



## DEC 2008 | JAN 2009 CALENDAR OF EVENTS

### LEARN MORE ABOUT THE WELLNESS COMMUNITY

Last year, cancer survivors and family members made over 7,500 visits to this beautiful home for support, education, and cancer wellness programs.

At The Wellness Community (TWC), we serve anyone, at any stage of their cancer diagnosis. Family members, friends, partners, and caregivers are welcome. All programs are offered in a beautiful home and garden setting.

TWC is considered the gold standard of cancer support with 28 Wellness Communities across the country. Our national headquarters is in Washington, D.C.

Contact us locally by visiting our website at [thewellnesscommunityaz.org](http://thewellnesscommunityaz.org) by phoning (602) 712-1006, or attending a Newcomer Orientation.

Contact TWC nationally at [thewellnesscommunity.org](http://thewellnesscommunity.org) or (888) 793-WELL (9355).

*Nationally-recognized research studies show that participation in professional support groups decreases distress, improves quality of life and may increase the potential of long-term survival.*

### A PARTICIPANT PROFILE GLORIA FULL

*"I cannot imagine my cancer journey without the support of The Wellness Community."*

Gloria and her grandson shared one thing in common beside lineage, both had cancer. Like all proud grandmothers, Gloria Full loves all her grandchildren, Tatum, 14, Noah, 10, and Jeremy. Sadly, in 2002, Jeremy succumbed to his cancer at the tender age of 2 1/2. "He was wise beyond his young age," says Gloria. "Jeremy was a natural caregiver. Even though he was the one in pain, he would ask me if I was feeling okay. He continues to inspire me every day."

When Gloria was diagnosed with Non-Hodgkin Lymphoma in 2005, Jeremy's inspiration carried her through many trying moments. "After nearly four years of coming to The Wellness Community (TWC), I consider it my second home. I've come to think of them as family. My cancer journey has been a blessing and painful at the same time," adds Gloria. "If I had not been diagnosed with NHL, I would have not been privileged to be a part of TWC."

Born and raised in Montevideo, Uruguay, Gloria received her master's degree in Social Work from ASU and enthusiastically devotes much of her time as a participant and a volunteer at TWC. She openly shares with others that the caring, support and growth that she receives from staff and the other participants contributes to her healing and recovery. "They provide me with important tools to endure the bad times as well as appreciate the good times. Each month I especially look forward to our supportive lymphoma networking group," says Gloria.

"My doctor says I'm in remission and I don't take his words for granted. Does this mean that I am cured? I don't know. I hope so. But what I do know is that my commitment to TWC's mission of offering hope, knowledge and community interaction is my top priority. There is something almost magical about "giving back." Perhaps the energy we receive in return helps us to be stronger in our battle against cancer. I do this for me and Jeremy."



### About Our Program Calendar

The Wellness Community provides free programs that complement traditional medical care for cancer. These include support groups, nutrition, exercise, education, and more. Look inside, these icons lead you to our four cornerstones:

-  Emotional Support
-  Education
-  Nutrition & Exercise
-  Stress Management

# YOUR PLACE FOR FREE CANCER SUPPORT

DEC 2008 | JAN 2009 CALENDAR OF EVENTS



## NEWS *to use*

### Clinical Corner

"I am extremely impressed with the work and the dedication of the people who represent and serve The Wellness Community. Cancer is a devastating disease as it impacts every aspect of an individual's life and family. TWC provides those critical resources that promote the healing of mind, body, spirit and family with the delicate balance of science and humanity. The spirit of this great organization is inspiring and a valuable resource to our communities."

