

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 5:00 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
- AXA Foundation
- Bernard Loeb & Bernadette Herbst Loeb Charitable Foundation
- Brun Family Foundation
- Cancer Project
- Corpus Christi Church
- Fourjay Foundation
- Genentech
- GlaxoSmithKline Oncology
- Herbert G. Feldman Charitable Foundation
- Maria Dickinson Logan Charitable Trust
- Merck Oncology
- Pennsylvania Department of Health
- Shirley Wellenbach Nutrition Education Fund
- The Breast Cancer Fund of National Philanthropic Trust
- The Jacob and Valeria Langeloth Foundation
- TWCP Board of Directors
- Wachovia Wells Fargo Foundation

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
Chamounix Drive, West Fairmount Park
Philadelphia, PA 19131

Address Service Requested

CANCER SUPPORT

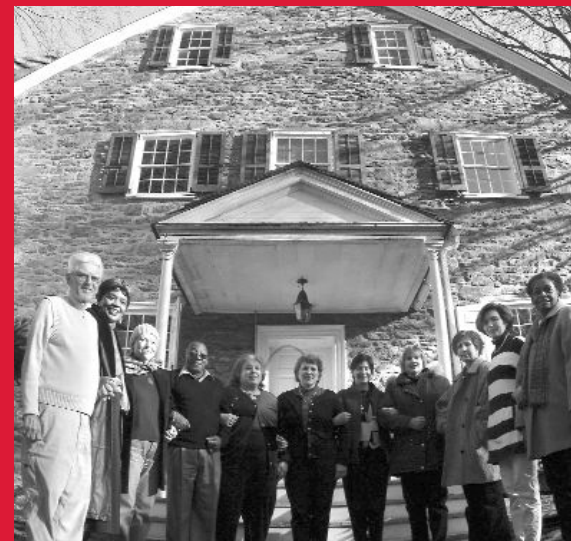
CALENDAR

LOOK INSIDE for March/April 2010 programs - Philadelphia and Lansdale

MARCH ~ APRIL 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
Chamounix Drive, West Fairmount Park
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.*

March 2010

* please 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 - Quietening 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 ~Yoga 7:00 PM ~Yoga 10:00 - 11:00 AM Potluck Lunch Noon	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 ☎	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.		

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 <div style="border: 1px solid black; padding: 5px; text-align: center;"> FOOD FOR LIFE Discovering Dairy and Meat Alternatives <i>(part 3)</i> 6:30 - 8:30 PM </div> ~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 <div style="border: 2px solid red; border-radius: 50%; padding: 10px; text-align: center; color: white; width: fit-content; margin: 10px auto;"> 😊 SPRING SING-ALONG 6:30 - 8:00 PM </div> 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</p>	<p>16 ~Tai Chi 9:30 - 11:00 AM ~Yoga 10:00 - 11:00 AM Potluck Lunch Noon</p>	<p>17 <div style="border: 1px solid black; padding: 5px;"> 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. </div> </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 <div style="border: 1px solid black; padding: 5px; text-align: center;"> FOOD FOR LIFE Cancer Fighting Compounds and Healthy Weight Control <i>(part 4)</i> 6:30 - 8:30 PM </div> ~Yoga 10:00 - 11:00 AM Potluck Lunch Noon ~Art Studio 1:30</p>	<p>24 <div style="border: 1px solid black; padding: 5px; text-align: center;"> MIND BODY WEEKEND RETREAT: <i>"A Weekend for</i> <i>Self-Renewal"</i> Saturday, April 24 9:00 AM - 7:00 PM Sunday, April 25 9:00 AM - 3:00 PM </div> </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 <div style="border: 1px dashed red; padding: 5px; margin-top: 10px;"> 🚫 Breast Reconstruction: What You Need to Know 6:30 - 8:00 PM <i>Presented by Young Survivors</i> <i>Coalition</i> </div> </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) <div style="border: 1px solid red; padding: 5px; text-align: center; margin-top: 10px;"> 🚫 Ask the Doctor about Gynecologic Cancers 6:30 - 8:00 PM </div> 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 <div style="border: 1px dashed black; border-radius: 50%; padding: 20px; text-align: center; margin: 20px auto; width: 80px;"> "Coping Through Creativity" 1:00 - 2:30 PM </div> ~Yoga 10:00 - 11:00 AM Potluck Lunch Noon</p>	
			<p>Support Group 10:00 AM - Noon Newcomers Noon - 1:00 PM ♥ Family & Friends 6:30 PM ~Yoga 7:00 PM</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

SUPPORT GROUPS FOR FAMILY AND FRIENDS

No registration required.

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

♥ **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 for dates of next series.

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:**

New Networking!

🔗 **Breast Cancer Treatment** for newly diagnosed & in treatment

🔗 **Breast Cancer Recovery** for women up to 2 years after treatment

🔗 **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

MIND~BODY~SPIRIT

SEE CALENDAR FOR DATES/TIMES

~ ~ ~ STRESS REDUCTION ~ ~ ~

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.

