



September

Click on underlined words for more details.

call 215-879-7733 to RSVP

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
<p>Family Matters: Talking with School-Age Children About Breast Cancer 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> Kathleen Coyne, 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. Register at at 610-645-4567 or at www.lbbc.org.</p>	<p>1 SUPPORT GROUP ☎ 10:30 AM - 12:30 PM Family and Friends 10:30 AM - 12:30 PM</p> <p>Mind Body: Resting the Mind and Body 1:30 - 3:30 PM</p> <p>Bereavement Group ☎ 7:00 PM in Lansdale</p>	<p>2 Newcomer Orientation 11:00 AM Yoga 1:15 - 2:45 PM</p> <p>Lansdale Support Group ☎ 10:00 AM - Noon Newcomers Noon - 1:00 PM Mind Body 1:30 PM Yoga 7:00 PM</p>	<p>3 T'ai Chi 9:30 - 11:00 AM</p> <p>Yoga 10:00 AM Potluck Lunch Noon</p>	<p>4</p>	<p>6 TWCP is closed for the Labor Day Holiday</p>	<p>7 Mercy Hospital Group 9:30 - 11:00 AM</p> <p>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</p> <p>*Yoga at Focus Fitness Studio 1:30 - 2:45 PM</p>	<p>8 Einstein Cancer Center Group 10:00 - 11:30 AM</p> <p>SUPPORT GROUP ☎ 10:30 AM - 12:30 PM Family and Friends 10:30 AM - 12:30 PM</p> <p>Mind Body: Breathing 1:30 - 3:30 PM</p> <p>Bereavement Group ☎ 7:00 PM in Lansdale</p>	<p>9 Newcomer Orientation 11:00 AM Yoga 1:15 - 2:45 PM</p> <p>Temple Cancer Center Group 1:30 - 3:00 PM</p> <p>Lansdale Support Group ☎ 10:00 AM - Noon Newcomers Noon - 1:00 PM Yoga 7:00 PM</p>	<p>10 T'ai Chi 9:30 - 11:00 AM</p> <p>Yoga 10:00 AM Nutrition: 11:00 AM Potluck Lunch Noon Art Studio: Paper Marbling 1:00 PM ☎</p>	<p>11 Pancreatic Cancer 10:00 AM - Noon Thyroid Cancer (THYCA) 10:30 AM - Noon</p> <p>Family Day Event Livin' in the Rhythm 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. RSVP by September 9.</p>
<p>13 Gentle Yoga Series 11:00 AM - 12:30 PM (3 of 8)</p> <p> Young Women with Breast Cancer (YSC) 6:30 - 8:00 PM</p> <p>Lansdale T'ai Chi Beginner - 6:30 PM Intermediate - 7:00 PM</p>	<p>14 Mercy Hospital Group 9:30 - 11:00 AM</p> <p>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</p> <p>*Yoga at Focus Fitness Studio 1:30 - 2:45 PM</p> <p>Family Matters: Talking with School-Age Children About Breast Cancer 6:00 PM to 8:00 PM at the Loews Philadelphia Hotel (see above)</p>	<p>15 SUPPORT GROUP ☎ 10:30 AM - 12:30 PM Family and Friends 10:30 AM - 12:30 PM</p> <p>Mind Body: Body Scan 1:30 - 3:30 PM</p> <p> Gynecologic Cancers 6:30 - 8:00 PM</p> <p>Frankly Speaking about Lung Cancer 6:30 - 8:00 PM ☎</p> <p>Bereavement Group ☎ 7:00 PM in Lansdale</p>	<p>16 Newcomer Orientation 11:00 AM Yoga 1:15 - 2:45 PM</p> <p>COOKING FOR LIFE <i>with Suzanne Weltman</i> "Versatile Legumes" 6:30 - 8:00 PM ☎</p> <p>Lansdale Support Group ☎ 10:00 AM - Noon Newcomers Noon - 1:00 PM Mind Body 1:30 PM Yoga 7:00 PM</p>	<p>17 T'ai Chi 9:30 - 11:00 AM</p> <p>Yoga 10:00 AM Potluck Lunch Noon Art Studio: Book Making 1:00 PM ☎</p>	<p>18</p>					
<p>20 Gentle Yoga Series 11:00 AM - 12:30 PM (4 of 8)</p> <p>Journaling Workshop 1:00 - 2:30 PM ☎</p> <p> Colorectal Cancer (CCA) 6:30 - 8:00 PM</p> <p>Lansdale T'ai Chi Beginner - 6:30 PM Intermediate - 7:00 PM</p>	<p>21 Mercy Hospital Group 9:30 - 11:00 AM</p> <p>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</p> <p>*Yoga at Focus Fitness Studio 1:30 - 2:45 PM</p>	<p>22 Einstein Cancer Center Group 10:00 - 11:30 AM</p> <p>SUPPORT GROUP ☎ 10:30 AM - 12:30 PM Family and Friends 10:30 AM - 12:30 PM</p> <p>Mind Body: Working with Emotion 1:30 - 3:30 PM</p> <p>New Class! Fitness After Cancer Treatment - 6 weeks 6:00 - 7:00 PM ☎</p> <p>Bereavement Group ☎ 7:00 PM in Lansdale</p>	<p>23 Newcomer Orientation 11:00 AM Yoga 1:15 - 2:45 PM</p> <p>Temple Cancer Center Group 1:30 - 3:00 PM</p> <p>Lansdale Support Group 10:00 AM - Noon ☎ Newcomers Noon - 1:00 PM Family & Friends 6:30 PM Yoga 7:00 PM</p>	<p>24 T'ai Chi 9:30 - 11:00 AM</p> <p>ART WORKSHOP Treasure Mapping Noon - 2:00 PM ☎</p> <p>Yoga 10:00 Potluck Lunch Noon</p>	<p>25 Drumming Circle <i>Autumn Equinox Celebration</i> 10:00 - 11:30 AM ☎</p> <p>Wellness Walk in Lansdale beginning 9:00 AM at The Anne Mc Couch Center ☎</p>					
<p>27 Gentle Yoga Series 11:00 AM - 12:30 PM (5 of 8)</p> <p>Lansdale T'ai Chi Beginner - 6:30 PM Intermediate - 7:00 PM</p>	<p>28 Mercy Hospital Group 9:30 - 11:00 AM</p> <p> Living Well with Advanced Breast Cancer 11:00 AM - 1:00 PM</p> <p>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 ☎</p> <p>*Yoga at Focus Fitness Studio 1:30 - 2:45 PM</p>	<p>29 SUPPORT GROUP ☎ 10:30 AM - 12:30 PM Family and Friends 10:30 AM - 12:30 PM</p> <p>Mind Body: Opening the Mind 1:30 - 3:30 PM</p> <p>Fitness A.C.T. - week 2 of 6 6:00 - 7:00 PM</p> <p>HEALTHY SURVIVORSHIP: Getting the Sleep You Need 7:00 - 8:30 PM ☎</p> <p>Bereavement Group ☎ *6:00 PM in Philadelphia 7:00 PM in Lansdale</p>	<p>30 Newcomer Orientation 11:00 AM Yoga 1:15 - 2:45 PM</p> <p>Lansdale Support Group ☎ 10:00 AM - Noon Newcomers Noon - 1:00 PM Yoga 7:00 PM</p>	<p>Fitness After Cancer Treatment (F.A.C.T.): Functional Movement for Survivors <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 Cathy Bryan, M.Ed., ACSM Certified Personal Trainer. Please register by September 17. Attendance at all sessions in the series is recommended.</p>						