—**John Molina, MD, JD**  
Medical Director of the  
Arizona Healthcare Care Cost  
Containment System  
Assistant Director of Fee for  
Service Management—AHCCCS



#### Sexuality and Intimacy for Women with Cancer

October 22, 2008

The Women's Sexual Health Foundation has published an issue of its journal entirely devoted to women's sexuality and cancer. It addresses concerns, questions and common side effects women experience in regard to sexual functioning and cancer treatment. In her article, "Intimacy and Sexuality after Cancer," Dr. McKeal writes, "It is typical for health practitioners to discuss everything but sexual health. They normally leave it to the woman to ask." For a free copy of *Women's Sexuality and Cancer* visit [www.TWSHF.org](http://www.TWSHF.org).



#### Caregivers Benefit from Cancer Support Programs

Cancer, December 15, 2007, Volume 110, Issue 12, pg. 2809–2818

Researchers at The University of Michigan Comprehensive Cancer Center looked at 235 men with prostate cancer and their spouses studying physical and emotional health of the caregivers. The group of spouses who completed interventions that included emotional support showed less uncertainty, a better attitude toward caregiving, and less hopelessness than spouses who did not complete the intervention. The intervention spouses also reported feeling more confident about managing the illness and had better communication with their husbands than the spouses that did not receive emotional support.

## The Wellness Community is **GROWING!**

The Past Two Years Have Been a Time of Tremendous Growth for The Wellness Community.

Perhaps you've noticed that we've removed the word "Central" from our name. "The Wellness Community of Central Arizona" is now "The Wellness Community – Arizona." In an effort to reach even more people impacted by cancer, The Wellness Community – Arizona is looking to expand offerings beyond our beautiful historic home on Palm Lane.

Our FIRST expansion and long term partnership is at the Paradise Valley United Methodist Church at 4455 East Lincoln Drive. Monthly education/support groups will be held on the third Thursday of each month from 6:00-8:00 p.m. For more information, call (602) 712-1006.

We are currently looking to create more of these partnerships throughout the Valley and eventually throughout the state. Please stay tuned!

## The Wellness Community Special Programs

*So that we may plan for set up and/or contact you if there is a schedule change, please call The Wellness Community at (602) 712-1006 to register for the programs marked "RSVP."*

### EMOTIONAL SUPPORT



#### **American Cancer Society Look Good Feel Better—Saturday, December 6, 10 a.m.–12 noon**

For women undergoing cancer treatment. Participants practice make-up applications with a professional cosmetologist and learn ways to wear scarves and wigs. **RSVP.**

#### **Soul Survivors—Mondays, December 8 and January 12, 7–8:30 p.m.**

Laura Fial, local performer and breast cancer survivor, heals through music with voice training, singing favorite tunes, and preparing for local performances. Bring your musical spirit! **RSVP.**

#### **Facing Cancer Together: For LGBT Couples, Family and Friends**

##### **Thursdays, December 11 and January 8, 6:30–8 p.m.**

Ongoing group for the Lesbian, Gay, Bisexual, Transgendered (LGBT) community, addressing the many ways cancer affects our relationships with partners, family and friends. We will discuss tools and resources to nurture and support our most important relationships. Presented by Denise Daup, MA, LPC. Refreshments provided. **RSVP.**

#### **Open Participant Group—Monday, December 29, 6–8 p.m.**

An open group for anyone looking to give or receive support during the holiday season. You do not have to be in a weekly support group to attend.

#### **BRCAters—Tuesday, January 27, 6–7:30 p.m.**

Support and information for those who have tested positive for the BRCA gene. Facilitated by genetic counselors. **RSVP** to Katherine Hunt (480) 301-4585.

