



FOR IMMEDIATE RELEASE
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THE WELLNESS COMMUNITY PRESENTS
FRANKLY SPEAKING ABOUT CANCER TREATMENT WORKSHOP

FREE WORKSHOP TO HELP PEOPLE BETTER MANAGE SIDE EFFECTS

St. Louis, MO (11/5/08) – **The Wellness Community of Greater St. Louis** will host a free workshop for cancer patients and their caregivers entitled “Frankly Speaking About Cancer Treatment.” Designed to help people understand and manage the physical and psychological side effects of treatment, the two hour workshop will take place on **November 15th**, from **10:00am to Noon** at **Lodge Des Peres, 1050 Des Peres Road, St. Louis, MO 63131**.

Advance registration is preferred but walk-in attendees are welcome.

To register, please call 314-238-2000 or visit www.wellnesscommunitystl.org

Refreshments will be served during registration from 9:30am – 10:00am

“As people live longer with cancer,” said **Laura Rossmann**, Executive Director, **The Wellness Community of Greater St. Louis**, “effectively managing the physical and psychological effects of treatment is increasingly important to improving quality of life.” Today more than 10 million Americans are cancer survivors, many of whom regularly receive a range of cancer-related treatments.

Workshop presenters include:

- **Dr. Robert Avery, Medical Oncologist, Missouri Hematology Oncology Care will discuss strategies to manage treatment side effects such as fatigue, hair loss, anemia, infection and pain.**
- **Shawn Tucker, PT, Brentwood Center of Health will discuss how to manage physical and emotional distress and optimize your quality of life during and after cancer treatment.**

Frankly Speaking About Cancer Treatment is just one of a series of national “Frankly Speaking About...” cancer-related programs created by The Wellness Community. The *Frankly Speaking About Cancer Treatment* program is made possible through an unrestricted educational grant from Amgen Inc.

ABOUT THE WELLNESS COMMUNITY OF GREATER ST. LOUIS

The Wellness Community of Greater St. Louis is part of an international non-profit organization dedicated to providing free support, education and hope to people with cancer and their loved ones. Through participation in professionally led support groups, educational workshops and mind/body classes, people affected by cancer learn vital skills that enable them to regain control, reduce isolation and restore hope regardless of their stage of disease. Most importantly, The Wellness Community provides a home-like setting for people fighting cancer to connect with and learn from each other. At The Wellness Community, all programs are free of charge.

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Editor's Note: Reporters are welcome to attend the workshop, however, please contact us in advance if you are interested in bringing a photo/videographer or would like a facility tour.