

October and November 2008
TWC Calendar Special Programs Descriptions

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)

A.C.S. Look Good Feel Better – Saturday, October 4, 10 a.m.-12 p.m.

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

Caregiver Tea Party – Friday, October 17, 11:00 a.m. – 1:00 p.m.

Social event for caregivers to focus on themselves and join other caregivers for conversation, tea and light snacks.

Alumni Networking Group – Mondays, October 20 and November 17, 6-7:30 p.m.

Maintain wellness following treatment, a perfect transition from your weekly support group

Soul Survivors – Mondays, October 27 and November 10, 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.**

BRCAters – Tuesday, November 18, 6:00 -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.

Facing Cancer Together: For LGBT Couples, Family and Friends, Thursday, October 16, 6:30-8:00 p.m.

A workshop 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.**

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(Education)

Pain Management Through Acupuncture – Thursday, October 9, 6 – 7:30 p.m.

Don Matesz, M.A., Dip.Nutr.,M.S., Dipl.O.M., L.Ac., will share ways in which acupuncture can be used for pain management. **RSVP.**

Feria de Salud Latina: "Hablemos Sobre el Cáncer"- Sabado, 11 De Octubre del 2008 de 10:00AM-2:00PM

Esta feria de la salud cubrirá una gran variedad de asuntos del cáncer y del cuidado médico. El Dr. Juan Molina, Director Médico de AHCCCS, presentará en el acceso al cuidado medico. El Dr. Rafael Fonseca, Vicedirector del Centro del Cáncer de Mayo, presentara en ensayos clínicos. Esta feria ocurrirá en el en el Centro de la Esperanza VI (Hope VI Center) situado en el 1150 S. 7 Avenida en Phoenix.

Ask the Doctor – Monday, October 13, 12 – 1:00 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.

Frankly Speaking About Colorectal Cancer – Thursday, October 23, 5:30 – 8:00 p.m.

Elizabeth McConnell, MD, Board Certified Colorectal Surgeon, to present this workshop for participants and caregivers to discuss current treatments, symptom/side-effect management strategies, social and emotional challenges of the diagnosis and survivorship issues specific to colorectal cancer. Dinner provided. **RSVP.**

Ask the Naturopath – Tuesday, October 28, 6 – 7:30 p.m.

Dan Rubin, ND, is a widely recognized Naturopathic Physician specializing in Cancer. Come and discuss ways to integrate allopathic and naturopathic medicine in an informal Q and A session.

Holistic Responses to Depression – Thursday, October 30, 6-8:00 p.m.

Sandra Howlett, Ed.D. presents this hands on workshop with practical suggestions and tools for working through depression. Sandra specializes in healing from grief and loss through compassion and humor. **RSVP.**

Environmental Toxins – Tuesday, November 4, 6 – 7:30 p.m.

Marianne Marchese, NMD, specialist in women's health and environmental medicine, to discuss which toxins in our environment are linked to cancer, how we are exposed to them in our everyday life and the role genetics plays in how our bodies handle toxins. **RSVP.**

Frankly Speaking About Advanced Breast Cancer – Thursday, November 13, 5:30 – 8:00 p.m.

Learn how to manage the physical and psychosocial effects of advanced (metastatic) breast cancer and its treatment. Brenda Moorthy, D.O., Surgeon specializing in the treatment of breast diseases, will focus on the needs of women newly diagnosed with advanced breast cancer and will also included information relevant to women who have lived two to five years with metastatic breast cancer. Dinner provided. **RSVP.**

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(Nutrition/Exercise)

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, no class November 26

Cooking for Life – Thursdays, 3:00 -5:00 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.**

Healthy Food Choices for Cancer – Wednesday, October 15, 1 – 2:30 p.m.

Joyce Logvin, RD, reviews the latest recommendations for making healthy food choices including choosing and preparing food, supplement recommendations and lifestyle modifications while in treatment. Offsite at Sun Health Community Education and Wellness Center-SW corner of 99th Avenue and Thunderbird. **RSVP.**

Friday Fitness – Fridays, November 7, 14, and 21, 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.

Exercise and Cancer – Saturday, November 22, 9:00 a.m. – 12:00 p.m. (registration begins at 8:30)

Physical activity is one of the ways YOU can take control back in the cancer journey. Learn the latest research and positive effects exercise has on cancer. Come learn about the importance of being active as well as practical tips to add activity to your daily life regardless of current fitness level. **RSVP.**

Healthy Holiday Eating – Tuesday, November 25, 12:30 – 2:00 p.m.

Join Terri Taylor, RD, CNSD, Nutrition Educator at Virginia G. Piper Cancer Center, as she teaches creative ways to make healthy, balanced meals that are convenient and meet the needs of those with cancer. **RSVP.**

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(Stress Management)

Relaxation and Visualization -- Wednesdays at 5:15 p.m.

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

Mindfulness Based Stress Reduction – Mondays, October 6 through November 24, 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.**

Writing for Wellness – October 6 and 20 and November 3 and 17, 11:15 a.m. – 12:45 p.m.

Based on the book “*Writing for Wellness – A Prescription for Healing*” by Julie Davey. Participants create their own writings. Each group follows a particular theme.

Creative Arts in Healing – Mondays October 13, 27 and November 3, 17, 10 a.m.-12 p.m.

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

Bunco –Tuesdays, October 14 and November 11, 12:30-2:30 pm.

A game played in teams with dice. No previous experience needed just come have fun. Bring a friend!

Community Drum Circle – Tuesdays, October 14 and November 11, 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...bring only your heartbeat and hands! Presented by Julie Murillo, MT-BC (Music Therapist-Board Certified).

Music and Expressive Arts -- Thursdays, October 23 and November 13 10:00 a.m. – 12:00 p.m.

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.

Reinventing the Holidays – Saturday, November 15, 10:00 a.m. – 12:00 p.m.

In this workshop co-facilitated by Anne Lackey, LPC, and Sue Meyn, LPC, you'll learn tips for reducing stress and participate in a journaling exercise designed to have you rethinking the holidays. **RSVP.**

Book Club – Tuesday, November 18, 12:15 – 1:30 p.m.

TWC Facilitator, Anne Lackey, M Ed, LPC, leads ongoing bimonthly discussion – November's book is "The Last Lecture" by Randy Pausch and Jeffrey Zaslow. No need to read or finish book to join. All Welcome.

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Family Events

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

Kid2Kid/Family2Family – Tuesdays, October 21 and November 18, 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.**

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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 Art Series – Saturday, October 4, 12-2:00 p.m. and Fridays, October 10, 17, 5-7:00 p.m.

This program is in partnership with Young Arts of Arizona. Each week teens will work on different expressions of art with artist Tom Cooper. Art will then be displayed as part of First Fridays. Come to one or come to all. Refreshments provided. **RSVP. (logo)**

Teen "Bags" Tournament – Saturday, October 18, 3-6:00 p.m.

Co-sponsored by HopeKids, this fun event includes throwing bean bags for prizes. We'll enjoy games, henna tattoos and more! Food provided. **RSVP. (logo)**

Teen Halloween Party – Saturday, November 1, 6:30-9:30 p.m.

Prepare for the scare! This event will have a haunted house, costume contest, and dance. Co-sponsored with the Junior League of Phoenix, friends are invited to join in on the fun!

Refreshments provided. **RSVP. (logo)**

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(Please note on the Calendar Itself)

Closed November 27 and 28 for Thanksgiving