### EDUCATION



#### **Ins and Outs of Health Insurance—Tuesday, December 9, 6–8 p.m.**

Workshop to cover the importance of making your doctor an "insurance ally," understanding your insurance rights, and other mandates under AZ health insurance policies, including time for Q&A. Presented by Erin Klug, Public Information Officer for the Arizona Department of Insurance. **RSVP.**

#### **Hope for the Holidays—Thursday, December 11, 6–7:30 p.m.**

Practical applications regarding how to find hope during the holidays despite illness. Join Rabbi Raphael Goldstein for a dynamic presentation on finding HOPE! This presentation does not espouse any religious orientation and will be beneficial to anyone regardless of their faith. **RSVP.**

#### **Brain Tumor Presentation—Thursday, December 18, 6–8 p.m.**

Join David Brachman, MD from the St. Joseph's Hospital & Medical Center, Barrow Neurological Institute for an informative presentation on brain tumors. Both primary and metastatic tumors will be explained and treatment options discussed. **RSVP.**

#### **Ask the Doctor—Wednesday, January 7, 5–6 p.m.**

Bodour Salhia, PhD, cancer researcher from Translational Genomics Research Institute (TGen), will be available for an informal discussion. Dr. Salhia is on the front line and can answer questions about research designed to improve cancer care.

#### **Special Presentation for Pancreatic Networking Group—Saturday, January 10, 10 a.m.–12 noon**

Brenda Keith, RN, MN, AOCNS, will be present for an "Ask the Nurse" informal Q&A specifically regarding updates in Pancreatic Cancer Treatment.

#### **Intimacy After Prostate Cancer—Thursday, January 15, 6–8 p.m.**

A group for couples addressing relationship and sexual issues following diagnosis and treatment of Prostate Cancer. Douglas Jardine, PhD, LMFT and Sandy Jardine, MS, LPC to present on the inevitable relationship changes arising with a diagnosis of Prostate Cancer. **RSVP.**

#### **Mind-Body Connection and Cancer—Thursday, January 15, 6–8 p.m.**

Join Jamie Sellar, MA, LPC for this educational talk about the basics of the mind-body connection, research behind finding support as a treatment tool and how to improve quality of life. **Offsite:** Paradise Valley United Methodist Church, 4455 East Lincoln Drive, Paradise Valley. **RSVP.**

*continued on page 6*

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**1**  
**Writing for Wellness**  
11:15 a.m.–12:45 p.m.  
**Participant/Family Group**  
1–3 p.m.  
**Yoga for Recovery**  
5–6:30 p.m.  
**Newcomers Orientation**  
6 p.m.

**2**  
**Participant Group**  
10 a.m.–12 noon  
**Participant Group**  
6–8 p.m.

**3**  
**Newcomers Orientation**  
10 a.m.  
**Tai Chi Chih for Balance**  
11 a.m.–12 noon  
**Relaxation/Visualization**  
5:15–6 p.m.  
**Participant/Family Group**  
6–8 p.m.

**4**  
**Networking:**  
**Multiple Myeloma**  
10 a.m.–12 noon  
**Prostate**  
6–8 p.m.  
**Cooking for Life**  
3–5 p.m.

**5**  
**Friday Fitness**  
12:30–1:30 p.m.  
**HOPE CAFÉ**  
6–10 p.m.



**6 Saturday**  
**Look Good/Feel Better**  
10 a.m.–12 noon  
**Networking: Ovarian**  
10 a.m.–12 noon  
**Networking: Breast**  
1–3 p.m.

**7 Sunday**  
**Teen Holiday Brunch**  
11 a.m.–1 p.m.

**8**  
**Creative Arts in Healing**  
10 a.m.–12 noon  
**Participant/Family Group**  
1–3 p.m.  
**Yoga for Recovery**  
5–6:30 p.m.  
**Newcomers Orientation**  
6 p.m.  
**Soul Survivors**  
7–8:30 p.m.

**9**  
**Participant Group**  
10 a.m.–12 noon  
**Bunco**  
12:30–2:30 p.m.  
**Comm. Drum Circle**  
6–8 p.m.  
**In/Out of Health Ins**  
6–8 p.m.  
**Networking: 20s/30s Group**  
6–8 p.m.  
**Participant Group**  
6–8 p.m.

**10**  
**Newcomers Orientation**  
10 a.m.  
**Tai Chi Chih for Balance**  
11 a.m.–12 noon  
**Relaxation/Visualization**  
5:15–6 p.m.  
**Participant/Family Group**  
6–8 p.m.

