

WELCOME TO OUR COMMUNITY

The Wellness Community serves people with all types of cancer and their loved ones in Philadelphia and throughout the five county region. People may join from the time they are diagnosed through all stages of their treatment and beyond.

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
- The American Cancer Society
- AstraZeneca
- Brun Family Foundation
- 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
- 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
Celebrate TWCP's 17 Years - July 21, 6:30 - 8:00 PM
Address Service Requested

CANCER SUPPORT

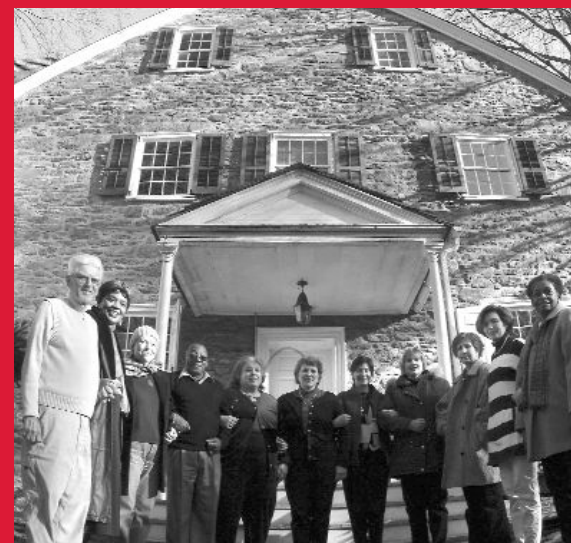
CALENDAR

LOOK INSIDE for July/August 2010 programs - Philadelphia and Lansdale

JULY & AUGUST 2010 Calendar of Programs



AN AFFILIATE of the CANCER SUPPORT COMMUNITY



**Free Programs for People with
Cancer and their Loved Ones**

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

- phone: 215-879-7733
- web: www.twcp.org
- email: info@twcp.org
- fax: 215-879-6575


