



FOR IMMEDIATE RELEASE
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The Wellness Community's 11th Annual Cancer Survivorship Walk Brings People Together to Celebrate and Honor Loved Ones and Support Free Cancer Services
Cancer Survivorship Walk to be held in Creve Coeur Park on May 30, 2009

(ST. LOUIS, MO) - April 30 - The Wellness Community's 11th Annual Cancer Survivorship Walk will be held **Saturday, May 30th** at **Creve Coeur Park** to celebrate cancer survivors, honor the memory of loved ones lost to cancer, and support the vital free services and programs that The Wellness Community offers to people affected by cancer. The Walk's Presenting Sponsor is Ameren UE.

Honorary Walk Chair Marc Cox, News Anchor, KMOV-TV will emcee the day's events which include the 1 or 3.7 mile walk, a raffle including such prizes as an iPod Touch, Cardinal Baseball Tickets and more, and a barbeque. Walkers can choose a 1 or 3.7 mile route through beautiful Creve Coeur Park, beginning at the Tremayne Pavilion. Refreshments and places to rest for walkers along the route will be provided. The Cancer Survivorship Walk will also feature the Inspiration Pavilion, a place where walkers can share something about the people who inspire them to walk for our cause by bringing and displaying a picture, story, poem or anything else that represents the friend or loved one affected by cancer.

There is no cost to walk in this event but walkers raising pledges of \$45 will receive a commemorative 2009 Walk T-shirt and additional chances to win prizes are available based on the amount of pledges collected. Prizes include two domestic roundtrip tickets on American Airlines and three days, two nights at The Westin Resort Aruba. The funds raised from this event are critical to the mission of The Wellness Community of Greater St. Louis which is to help people affected by cancer enhance their health and well-being through participation in a professional program of emotional support, education and hope. But this day is about more than fundraising – it's about celebrating and honoring the people in our lives who have been touched by cancer.

Canned Food Drive to Benefit Food Outreach - In honor of the relationship between The Wellness Community and Food Outreach, walkers are encouraged to bring a canned food item to the 2009 Cancer Survivorship Walk on Saturday, May 30. Food Outreach welcomes all canned food donations, but is always in need of canned: tuna fish, turkey, chicken, salmon, corn, green beans, mixed vegetables, mandarin oranges, pineapple chunks, and peaches.

For more information about The Wellness Community's 11th Annual Cancer Survivorship Walk, call 314-238-2000 or go to www.wellnesscommunitystl.org.

Date and Location: Saturday, May 30, 2009 at Creve Coeur Park
Schedule:

8:30 a.m. Walk Registration & Check-in Opens

Team Check-in & Team Photos Opens
Turn in collected pledges
Purchase raffle tickets
Inspiration Pavilion Opens
9:30 a.m. Group Warm-Up
10:00am Walk Begins
11:00 a.m. Barbeque Begins *Raffle winners will be announced following the Walk.*

ABOUT THE WELLNESS COMMUNITY OF GREATER ST. LOUIS

The Wellness Community of Greater St. Louis is part of an international non-profit organization that provides 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. For more information: www.wellnesscommunitystl.org

ABOUT FOOD OUTREACH

Since 1988, Food Outreach has provided more than 3.4 million nutritious meals to low-income men, women and children undergoing treatment for cancer or HIV/AIDS in the greater St. Louis area. The nonprofit organization's focus on nutritious meals and tailored nutritional counseling helps clients manage their disease, optimize their medical treatments and cope with side effects. In 2008, Food Outreach served 1,492 clients with more than 371,000 meals—a 25% increase in one year alone. Currently, they provide 1,100 meals every day to enhance the quality of life of people battling life-threatening disease. For more information about Food Outreach log onto www.foodoutreach.org

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