**11**  
**Music/Expressive Arts**  
10 a.m.–12 noon  
**Cooking for Life**  
3–5 p.m.  
**Hope for the Holidays**  
with Rabbi Goldstein  
6–7:30 p.m.  
**Facing Cancer: For LGBT Couples**  
6:30–8 p.m.

**12**  
**Friday Fitness**  
12:30–1:30 p.m.

**13**  
**Networking Groups:**  
**Lymphoma**  
10 a.m.–12 noon  
**Pancreatic**  
10 a.m.–12 noon  
**Carcinoid**  
1–3 p.m.  
**Lung**  
1–3 p.m.

**15**  
**Writing for Wellness**  
11:15 a.m.–12:45 p.m.  
**Participant/Family Group**  
1–3 p.m.  
**Yoga for Recovery**  
5–6:30 p.m.  
**Newcomers Orientation**  
6 p.m.

**16**  
**Participant Group**  
10 a.m.–12 noon  
**Kid2Kid/Family2Family**  
6–7:30 p.m.  
**Networking: Colorectal**  
6–8 p.m.  
**Participant Group**  
6–8 p.m.

**17**  
**Newcomers Orientation**  
10 a.m.  
**Tai Chi Chih for Balance**  
11 a.m.–12 noon  
**Relaxation/Visualization**  
5:15–6 p.m.  
**Participant/Family Group**  
6–8 p.m.

**18**  
**Cooking for Life**  
3–5 p.m.  
**Brain Tumor Presentation**  
with Dr. Brachman  
6–8 p.m.

**19**  
**Friday Fitness**  
12:30–1:30 p.m.

**20**  
**Day of Mindfulness**  
12 noon–6 p.m.

**22**  
**Participant/Family Group**  
1–3 p.m.  
**Yoga for Recovery**  
5–6:30 p.m.  
**Newcomers Orientation**  
6 p.m.

**23**  
**Participant Group**  
10 a.m.–12 noon  
**Participant Group**  
6–8 p.m.

**24**  
**TWC Closed**

**25**  
**TWC Closed**

**26**  
**TWC Closed**

**27**  
**TWC Closed**



**29**  
**TWC Closed**  
**Teen Open Rec Day**  
4–7 p.m.  
**Open Participant Group**  
6–8 p.m.

**30**  
**TWC Closed**

**31**  
**TWC Closed**



Your Greeters at TWC (l to r) Jenny & Christina

**CALENDAR KEY**

- Emotional Support
- Education
- Nutrition & Exercise
- Stress Management
- Family Programs
- Teen Programs

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**Women's Cancer and Sexuality**

Saturday, January 24, 9 a.m.–12 noon

Registration starts at 8:30 a.m.

This "women only" conference is straight talk from experts on cancer, your sexuality, and your sex life by addressing real life physical and emotional challenges. Speakers include: Ivor Benjamin, MD, Director, Division of Gynecological Oncology at St. Joseph's; Marlene Shiple, PhD; and Marianne Marchese, NMD. **RSVP.**



Comprehensive Cancer Center  
St. Joseph's Hospital and Medical Center

**1**  
**TWC Closed**  
Due to the Holiday, networking groups will meet Thursday, January 8

**2**

**3**  
**Networking Groups:**  
**Ovarian**  
10 a.m.–12 noon  
**Breast**  
1–3 p.m.

**5**  
**Creative Arts in Healing**  
10 a.m.–12 noon  
**Writing for Wellness**  
11:15 a.m.–12:45 p.m.  
**Participant/Family Group**  
1–3 p.m.  
**Yoga for Recovery**  
5–6:30 p.m.  
**Newcomers Orientation**  
6 p.m.

