

MONTHLY WELLNESS LECTURE SERIES



**RSVP to The Wellness Community
at 314-238-2000**

or register online at

www.wellnesscommunitystl.org

**the
wellness.
community®**
greater st. louis
cancer support, education and hope

1058 Old Des Peres Road / Des Peres, MO 63131

Dental Health and Cancer – What You Need to Know! - RSVP

**Thursday, January 14 • 6:30 – 8:00
PM**

Dr. Sheldon C. Cohen will address how dental health is affected by a cancer diagnosis and its subsequent treatment. Dr. Cohen brings over 30 years of experience in dental education and Hospital Dentistry to this topic in which many participants have expressed an interest. Don't miss this opportunity to learn from an expert what to expect and how to cope with problems – bring your questions!

Whole Foods Market Tour on a Budget - RSVP

Balanced Meals without Breaking the Bank
**Whole Foods Market in Town and Country @
141 And Clayton Road (meet @ the Customer
Service Center)**

Thursday, February 11 • 6:30 - 8:00 PM

Join us for a tour of Whole Foods with Value Guru Marcia Whelan. Whole Foods believes everyone should be able to afford quality food. If you think higher quality always means higher price, think again - real food, free of artificial ingredients and hydrogenated fats, is available for the best possible price. Learn how you can get the most for your money everyday.

Single with Cancer - RSVP

Thursday March 11 • 6:30 - 8:00 PM

If you're a single person with a cancer diagnosis, you're probably aware that there are many issues specific and unique to your situation. Common concerns include dating (when and if do I tell a potential partner I have cancer? Am I being dishonest if I don't tell? Will it scare him/her away?), commitment (life expectancy, possible recurrence, ability to have children, etc.), and sexuality (physical changes and limitations, intimacy issues). Join Charli Prather, MSW, LCSW and Associate Program Director at TWC as she explores these concerns with participants in an atmosphere of safety and compassion.