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.*

July 2010

please call 215-879-7733 to RSVP ☎

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>New Group! ♥ Parent to Parent <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 Shari Baron. RSVP by August 3.</p> <p><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>1</p> <p>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>2</p> <p>TWCP is closed <i>Friday, July 2 and Monday, July 5</i> for the Independence Day Holiday</p>	<p>3</p>
<p>5</p> <p>TWCP is closed</p> <p>* Yoga at Focus Fitness of the Main Line <i>Free class for cancer survivors - Tuesdays, 1:30 - 2:45 PM</i> 1111 East Lancaster Ave., Bryn Mawr, PA 19010 610-525-5515</p>	<p>6</p> <p>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>7</p> <p>SUPPORT GROUP ☎ 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>Lansdale Bereavement 7:00 PM ☎</p>	<p>8</p> <p>Newcomer Orientation 11:00 AM ~ Yoga 1:15 - 2:45 PM</p> <p>Temple Cancer Center Group <i>Writing Your Way Through Cancer</i> 1:30 - 3:00 PM</p> <p>Support Group ☎ 10:00 AM - Noon Newcomers Noon - 1:00 PM ~ Yoga 7:00 PM</p>	<p>9</p> <p>~ T'ai Chi 9:30 - 11:00 AM</p> <p>~ Yoga 10:00 AM Nutrition: Nutrition and Cancer Risk 1:00 PM Potluck Lunch Noon</p>	<p>10</p> <p>🎗 Thyroid Cancer (THYCA) 10:30 AM - Noon</p>
<p>12</p> <p>~ Gentle Yoga Series 11:00 AM - 12:30 PM <i>(Week 7 of 8)</i></p> <p>The American Cancer Society presents: LOOK GOOD FEEL BETTER 1:30 - 3:30 PM ☎ by July 8</p> <p>🎗 Young Women with Breast Cancer (YSC) 6:30 - 8:00 PM</p>	<p>13</p> <p>Mercy Hospital Group 9:30 - 11:00 AM</p> <p>HEALTHY SURVIVORSHIP Nutrition: "Awesome Rawsome" 11:30 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</p> <p>*Yoga at Focus Fitness Studio 1:30 - 2:45 PM</p>	<p>14</p> <p>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>~ Introduction to Jin Shin Jyutsu (Week 2 of 3) 1:30 - 3:00 PM</p> <p>🎗 Gynecologic Cancers 6:30 - 8:00 PM</p> <p>Lansdale Bereavement 7:00 PM ☎</p>	<p>15</p> <p>Newcomer Orientation 11:00 AM ~ Yoga 1:15 - 2:45 PM</p> <p>Support Group ☎ 10:00 AM - Noon Newcomers Noon - 1:00 PM ~ Mind Body 1:30 PM ~ Yoga 7:00 PM</p>	<p>16</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 Potluck Lunch Noon Journal Workshop 1:30 - 3:00 PM ☎</p>	<p>17</p>
<p>19</p> <p>~ Gentle Yoga Series 11:00 AM - 12:30 PM <i>(Week 8 of 8)</i></p> <p>🎗 Colorectal Cancer (CCA) 6:30 - 8:00 PM</p>	<p>20</p> <p>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 ♥ Family and Friends 6:30 - 8:00 PM ☎</p> <p>*Yoga at Focus Fitness Studio 1:30 - 2:45 PM</p>	<p>21</p> <p>SUPPORT GROUP ☎ 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>TWCP 17TH BIRTHDAY CELEBRATION "ROCK 'N' ROLL PARTY" WITH JERRY O'LEARY, CAKE AND GOOD FRIENDS 6:30 - 8:00 PM ☎ in Philadelphia</p> <p>Lansdale Bereavement 7:00 PM ☎</p>	<p>22</p> <p>Newcomer Orientation 11:00 AM ~ Yoga 1:15 - 2:45 PM</p> <p>Temple Cancer Center Group <i>Writing your Way Through Cancer</i> 1:30 - 3:00 PM</p> <p>Support Group ☎ 10:00 AM - Noon Newcomers Noon - 1:00 PM Yoga 7:00 PM</p>	<p>23</p> <p>~ T'ai Chi 9:30 - 11:00 AM</p> <p>~ Yoga 10:00 - 11:00 AM Potluck Lunch Noon</p>	<p>24</p>
<p>26</p> <p>🎨 Art for Life 1:00 - 3:00 PM</p>	<p>27</p> <p>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</p> <p>*Yoga at Focus Fitness Studio 1:30 - 2:45 PM</p>	<p>28</p> <p>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 ~ 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>Lansdale Bereavement 7:00 PM ☎</p>	<p>29</p> <p>Newcomer Orientation 11:00 AM ~ Yoga 1:15 - 2:45 PM</p> <p>Support Group ☎ 10:00 AM - Noon Newcomers Noon - 1:00 PM ♥ Family & Friends 6:30 PM NO Yoga tonight</p>	<p>30</p> <p>~ T'ai Chi 9:30 - 11:00 AM</p> <p>HEALTHY SURVIVORSHIP Cancer and Employment 11:30 AM - 1:00 PM ☎</p> <p>~ Yoga 10:00 - 11:00 AM Potluck Lunch Noon</p>	<p>31</p> <p>♥</p> <p>Finding Strength Together A New Tool for Couples 9:00 - 5:00 PM Lunch included ☎</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 📌 Young Women with Breast Cancer (YSC) 6:30 - 8:00 PM	3 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 6:00 PM ~ Qigong 5:15 - 6:15 PM * Yoga at Focus Fitness Studio 1:30 - 2:45 PM	4 SUPPORT GROUP 📞 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) New Group! ♥ Parent to Parent 6:30 - 8:00 PM 📞 Lansdale Bereavement 7:00 PM 📞	5 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 PM ~ Yoga 7:00 PM	4 ~ T'ai Chi 9:30 - 11:00 AM ~ Yoga 10:00 AM Potluck Lunch Noon	7 ~ Mind Body Saturday Workshop Mind Body Approaches to Wellness 10:00 AM - 2:00 PM Please bring your lunch. 📞
9 ~ Evening Mind Body: Mind Body Methods for Stress Management 6:30 - 8:30 PM 📞 (week 1 of 2)	10 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	11 Einstein Cancer Center <i>Cancer and Sexuality</i> 10:00 - 11:30 AM SUPPORT GROUP 📞 10:30 AM - 12:30 PM ♥ Family and Friends 10:30 AM - 12:30 PM ~ Mind Body: Breath, Body and Mind 1:30 - 3:30 PM (2) Lansdale Bereavement 7:00 PM 📞	12 Newcomer Orientation 11:00 AM ~ Yoga 1:15 - 2:45 PM Temple Cancer Center Group <i>Writing your Way Through Cancer</i> 1:30 - 3:00 PM Support Group 📞 10:00 AM - Noon Newcomers Noon - 1:00 PM Men and Cancer Meeting 6:30 - 8:00 PM 📞 ~ Yoga 7:00 PM	13 ~ T'ai Chi 9:30 - 11:00 AM ~ Yoga 10:00 - 11:00 AM Nutrition: Update on Osteoporosis 11:00 AM Potluck Lunch Noon	14
16 📌 Colorectal Cancer (CCA) 6:30 - 8:00 PM ~ Evening Mind Body: Mind Body Methods for Stress Management 6:30 - 8:30 PM 📞 (week 2 of 2)	17 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 No Newcomer Orientation ~ Qigong 5:15 - 6:15 PM ♥ Family and Friends 6:30 - 8:00 PM 📞 *Yoga at Focus Fitness Studio 1:30 - 2:45 PM	18 SUPPORT GROUP 📞 10:30 AM - 12:30 PM ♥ Family and Friends 10:30 AM - 12:30 PM ~ Mind Body: Breath, Body and Mind 1:30 - 3:30 PM (3) HEALTHY SURVIVORSHIP Understanding Cognitive Changes (Chemobrain) 6:30 - 8:00 PM 📞 Lansdale Bereavement 7:00 PM 📞	19 Newcomer Orientation 11:00 AM ~ Yoga 1:15 - 2:45 PM Support Group 📞 10:00 AM - Noon Newcomers Noon - 1:00 PM Look Good Feel Better 12:30 - 3:30 PM 📞 ~ Mind Body 1:30 PM ~ Yoga 7:00 PM	20 ~ T'ai Chi 9:30 - 11:00 AM ~ Yoga 10:00 - 11:00 AM Potluck Lunch Noon	21
23 ~ Gentle Yoga Series 11:00 AM - 12:30 PM (Week 1 of 8)	24 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	25 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 📌 Gynecologic Cancers 6:30 - 8:00 PM Lansdale Bereavement 7:00 PM 📞	26 Newcomer Orientation 11:00 AM ~ Yoga 1:15 - 2:45 PM Temple Cancer Center Group <i>Writing your Way Through Cancer</i> 1:30 - 3:00 PM Support Group 📞 10:00 AM - Noon Newcomers Noon - 1:00 PM ♥ Family & Friends 6:30 PM NO Yoga tonight	27 ~ T'ai Chi 9:30 - 11:00 AM ~ Yoga 10:00 - 11:00 AM Potluck Lunch Noon	28
30 ~ Gentle Yoga Series 11:00 AM - 12:30 PM 🎨 Art for Life 1:00 - 3:00 PM	31 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	 <p>ASK QUESTIONS ~ GAIN CONFIDENCE ~ BE EMPOWERED TO FACE CANCER <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, Open to Options 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"> * Communicate clearly with your medical team * Ask critical questions about your options * Make treatment decisions that best fit your personal hopes and goals <p>To schedule a *question-listing* session, call 215-879-7733.</p>			