**6**  
**Participant Group**  
10 a.m.–12 noon  
**Participant Group**  
6–8 p.m.

**7**  
**Newcomers Orientation**  
10 a.m.  
**Tai Chi Chih for Balance**  
11 a.m.–12 noon  
**Ask the Doctor**  
with Dr. Salhia  
5–6 p.m.  
**Relaxation/Visualization**  
5:15–6 p.m.  
**Participant/Family Group**  
6–8 p.m.

**8**  
**Networking: Multiple Myeloma**  
10 a.m.–12 noon  
**Prostate**  
6–8 p.m.  
**Music/ Expressive Arts**  
10 a.m.–12 noon  
**Cooking**  
3–5 p.m.  
**Facing Cancer: LGBT**  
6:30–8 p.m.

**9**  
**Friday Fitness**  
12:30–1:30 p.m.  
**Teen PJ Party**  
7:30–Midnight

**10**  
**Networking Groups:**  
**Pancreatic**  
10 a.m.–12 noon  
Special Presentation  
**Lymphoma**  
10 a.m.–12 noon  
**Carcinoid**  
1–3 p.m.  
**Lung**  
1–3 p.m.

**12**  
**Participant/Family Group**  
1–3 p.m.  
**Yoga for Recovery**  
5–6:30 p.m.  
**Newcomers Orientation**  
6 p.m.  
**Soul Survivors**  
7–8:30 p.m.  
**Mindfulness**  
6:30–8:30 p.m.

**13**  
**Participant Group**  
10 a.m.–12 noon  
**Bunco**  
12:30–2:30 p.m.  
**Networking: 20s/30s Group**  
6–8 p.m.  
**Comm. Drum Circle**  
6–8 p.m.  
**Participant Group**  
6–8 p.m.

**14**  
**Newcomers Orientation**  
10 a.m.  
**Tai Chi Chih for Balance**  
11 a.m.–12 noon  
**Relaxation/Visualization**  
5:15–6 p.m.  
**Participant/Family Group**  
6–8 p.m.

**15**  
**Cooking for Life**  
3–5 p.m.  
**Cancer and Nutrition**  
Offsite  
6–7:30 p.m.  
**Intimacy After Prostate Cancer**  
with Dr. Jardine  
6–8 p.m.  
**Mind/Body**  
Offsite 6–8 p.m.

**16**  
**Friday Fitness**  
12:30–1:30 p.m.

**17**  
**Kid2Kid**  
**Canine Connection**  
10–11:30 a.m.

**19**  
**Creative Arts in Healing**  
10 a.m.–12 noon  
**Writing for Wellness**  
11:15 a.m.–12:45 p.m.  
**Participant/Family Group**  
1–3 p.m.  
**Teen Event** 2–5 p.m.  
**Yoga for Recovery**  
5–6:30 p.m.  
**Newcomers Orient.** 6 p.m.  
**Mindfulness** 6:30–8:30 p.m.

**20**  
**Participant Group**  
10 a.m.–12 noon  
**Book Club**  
12:15–1:30 p.m.  
**Kid2Kid/Family2Family**  
6–7:30 p.m.  
**Networking: Colorectal**  
6–8 p.m.  
**Participant Group**  
6–8 p.m.

**21**  
**Newcomers Orientation**  
10 a.m.  
**Tai Chi Chih for Balance**  
11 a.m.–12 noon  
**Relaxation/Visualization**  
5:15–6 p.m.  
**Participant/Family Group**  
6–8 p.m.

**22**  
**Music/ Expressive Arts**  
10 a.m.–12 noon  
**Cooking for Life**  
3–5 p.m.  
**How to be "Patient Active" DURING Treatment**  
with Dr. Pelusi  
6–8 p.m.

**23**  
**Friday Fitness**  
12:30–1:30 p.m.

**24**  
**Women's Cancer and Sexuality**  
9 a.m.–12 noon



Comprehensive Cancer Center  
St. Joseph's Hospital and Medical Center

**26**  
**Participant/Family Group**  
1–3 p.m.  
**Yoga for Recovery**  
5–6:30 p.m.  
**Newcomers Orientation**  
6 p.m.  
**Mindfulness**  
6:30–8:30 p.m.

