavement Group</b> ☎            *6:00 PM in Philadelphia            7:00 PM in Lansdale</p>	<p><b>30</b>  <b>Newcomer Orientation</b>            11:00 AM  <b>Yoga</b> 1:15 - 2:45 PM</p> <p><b>Lansdale Support Group</b> ☎            10:00 AM - Noon  <b>Newcomers Noon - 1:00 PM</b>  <b>Yoga</b> 7:00 PM</p>	<p><b>Fitness After Cancer Treatment (F.A.C.T.): Functional Movement for Survivors</b>  <i>Wednesdays for 6 weeks, 6:00 - 7:00 PM beginning September 22 - no class 10/13</i>            This 6 week program will teach you to work with your own body to increase muscular strength, endurance and balance. We often think that we need expensive equipment in order to build physical strength- this is not the case. This functional strength training course will be taught by <b>Cathy Bryan, M.Ed., ACSM Certified Personal Trainer.</b>  <b>Please register by September 17.</b>  <b>Attendance at all sessions in the series is recommended.</b></p>						

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>TWCP DAY OF REMEMBRANCE</b> <i>Sunday, October 17, 4:00 - 5:30 PM</i> You are invited to The Wellness Community of Philadelphia for a special ceremony to honor and remember loved ones who have died of cancer. Refreshments will be served after the program. <b>RSVP by October 13.</b>				<b>1</b> T'ai Chi 9:30 - 11:00 AM  Lansdale Yoga 10:00 AM Potluck Lunch Noon	<b>2</b> Philadelphia International Dragon Boat Festival - Come and cheer for our Team!  Mind Body Approaches to Wellness 10:00 AM - 2:00 PM 📞
<b>4</b> Gentle Yoga Series 11:00 AM - 12:30 PM (6 of 8)  Young Women with Breast Cancer (YSC) 6:30 - 8:00 PM  Lansdale T'ai Chi Beginner - 6:30 PM Intermediate - 7:00 PM	<b>5</b> 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  HEALTHY SURVIVORSHIP: Eat Your Herbs - The Culinary Use of Cancer Fighting Herbs 3:00 - 4:30 PM 📞  Qigong 5:15 - 6:15 PM Newcomer Orientation 6:00 PM  *Yoga at Focus Fitness Studio 1:30 - 2:45 PM	<b>6</b> SUPPORT GROUP 📞 10:30 AM - 12:30 PM Family and Friends 10:30 AM - 12:30 PM Mind Body: (week 1 of 4) Five Rejuvenating Mind-Body Movements 1:30 - 3:30 PM 📞  Fitness A.C.T. - (3 of 6) 6:00 - 7:00 PM  Parent to Parent 6:30 - 8:00 PM 📞  Bereavement Groups 📞 6:00 PM in Philadelphia 7:00 PM in Lansdale	<b>7</b> Newcomer Orientation 11:00 AM Yoga 1:15 - 2:45 PM  Lansdale Support Group 📞 10:00 AM - Noon Newcomers Noon - 1:00 PM Yoga 7:00 PM	<b>8</b> T'ai Chi 9:30 - 11:00 AM  POTTERY WORKSHOP Noon - 2:00 PM (week 1 of 2) 📞  Yoga 10:00 AM Nutrition: 11:00 AM Potluck Lunch Noon Art Studio: Stepping Stone 1:00 PM 📞	<b>9</b> Pancreatic Cancer 10:00 AM - Noon Thyroid Cancer (THYCA) 10:30 AM - Noon  CHILDREN'S PARTY FALL CELEBRATION Sunday, October 10 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. <b>RSVP.</b>