SUPPORT

SUPPORT GROUPS

A support group can be an important complement to cancer treatment and recovery. TWCP 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. Committed groups meet weekly at the same time and are facilitated by a licensed professional. Information shared is always confidential.

SUPPORT GROUPS FOR PEOPLE WITH CANCER

Attendance at a **Newcomer Orientation** and/or an interview is required. (Call 215-879-7733)

- ▶ **Philadelphia: 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: Anne McCouch Center**
Thursdays - 10:00 AM - Noon

PHILADELPHIA OFF-SITE SUPPORT GROUPS

No registration required.

- ▶ **Mercy Hospital** - Radiation Department - 501 South 54th St.
Tuesdays - 9:30 - 11:00 AM
- ▶ **Einstein Hospital** - Cancer Center - 5501 Old York Rd.
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 GROUPS FOR FAMILY AND FRIENDS

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 care-giving.

- ♥ **Philadelphia:** Wednesdays - 10:30 AM - 12:30 PM - No RSVP
Tuesday - 6:30 - 8:00 PM - Monthly - see calendar
- ♥ **Lansdale:** Monthly - see calendar

BEREAVEMENT GROUPS

An interview is required for membership.

- ▶ **Lansdale:** Wednesdays - 7:00 - 8:30 PM (Call 215-393-9105)
- ▶ **Philadelphia:** Please call 215-879-7733 for more information.

NETWORKING GROUPS

These are drop-in groups that meet monthly for sharing information and experiences and are open to adults with cancer and their loved ones. See calendar for dates/times. Current groups in **Philadelphia:**

- ♀ **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

MIND~BODY~SPIRIT

~ ~ ~ STRESS REDUCTION ~ ~ ~

MIND BODY CLASSES: *Breath, Body, and Mind*

Wednesdays, August 4, 11, 18, 25 - 1:30 - 3:30 PM

Learn about the mind body connection and how awareness and focus on the breath can help you relax. Gabriel Rocco is the Instructor.

SATURDAY WORKSHOP: *Mind Body Approaches to Wellness*

Saturday, August 7, 10:00 AM - 2:00 PM Gabriel Rocco, M.A., leads this special workshop that explores mind/body/emotion interactions. Learn how mind body practices have the potential to support our capacity to live with difficulties and the unpredictable nature of cancer in everyday life. **RSVP by August 5.**

EVENING CLASSES: *Mind Body Methods for Stress Management*

Mondays, August 9, 16 - 6:30 - 8:30 PM **RSVP by August 4.**

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

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. (See calendar for dates/times.)