**27**  
**Participant Group**  
10 a.m.–12 noon  
**BRCateers**  
6–7:30 p.m.  
**Powerful Tools for Caregivers**  
with Ms. Williamson & Ms. Cunningham  
6–7:30 p.m.  
**Participant Group**  
6–8 p.m.

**28**  
**Newcomers Orientation**  
10 a.m.  
**Tai Chi Chih for Balance**  
11 a.m.–12 noon  
**Relaxation/Visualization**  
5:15–6 p.m.  
**Participant/Family Group**  
6–8 p.m.

**29**  
**Cooking for Life**  
3–5 p.m.  
**How to be "Patient Active" AFTER treatment**  
with Dr. Pelusi  
6–8 p.m.

**30**  
**Friday Fitness**  
12:30–1:30 p.m.

**31**

## The Wellness Community Special Programs

*So that we may plan for set up and/or contact you if there is a schedule change, please call The Wellness Community at (602) 712-1006 to register for the programs marked "RSVP."*

### EDUCATION (CONTINUED)

#### How to Be "Patient Active" DURING Treatment—Thursday, January 22, 6–8 p.m.

Jodi Pelusi, FNP, PhD discusses what you need to know during treatment and how to be an active part of your treatment team. Get tips on how to talk to your provider, be an advocate, and sort through treatment options. **RSVP.**

#### Women, Cancer and Sexuality—Saturday, January 24, 9 a.m.–12 noon (registration at 8:30)



This "women only" conference to cover sexuality from a biomedical model, intimacy issues and relationships and naturopathic ways to address sexuality. Speakers include Ivor Benjamin, MD, Director Division of Gynecologic Oncology at St. Joe's, Marlene Shiple, PhD, and Marianne Marchese, NMD. **RSVP.**

#### Powerful Tools for Caregivers—Tuesdays, January 27 through March 3, 6–7:30 p.m.

A 6-week educational series designed to help reduce stress, improve self-confidence, better communicate feelings, balance your life, increase your ability to make tough decisions and locate helpful resources. Series presented by Samantha Williamson, MSW Intern at Mayo Clinic and Diana Cunningham. **RSVP.**

#### How to Be "Patient Active" AFTER Treatment—Thursday, January 29, 6–8 p.m.

Jodi Pelusi, FNP, PhD talks about the special needs of people out of active oncology treatment. Learn about the ongoing process of post-treatment planning, an integral part to promoting health and how to continue relationships with healthcare providers. Q&A.

#### Yoga for Recovery with Susan B. Smith, Mondays 5—6:30 p.m.

#### Tai Chi Chih for Balance with May Swanson—Wednesdays 11a.m.–Noon

#### Cooking for Life—Thursdays, 3–5 pm

Chef Kevin Breitbart covers cancer-related nutrition topics. This series features meals loaded with antioxidants, phyto-chemicals, high-fiber, low-fat, healthy dairy alternatives. Healthy weight maintenance and meal planning included. **RSVP.**

#### Friday Fitness—Fridays, December 5, 12, 19 and January 9, 16, 23, 30, 12:30 to 1:30 p.m.

Join Ryan Goldman, NASM, and Certified Personal Trainer, basic exercise class for balance, building "core" muscles, and stabilization. Anyone at any fitness level welcome, exercise improves emotional and overall health.

#### Cancer and Nutrition—Thursday, January 15, 6–7:30 p.m.

Join Geri Borsom, RD, for this informative talk on the relationship between foods we eat and how our bodies respond to cancer and cancer treatments. **Offsite:** Banner Thunderbird Medical Center, 5555 West Thunderbird, Glendale. **RSVP.**



**U.S. AIRWAYS** *A special THANK YOU to US Airways for sponsoring TWC's stress management programs in 2008–2009.*  
*Fly with US.*

#### Relaxation and Visualization—Wednesdays at 5:15 p.m.

Meditation is healing to the body, mind, and spirit.

