

FOR IMMEDIATE RELEASE

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Free Ovarian Cancer Education Available 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 –The Wellness Community (TWC), an international non-profit organization dedicated to providing free cancer support and education, wants people to know during September's Ovarian Cancer Awareness Month that women living with Ovarian Cancer are not alone. The Wellness Community offers a FREE *Patient Active Guide to Living with Ovarian Cancer* booklet, which provides complete, clear-cut information about ovarian cancer and the importance of proactively sequencing certain chemotherapy treatments to provide optimal results, to reduce side effects and to improve quality of life.

The *Patient Active Guide to Living with Ovarian Cancer* program is one of the many free educational programs that The Wellness Community conducts at its 22 Wellness Communities around the country and at hospitals and cancer centers nationwide. Educational workshops provide a supportive environment to empower women to become active and informed partners in their treatment. All workshop attendees receive the *Patient Active Guide to Living with Ovarian Cancer*. The free booklets are also available from The Wellness Community by calling (888) 793-WELL or emailing info@thewellnesscommunity.org, and can be downloaded online at www.thewellnesscommunity.org

"Women with ovarian cancer need to know that they are not alone in this fight, and we are here to provide strength and education which leads to empowerment and hope," said Kim Thiboldeaux, President and CEO of the Wellness Community. "The *Patient Active Guide to Living with Ovarian Cancer* and corresponding workshops are tools that women affected by ovarian cancer can use throughout all stages of their cancer journey."

This year, close to 20,000 women will be diagnosed with ovarian cancer. The Wellness Community is reaching out to those affected by ovarian cancer with the *Patient Active Guide to Living with Ovarian Cancer* workshops and booklets designed to increase knowledge and improve communication with health care teams. The *Patient Active Guide to Living with Ovarian Cancer* offers methods to navigate the abundance of medical options as well as approaches to focus on well-being, such as seeking social and emotional support.

Visit The Wellness Community online at www.thewellnesscommunity.org for information about this program and others.

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Celebrating its 23rd 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. There are 22 Wellness Communities across the United States. For more information, visit www.thewellnesscommunity.org.