<b>11</b> TWCP closed for the Columbus Day Holiday	<b>12</b> 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	<b>13</b> 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: (2 of 4) Five Movements 1:30 - 3:30 PM  HEALTHY SURVIVORSHIP: Nutrition, Physical Activity, and Cancer Prevention 6:00 - 7:00 PM 📞  Bereavement Groups 📞 6:00 PM in Philadelphia 7:00 PM in Lansdale	<b>14</b> Newcomer Orientation 11:00 AM Yoga 1:15 - 2:45 PM  Temple Cancer Center Group 1:30 - 3:00 PM  Lansdale Support Group 📞 10:00 AM - Noon Newcomers Noon - 1:00 PM Mind Body 1:30 PM Yoga 7:00 PM	<b>15</b> T'ai Chi 9:30 - 11:00 AM  LINE DANCING 1:00 - 2:00 PM 📞  Yoga 10:00 AM Potluck Lunch Noon	<b>16</b> Frankly Speaking about Advanced Breast Cancer 10:00 - 12:30 PM 📞
<b>18</b> Gentle Yoga Series 11:00 AM - 12:30 PM (7 of 8) Journaling Workshop 1:00 - 2:30 PM 📞 Colorectal Cancer (CCA) 6:30 - 8:00 PM  Lansdale T'ai Chi Beginner - 6:30 PM Intermediate - 7:00 PM	<b>19</b> 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 Newcomer Orientation 6:00 PM  *Yoga at Focus Fitness Studio 1:30 - 2:45 PM	<b>20</b> SUPPORT GROUP 📞 10:30 AM - 12:30 PM Family and Friends 10:30 AM - 12:30 PM Mind Body: (3 of 4) Five Movements 1:30 - 3:30 PM  Fitness A.C.T. - (4 of 6) 6:00 - 7:00 PM  Gynecologic Cancers 6:30 - 8:00 PM  Bereavement Groups 📞 6:00 PM in Philadelphia 7:00 PM in Lansdale	<b>21</b> Newcomer Orientation 11:00 AM Yoga 1:15 - 2:45 PM  COOKING FOR LIFE with Suzanne Weltman "Wonderful Winter Squash" 6:30 - 8:00 PM 📞  Lansdale Support Group 📞 10:00 AM - Noon Newcomers Noon - 1:00 PM Mind Body 1:30 PM Yoga 7:00 PM	<b>22</b> T'ai Chi 9:30 - 11:00 AM  POTTERY WORKSHOP Noon - 2:00 PM (week 2 of 2) 📞  Breast Cancer Luncheon at Lansdale Hospital 11:00 AM - 2:00 PM Call 215-393-9105 to RSVP by 10/18	<b>23</b>
<b>25</b> Gentle Yoga Series 11:00 AM - 12:30 PM (8 of 8)	<b>26</b> 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 Family and Friends 6:30 - 8:00 PM 📞 *Yoga at Focus Fitness Studio 1:30 - 2:45 PM	<b>27</b> 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: (4 of 4) Five Movements 1:30 - 3:30 PM  Fitness A.C.T. - (5 of 6) 6:00 - 7:00 PM  Bereavement Groups 📞 6:00 PM in Philadelphia 7:00 PM in Lansdale	<b>28</b> Newcomer Orientation 11:00 AM Yoga 1:15 - 2:45 PM  Temple Cancer Center Group 1:30 - 3:00 PM  Lansdale Support Group 📞 10:00 AM - Noon Newcomers Noon - 1:00 PM Mind Body 1:30 PM Family & Friends 6:30 PM Yoga 7:00 PM	<b>29</b> T'ai Chi 9:30 - 11:00 AM  Yoga 10:00 - 11:00 AM Potluck Lunch Noon Art Studio: Paper Mask 1:00 PM 📞	<b>30</b> Lung Cancer 10:30 AM - Noon  Frankly Speaking about the Cost of Care 12:30 - 3:00 PM 📞

# Support

A support group can be an important complement to cancer treatment and recovery. All groups are facilitated by licensed professionals. Information shared is always confidential.

## WEEKLY SUPPORT GROUPS FOR PEOPLE WITH CANCER

TWCP weekly support groups include people with all types of cancer. The focus is on managing the changes and uncertainty of cancer while living life as fully as possible. Attendance at a **Newcomer Orientation** and/or an interview is required.