#### Writing for Wellness—Mondays, December 1, 15 and January 8, 19, 11:15 a.m.–12:45 p.m.

Based on the book "Writing for Wellness—A Prescription for Healing" by cancer survivor, Julie Davey. This class provides the opportunity to heal through directed and focused writing.

#### Creative Arts in Healing—Mondays, December 8 and January 5, 19, 10 a.m.–12 noon

Create sculptures with ceramicist, Joy Kockerbeck. No previous experience needed. All materials provided.

#### Bunco –Tuesdays, December 9 and January 13, 12:30–2:30 pm.

A dice game played in teams. No previous experience needed. Bring a friend! Great prizes!

### NUTRITION & EXERCISE



### STRESS MANAGEMENT



*continued on page 7*

# Special Programs (continued)

Join Us for Our  
3rd Annual

**H O P E**  
Café

FRIDAY,  
DECEMBER 5, 2008  
6–10 P.M.

*May we live  
so that what comes  
to us as seed  
goes to the next  
as blossom and  
what came to us  
as blossom goes  
on as fruit.*

—Dawna Markova—

**Thank You!**

TWC gives thanks for all who have found hope here and for those who have helped turn TWC's seeds into blossoms through their financial support of our free programs. May we continue together in community.

TWC Staff and Board



## STRESS MANAGEMENT

### **Community Drum Circle—Tuesdays, December 9 and January 13, 6–8pm**

Make drumming part of your personal prescription for wellness. Experience an energy-charged evening of stress relief and unity through rhythm. No musical skill necessary... you only need your heartbeat and hands! Presented by Julie Murillo, MT-BC (Music Therapist-Board Certified).

### **Music and Expressive Arts—Thursdays, December 11 and January 8, 22, 10 a.m.–12 noon**

Dalena Watson, LPC, FAMI, MT-BC, facilitates exploration and expression through a variety of ways including music making and listening, imagery, art, and writing. Each class has a different theme.

### **Day of Mindfulness—Saturday, December 20, 12 noon–6 p.m.**

Join TWC Facilitator, Denise Daup, MA, LPC for a day of mindful attention and self-care. Use this day to develop your ability to be more present and aware in each moment with meditation, gentle yoga, tai chi, deep relaxation and journal writing. Light lunch and snacks provided. **RSVP.**

### **Mindfulness-Based Stress Reduction—Mondays, January 12–March 2, 6:30–8:30 p.m.**

Denise Daup, MA, LPC, teaches how to consciously and systematically work with stress, pain, illness and the challenges of life. Each class builds upon the previous class. A full commitment to the entire 8-week program is requested. Limited space. **RSVP.**

### **Book Club—Tuesday, January 20, 12:15–1:30 p.m.**

TWC Facilitator, Anne Lackey, M Ed, LPC, leads ongoing bimonthly discussion—January's book is *My Grandfather's Blessings: Stories of Strength, Refuge, and Belonging* by Rachel Naomi Remen. No need to read or finish book to join. All welcome.



## FAMILY EVENTS

Activities for the whole family, designed for children (age 5–15) with adults diagnosed with cancer in their lives.

### **Kid2Kid/Family2Family—Tuesdays, December 15 and January 20, 6–7:30 p.m.**

(Formerly Family Circle) For adults with cancer and their children or grandchildren ages 5–15. Art and play activities help children understand their feelings. Adults share parenting concerns, ideas, and feelings separately. Dinner provided. **RSVP.**

### **Kid2Kid Canine Connection—Saturday, January 17, 10–11:30 a.m.**

Please note: Our new program includes a dog/person team that will be part of each group. Parents/grandparents with cancer and their children ages 5 to 15 are invited to learn about self-care both as it relates to people and pooches. Topics covered include exercise, healthy eating, keeping clean, relaxation and the soothing nature of animals. **RSVP.**



## UPCOMING TEEN EVENTS

Activities planned by teens living with cancer, for other teens living with cancer, to share experiences while building support and friendships.