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. (See calendar for dates/times.)

YOGA: This is a restorative yoga that can help your flexibility, strength, and balance. Learn yoga breathing that provides increased energy and deeper relaxation. (See calendar for dates/times.)

GENTLE YOGA SERIES

Mondays, beginning August 23 - 11:00 AM - 12:30 PM (eight weeks)

This class adapts traditional Yoga poses and movements to meet individual needs. Participants are seated for much of this class which makes it comfortable those still in active treatment and for anyone starting out with yoga. **Michelle Stortz** instructs. **RSVP by August 19.**

INTRODUCTION TO JIN SHIN JYUTSU

Wednesdays, July 7, 14, 21 - 1:30 - 3:00 PM **RSVP by July 6.**

Carolyn Kantor presents this 3 part workshop that will instruct participants in a beginning practice of this ancient art. Jin Shin Jyutsu brings balance to the body's energies to promote optimal health and well-being. It is a valuable complement to conventional healing methods, inducing relaxation and reducing the effects of stress.

♀ ♀ ♀ CREATIVITY ♀ ♀ ♀

ART FOR LIFE Monthly networking group for sharing and art-making. Art supplies available. *No talent required.* Come for fun!

THE QUINTESSENTIAL BOX Friday, July 16 - 1:00 - 2:30 PM

Join **Carolyn Kantor**, Music Therapist, and **Maureen Vita**, Oncology Art Therapist, Hahnemann Cancer Center, for this workshop where participants will make origami boxes and fill them with hopes and dreams. **RSVP by July 13.**

Lansdale: JOURNALING THROUGH CANCER Friday, July 16 -

1:30 -3:00 PM **Janet Ruth Falon**, M.L.A., teaches the basics of vital journaling. No writing experience or expertise required. **RSVP.**

EDUCATION

The Fifth Annual Myrna Brind Lecture -

WOMEN'S HEALTH AND INTEGRATIVE MEDICINE

Wednesday, July 28 - 6:30 - 8:00 PM

This program for women with cancer and those who support them features **Birgit Rakel, MD.** Dr. Rakel is an Assistant Professor in the Department of Family and Community Medicine at Thomas Jefferson University Hospital, and head of the Women's Health Program at the Brind Center of Integrative Medicine. She will discuss treatment strategies that combine state of the art conventional medicine with herbal and nutritional supplementation, homeopathy, and mind-body therapies. *Light refreshments will be served.* **RSVP by July 26.**

LOOK GOOD FEEL BETTER

Monday, July 12 - 1:30 - 3:30 PM in **Philadelphia**

August 19 - 12:30 - 2:00 PM at in **Lansdale**

This free program offered by the *American Cancer Society* teaches beauty techniques to women in active treatment to help them combat the appearance-related side effects of cancer treatment. Cosmetologists teach women how to cope with skin changes and hair loss using cosmetics and skin care products donated by the cosmetic industry. **RSVP by July 8 & August 13.**

NUTRITION: "AWESOME RAWesome"

Tuesday, July 13 - 11:30 AM - 1:00 PM

Join **Ellen Sue Spicer-Jacobson**, a freelance writer in the field of food and health and **Cyndi Dinger**, RD, LDN, Director of Nutrition at MANNA, for this workshop that will focus on eating more uncooked or barely cooked foods: sprouts, salads, smoothies, and the like. **RSVP by July 9.**

UNDERSTANDING CANCER RELATED COGNITIVE CHANGES

Wednesday, August 18 - 6:30 - 8:00 PM

Pamela Shapiro, Ph.D., Assistant Research Professor at Fox Chase Cancer Center's Psychosocial and Behavioral Medicine Program, will present research findings about the impact of cancer on the brain, what causes cognitive changes (chemo brain) and what you can do about it. **RSVP by August 16.**

CANCER AND EMPLOYMENT

Friday, July 30 - 11:30 AM - 1:00 PM

Learn what you need to know about returning to work or finding employment after cancer treatment with **Rodney N. Warner**, Esq., of the *Legal Clinic for the Disabled, Inc.* **RSVP by July 28.**

♥ FINDING STRENGTH TOGETHER

- *A New Tool for Couples* Saturday, July 31 - 9:00 AM - 5:00 PM

This intensive workshop is for couples where one partner has been diagnosed with breast cancer. The goal of the workshop is to improve the communication and problem-solving skills to more effectively navigate through the breast cancer experience. The research data indicates a significant difference in comfort with problem-solving among participants who attended the workshop. **Sandra Bernstein**, M.S.N., R.N., C.N.S., L.M.F.T., and **Mark Bernstein**, M.D., will facilitate this workshop. *Attendance is limited. Please register by July 23. Lunch included.*