**Philadelphia: The Suzanne Morgan Center**

Tuesdays - 1:00 - 3:00 PM & 6:30 - 8:30 PM

Wednesdays - 10:30 AM - 12:30 PM

**Paoli: The Cancer Center of Paoli Hospital**

255 West Lancaster Avenue, Paoli, PA 19301

Tuesdays - 6:30 - 8:30 PM

**Lansdale: The Anne McCouch Center**

Thursdays - 10:00 AM - Noon

## PHILADELPHIA OFF-SITE SUPPORT GROUPS

Drop-in groups for people with any cancer and their supporters. No registration required.

**Mercy Hospital** - Radiation Department - 501 South 54th St.

Tuesdays - 9:30 - 11:00 AM

**Einstein Hospital** - Cancer Center - 5501 Old York Road

2nd & 4th Wednesday - 10:00 - 11:30 AM

**Temple Cancer Center** - Ambulatory Care Center, 4th Floor,

Broad and Tioga Streets, Philadelphia, PA 19140

2nd & 4th Thursday - 1:30 - 3:00 PM

## SUPPORT FOR FAMILY AND CAREGIVERS

**Family and Friends** groups offer an opportunity to meet with others to learn how to help a loved one with cancer and to manage the stress of caregiving. **No RSVP.**

**Philadelphia:** Wednesdays - 10:30 AM - 12:30 PM

Tuesday - 6:30 - 8:00 PM - Monthly (see calendar)

**Lansdale:** Thursday - 6:30 PM - Monthly (see calendar)

**Parent to Parent** is an opportunity for parents with school-aged children to come together and share experiences and strategies in parenting through the challenge of cancer. Open to both parents, parent with cancer, or support parent. **RSVP**

## BEREAVEMENT GROUPS: SUPPORT FOR LIFE AFTER LOSS

An interview is required for membership. Please call.

**Lansdale:** Wednesdays - 7:00 - 8:30 PM

**Philadelphia:** Wednesdays - 6:00 - 7:30 PM \*begins 9/29

## NETWORKING GROUPS

These are drop-in groups that meet in **Philadelphia** monthly for people with cancer to share information, support, and resources specific to their cancer. See calendar for dates/times.

🦋 **Advanced Breast Cancer**

🦋 **Gynecologic Cancers**

🦋 **Colorectal Cancer** with Colon Cancer Alliance

🦋 **Thyroid Cancer** with Thyroid Cancer Survivors Association

🦋 **Young Women with Breast Cancer** with Young Survival Coalition

🦋 **Pancreatic Cancer** with Pancreatic Cancer Action Network

🦋 **Kidney Cancer** - **New Group** - Please call for dates!

🦋 **Lung Cancer** - **New Group** beginning in October

# Education

## FRANKLY SPEAKING ABOUT LUNG CANCER

Wednesday, September 15 - 6:30 - 8:00 PM with light supper.

This program will educate people affected by lung cancer about the most current lung cancer treatments, symptom/side effect management, and survivorship. **James P. Stevenson, MD**, Director of Thoracic Oncology Penn Presbyterian Medical Center will be the presenter. The program is sponsored by an unrestricted educational grant from AstraZeneca, Eli Lilly, and GlaxoSmithKline Oncology. **RSVP by September 13.**

## FRANKLY SPEAKING ABOUT ADVANCED BREAST CANCER

Saturday, October 16 - 10:00 AM - 12:30 PM with light lunch

This program presents information about the latest treatments for advanced (metastatic) breast cancer and how to live as well as possible. **Paul Gilman, MD**, Lankenau Cancer Center will be the presenter. The program is sponsored by an unrestricted educational grant from GlaxoSmithKline, Abraxis Bioscience and AstraZeneca. **RSVP by October 14.**