### **Teen Holiday Brunch—Sunday, December 7, 11 a.m.–1 p.m.**

Our second annual holiday brunch hosted in conjunction with The Junior League. This teen only event allows you to create gifts to give to friends/family, decorate cookies and enjoy brunch. We'll have a "White Elephant Gift Exchange" with gifts provided by The Junior League. **RSVP.**

### **Teen Open Rec Day—Monday, December 29, 4–7 p.m.**

Sick of being stuck at home? Come hang out, watch movies, play video games, and chat. Refreshments provided. **RSVP.**

### **Teen PJ Party—Friday, January 9, 7:30 p.m. to midnight**

Come hang out for an evening of fun including watching movies, playing games, singing karaoke, eating and more!

### **Teen Pamper Yourself Day—Monday, January 19, 2–5 p.m.**

This fun group is a chance to get pampered! Play with make-up, hair and scarves, and enjoy a manicure. Professional cosmetologists will provide makeovers and tips for applications. Refreshments provided. **RSVP.**



**the wellness.**  
**community**<sup>®</sup>  
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cancer support, education and hope



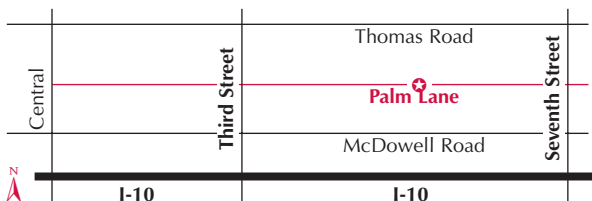
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YOUR PLACE FOR

**FREE CANCER SUPPORT**

360 East Palm Lane  
Phoenix, AZ 85004  
(602) 712-1006  
www.thewellnesscommunityaz.org

DEC 2008 | JAN 2009 CALENDAR OF EVENTS



- EDUCATIONAL SEMINARS**  
Monthly presentations by doctors, nurses, researchers, and other professionals. Includes Q&A sessions. Become a more informed and active member of your treatment team.
- NUTRITION AND EXERCISE CLASSES**  
Certified instructors guide movement and teach nutrition techniques designed specifically to help cancer patients learn to deal with pain, side effects of treatment, and find assistance in boosting their immune system.
- STRESS MANAGEMENT TOOLS**  
Journaling, scrapbooking, working with clay, painting, meditation, stress reduction classes, music therapy and more to assist with your recovery. No previous classes required. Materials provided.
- FAMILY PROGRAM**  
Activities for the whole family, these activities are for children and adults alike—designed for parents or grandparents with cancer and the children in their lives ages 5–15.
- TEEN PROGRAM**  
Activities by and for teens living with cancer.

Keys to Quality of Life

- NEWCOMER ORIENTATIONS**  
Led by a cancer survivor and experienced TWC participant, this informal orientation introduces and provides background on our free programs. Mondays at 6 p.m. and Wednesdays at 10 a.m. All welcome.
- WEEKLY SUPPORT GROUPS**  
Professionally-facilitated weekly support groups for people with cancer and their family, friends, and caregivers. Group members experience a caring, uplifting, and supportive community with others who are "in the same shoes." A brief interview is required to determine appropriate group placement. Please call (602) 712-1006.
- NETWORKING GROUPS—CANCER SPECIFIC**  
Monthly, individuals with specific cancers meet in groups to support and to learn from one another, and to discuss aspects of living with cancer, their diagnosis, treatment, and recovery. Open to family and friends.
- CURRENT NETWORKING GROUPS:**  
Breast, Carcinoid, Colorectal, Lymphoma, Lung, Multiple Myeloma, Ovarian, Pancreatic, Prostate, 20/30 Group. Open to individuals 18 and older.

The Heart of The Wellness Community