

**FOR IMMEDIATE RELEASE**

**FOR MORE INFORMATION:**

Glynnis Breen: 202-887-0500x26  
[gbreen@witeckcombs.com](mailto:gbreen@witeckcombs.com)

Michelle Pollak: 202-659-9709  
[michelle@thewellnesscommunity.org](mailto:michelle@thewellnesscommunity.org)

## **Free Lymphoma Educational Booklets From The Wellness Community**

*Non-Profit Group Encourages People with Cancer to Take a Pro-active Approach toward Disease Management - Starting With Vital Information*

**WASHINGTON – DATE** – With an estimated 63,740 people receiving a lymphoma diagnosis in 2005, The Wellness Community (TWC), an international non-profit organization dedicated to providing free cancer support and education, wants people to know during September's Leukemia and Lymphoma Awareness Month that people living with lymphoma are not alone. There are education and support services available for people affected by cancer such as The Wellness Community's FREE *Frankly Speaking about Lymphoma* booklet which provides clear, reader-friendly information about lymphoma and recommendations for managing the personal impact of living with cancer.

*Frankly Speaking about Lymphoma* is one of the free educational programs that The Wellness Community conducts at its 22 Wellness Communities around the country and at hospitals and cancer centers nationwide to help empower people to become active in and informed partners in their treatment, while living with lymphoma. Workshop attendees receive the *Frankly Speaking About Lymphoma* booklet. The free booklets are also available from The Wellness Community by calling (888) 793-WELL or emailing [info@thewellnesscommunity.org](mailto:info@thewellnesscommunity.org), and can be downloaded online at [www.thewellnesscommunity.org](http://www.thewellnesscommunity.org).

"*Frankly Speaking about Lymphoma* provides patients and their loved ones with the opportunity to take an active role by learning about all facets of managing the disease – from treatment options, side effect management and seeking out social and emotional support services," said Kim Thiboldeaux, president and CEO of The Wellness Community. "*Frankly Speaking About Lymphoma* and our corresponding workshops are tools that individuals affected by lymphoma can use through diagnosis, treatment, recurrence and recovery."

The *Frankly Speaking about Lymphoma* booklet provides comprehensive information to lymphoma patients and caregivers. Its aim is to help people develop open communications with their health care team and others who are a part of the patients' support team. *Frankly Speaking about Lymphoma* presents detailed tips on sorting through an abundance of medical options and how to focus on well-being by seeking social and emotional support.

Visit The Wellness Community online at [www.thewellnesscommunity.org](http://www.thewellnesscommunity.org) for information about this program and others.

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### **The Wellness Community**

*Celebrating its 23<sup>rd</sup> anniversary in June 2005, The Wellness Community is an international, non-profit organization dedicated to providing free support and education, as well as hope to people with cancer and their loved ones. Through participation in professionally-led support groups, educational workshops, nutrition and exercise programs, and mind/body classes, people affected by cancer learn vital skills that enable them to regain control, reduce isolation and restore hope. Today, there are 22 Wellness Communities across the United States, five in development, 28 satellites, two centers abroad in Tokyo and Tel Aviv, and a community online at The Virtual Wellness Community. For more information visit [www.thewellnesscommunity.org](http://www.thewellnesscommunity.org).*