



The Wellness Community of Philadelphia “Cancer Support for Life”



The Wellness Community

The mission of The Wellness Community (TWC) is to help people affected by cancer enhance health and well-being through a professional program of emotional support, education, and hope. All programs and services are provided *free of charge*.

Programs



- **Support Groups for People with Cancer**
- **Support Groups for Caregivers**
- **Cancer Education Workshops**
- **Nutrition Information Lectures**
- **Exercise Instruction Classes**
- **Stress Management Sessions**
- **Community Events**

Support Groups



Results from a randomized clinical trial with Stanford University and TWC show participants:

- **Develop a new attitude towards their illness**
- **Make changes in their lives that they think are important**
- **Partner with their physician**
- **Access resources**
- **Make active choices in their recovery**



Cancer Education



- Information about Cancer, Cancer Treatment and Quality of Life
- Delivered by Oncology Care Professionals

- Locations in and around Philadelphia
- Virtual Wellness Community



Nutrition Information



- Bi-weekly “Nutrition Matters” workshops
- Monthly “Cooking for Life” classes
- “Managing Weight Gain after Cancer”
6 week series beginning October 2



Stress Management



Weekly Classes include:

- Strength Training and
- Low Impact Aerobics
- Yoga – day and evening classes
- T'ai Chi and QiGong – day and evening classes
- Meditation classes
- Art-Making
- Knitting

Community Events



Learn More About TWCP



- Newcomer Orientation
A First Step in Learning
Philadelphia
Second & Fourth Mondays
at 6:30 PM
Thursdays at 11:00 AM
Lansdale - Tuesdays at
11:00 AM
Or by Appointment
215-879-7733



Locations



The Suzanne Morgan Center at Ridgeland
Chamounix Dr., West Fairmount Park.
Philadelphia - 215-879-7733



The Anne Mc Couch Center
1000 West Main Street
Lansdale - 215-393-9105



www.twcp.org

Community Based Program Locations



- * **EINSTEIN CANCER CENTER**
- * **TEMPLE UNIVERSITY HOSPITAL**
- * **NORTHWEST PHILADELPHIA FAMILY PRACTICE
& COUNSELING NETWORK**
- * **HADDINGTON MULTI-SERVICES FOR OLDER
ADULTS**
- * **MERCY HOSPITAL OF PHILADELPHIA**
- * **TINDLEY TEMPLE UNITED METHODIST CHURCH**

*Call 215-879-7733 for times and dates of programs



Celebrate The Wellness Community Philadelphia's "15TH ANNIVERSARY"

Saturday September 27

11:00 a.m. - 4:00 p.m.

Cancer Information and Resource Fair

- Cancer information and resources,
- Live entertainment, and refreshments
- TWCP mini programs including: yoga, t'ai chi, cooking, meditation, and art-making