## FRANKLY SPEAKING ABOUT CANCER:

### COPING WITH THE COST OF CARE

Saturday, October 30 - 12:30 PM - 3:30 PM with lunch

This workshop provides a practical guide to managing the cost of cancer care. The program highlights such issues as health insurance and appeals, prescription assistance, employment and disability. **Luanne Amato, MBA, CHAM**, Executive Director, Ambulatory Surgery Center, Holy Redeemer Hospital, and **Rodney Warner, Esq., Legal Clinic for the Disabled**, will be presenters. **Lunch will be provided.** The program is sponsored by an unrestricted educational grant from Genentech & Lilly. **RSVP by October 28.**

## 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.**

### Eat Your Herbs – The Culinary Use of Cancer Fighting Herbs

Tuesday, October 5 - 3:00 - 4:30 PM

**Debra DeMille, MS, RD, CSO**, Clinical Dietitian, Joan Karnell Cancer Center at Pennsylvania Hospital, will provide the latest information on herbs and cancer: what herbs have benefit and how to include them in your diet. **RSVP by October 1.**

### Nutrition, Physical Activity, and Cancer Prevention

Wednesday, October 13 - 6:00 - 7:00 PM

**Katrina Claghorn, MS, RD, CSO**, Clinical Dietitian, Abramson Cancer Center of The University of Pennsylvania, will discuss the benefits of a healthy diet on cancer survivorship, and present information on current nutrition guidelines and recommendations for improving one's diet. **RSVP by October 11.**

# Hope

Improve your well-being and enhance your recovery from cancer treatment by reducing stress, improving fitness, cultivating creativity and having fun! (See calendar for dates/times.)



**Do you love to sing?** We are beginning a **Wellness Glee Club!** Please call for more information!

**MIND BODY CLASSES:** Learn relaxation techniques, breathing and meditation practices that can help you to manage stress and to live more fully in the moment.

**T'AI CHI:** 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.

**QIGONG:** Qigong, as in Tai Chi, incorporates slow, meditative movements with deep abdominal breathing to counteract the chronic stress and strain of daily life on the body and mind, and restore balance and energy.

**YOGA:** This is a restorative yoga that can help your flexibility, strength, and balance. Learn yoga breathing that provides increased energy and deeper relaxation.

## DRUMMING CIRCLE – AUTUMN EQUINOX CELEBRATION

Saturday, September 26 - 10:00 - 11:30 AM

Celebrating the natural rhythms of the solar cycles can bring us closer to nature and help our well-being. Join **Dom Roberti** as he leads the group in drumming and in visualization. Bring a drum if you have one. **RSVP by September 24.**

## FITNESS AFTER CANCER TREATMENT

(See September page for description)

## JOURNALING WORKSHOP

Mondays, September 20 and October 18 - 1:00 - 2:30 PM

In this workshop, facilitated by **Janet Ruth Falon, M.L.A.**, participants learn the basics of vital journaling. No writing experience or expertise is needed. **RSVP by 9/17 and 10/15.**

## ART WORKSHOP - TREASURE MAPPING

Friday, September 24 - Noon - 2:00 PM

Join **Sheila Fox, LCSW** for an afternoon of art-making. Through collage and paint we will create pictures of the treasures that sustain us through the cancer journey and beyond. **Please bring your lunch and RSVP by September 22.**

## LINE DANCING Friday, October 15 - 1:00 - 2:00 PM

Join in an hour of line dance instruction with **Marilynne Cornell**, Certified Dance Teacher, choreographer, and Movement Therapist. **RSVP by 10/13.**

## POTTERY WORKSHOP Fridays, October 8, 22 - Noon - 2:00 PM

Artist, **Robert Holcomb**, of *Clay Mind Clay Body*, will present this 2-part workshop that provides an introduction to pottery. Attendance is limited. **RSVP by October 6.**

**LANSDALE ART STUDIO** Join **Cheryl Bayard** for a series of art-making classes that highlight unique projects and techniques! **RSVP for each class.** (See calendar for dates/times.)