MIND BODY WEEKEND RETREAT: "A Weekend for Self-Renewal"

Saturday, April 24 - 9:00 AM - 7:00 PM with Dinner
and Sunday, April 25 - 9:00 AM - 3:00PM

Join **Gabriel Rocco** for a weekend of mindfulness meditation practices to renew healing relationships with your breath, body, thoughts, emotions and sense perceptions. Giving yourself over wholeheartedly to these practices offers a priceless opportunity to recover your life and feel the joy of living every day. **RSVP by 4/19.**

QIGONG: Practice slow, meditative movements with deep abdominal breathing to counteract the chronic stress of daily life.

T'AI CHI: This ancient Chinese exercise is practiced for relaxation, energizing effects, and health benefits.

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

AN INTRODUCTION TO JIN SHIN JYUTSU

Friday, March 19 - 11:30 AM - 1:00 PM

Carolyn Kantor provides information about this ancient art of harmonizing the life energy in the body. **RSVP.**

🌀 🌀 🌀 CREATIVITY 🌀 🌀 🌀

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

CREATIVE WRITERS GROUP: This monthly group with **Janet Falon**, MLA, offers education, sharing and expression. **RSVP.**

"COPING THROUGH CREATIVITY" Friday, April 30 - 1:00 - 2:30 PM

Join art therapist, **Maureen Vita**, and music therapist, **Carolyn Kantor**, in exploring your personal journey with cancer. Learn a new way of coping with the stress and anxiety associated with cancer treatment through the creative processes of art and music. No experience is necessary to participate. **RSVP by 4/26.**

LANSDALE ART STUDIO: Meets at the Anne McCouch Center twice monthly.

CERAMICS WORKSHOP IN LANSDALE

Friday, March 12 - 1:00 - 2:30 PM **Andrea Linberry** of Stardust Ceramics in Perkasio will bring clay peices for painting and glazing.

😊 😊 😊 😊 FUN 😊 😊 😊 😊

JOKE FEST Wednesday, March 10 - 6:30 - 8:00 PM RSVP by 3/8.

This is an annual tradition at TWC. Bring a joke to tell or just come to laugh with friends. Refreshments. **Bring a dessert to share.**

SPRING SING-A-ONG Wednesday, April 14 - 6:30 - 8:00 PM RSVP.

Julia Haines, M.M., CMT, Music Therapist & Composer will lead us in singing popular songs to celebrate springtime. Come and enjoy!

LINE DANCING Friday, March 26 - 3:00 - 4:00 PM RSVP by 4/24.

Join in an hour of line dance instruction with **Marilynne Cornell**, Certified Dance Teacher, Choreographer, and Movement Therapist.

EDUCATION

DRUMMING CIRCLE Saturday, March 20 - 10:00 - 11:30 AM

Traditional societies have observed the equinox, the time when day and night are equal and in balance. Join **Dom Roberti** as he leads the group in drumming and in visualization. This celebration of the equinox can help us find our own point of balance and healing. Bring a drum if you have one. **RSVP.**

FRANKLY SPEAKING ABOUT NEW DISCOVERIES IN CANCER TREATMENT

Saturday, March 27 - 9:00 AM - 12 Noon

This workshop for people with cancer and their caregivers will focus on new cancer treatments and research advances. **Neeta Somaiah**, M.D., Assistant Professor, Fox Chase Cancer Center, will provide the update along with information regarding research in this 'era of personalized medicine'. Information on how people can cope more effectively with cancer will conclude the program. *Continental breakfast.* **RSVP by 3/23.**

COOKING FOR LIFE: Juicy Cooking with Citrus

Monday, March 22 - 6:30 - 8:00 PM

Chef **Suzanne Weltmen** leads this interactive class that provides information about ingredients and an experience in meal preparation and fun! **RSVP by 3/19.**

FOOD FOR LIFE - a program of the CANCER PROJECT

Four Fridays - March 12, 26 & April 9, 23 - 6:30 - 8:30 PM

This is a 4 part series that will combine nutrition education with cooking demonstrations. The instructor will be **Kate Myerson**, Registered Dietician. **Enrollment is limited.** Attendance at all classes is encouraged. Nutrition resources will be available and participants will have an opportunity to eat the foods that are prepared at each session. **REGISTER by 3/9.**

ASK THE DOCTOR ABOUT GYNECOLOGIC CANCERS

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

Russell J. Schilder, MD, Medical Oncologist, Chairman, Research Review Committee, Department of Medical Oncology, Fox Chase Cancer Center, will provide an update of current treatment options and issues for women with gynecologic cancers. **RSVP by 4/26.**

"BREAST RECONSTRUCTION: WHAT YOU NEED TO KNOW

Tuesday, April 27, 6:30 - 8:00 PM

This educational program informs young breast cancer survivors about the different types of breast reconstruction surgery including tissue expanders and implants, flap surgeries, and nipple reconstruction, and how to choose the type of surgery that is best for you. The featured speaker is one of the premier plastic surgeons in Philadelphia, **Dr. Liza Wu**, a board certified in Plastic and Reconstructive Surgery, and Assistant Professor of Surgery at the Hospital of the University of Pennsylvania. Following **Dr. Wu's** presentation, there will be a panel discussion of young breast cancer survivors who have had different types of breast reconstruction, with time for questions and answers. **RSVP by 4/23. This program is presented by the Young Survival Coalition (YSC).**