📞 RSVP at info@twcp.org

October

Click on underlined words for more details.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TWCP DAY OF REMEMBRANCE <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. RSVP by October 13.				1 T'ai Chi 9:30 - 11:00 AM <u>Lansdale</u> Yoga 10:00 AM Potluck Lunch Noon	2 Philadelphia International Dragon Boat Festival - Come and cheer for our Team! Mind Body Approaches to Wellness 10:00 AM - 2:00 PM 📞
4 Gentle Yoga Series 11:00 AM - 12:30 PM (6 of 8) 📌 Young Women with Breast Cancer (YSC) 6:30 - 8:00 PM	5 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	6 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	7 Newcomer Orientation 11:00 AM Yoga 1:15 - 2:45 PM <u>Lansdale</u> Support Group 📞 10:00 AM - Noon Newcomers Noon - 1:00 PM Yoga 7:00 PM	8 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 📞	9 📌 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. RSVP.
<u>Lansdale</u> T'ai Chi Beginner - 6:30 PM Intermediate - 7:00 PM					
11 <i>TWCP closed for the Columbus Day Holiday</i>	12 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	13 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	14 Newcomer Orientation 11:00 AM Yoga 1:15 - 2:45 PM Temple Cancer Center Group 1:30 - 3:00 PM <u>Lansdale</u> Support Group 📞 10:00 AM - Noon Newcomers Noon - 1:00 PM Mind Body 1:30 PM Yoga 7:00 PM	15 T'ai Chi 9:30 - 11:00 AM LINE DANCING 1:00 - 2:00 PM 📞 Yoga 10:00 AM Potluck Lunch Noon	16 Frankly Speaking about Advanced Breast Cancer 10:00 - 12:30 PM 📞
18 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	19 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	20 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	21 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 📞 <u>Lansdale</u> Support Group 📞 10:00 AM - Noon Newcomers Noon - 1:00 PM Mind Body 1:30 PM Yoga 7:00 PM	22 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	23
<u>Lansdale</u> T'ai Chi Beginner - 6:30 PM Intermediate - 7:00 PM					
25 Gentle Yoga Series 11:00 AM - 12:30 PM (8 of 8)	26 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	27 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	28 Newcomer Orientation 11:00 AM Yoga 1:15 - 2:45 PM Temple Cancer Center Group 1:30 - 3:00 PM <u>Lansdale</u> 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	29 T'ai Chi 9:30 - 11:00 AM Yoga 10:00 - 11:00 AM Potluck Lunch Noon Art Studio: Paper Mask 1:00 PM 📞	30 📌 Lung Cancer 10:30 AM - Noon Frankly Speaking about the Cost of Care 12:30 - 3:00 PM 📞
<u>Lansdale</u> T'ai Chi Beginner - 6:30 PM Intermediate - 7:00 PM					