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

Jennifer Halpin  
(512) 236-8820 x120  
[jennifer.halpin@laf.org](mailto:jennifer.halpin@laf.org)

## **THE WELLNESS COMMUNITY AND THE LANCE ARMSTRONG FOUNDATION TO PARTNER ON NEW NATIONAL PROGRAM FOR PEOPLE WITH CANCER**

### ***New Program Helps Survivors Return to Wellness Following Cancer Treatment***

**WASHINGTON, D.C. – November 28, 2005** – The Wellness Community® (TWC) and the Lance Armstrong Foundation (LAF) announced today the formation of a three-year cooperative agreement through which they will create a national program designed to support and empower people with cancer after treatment.

Together, TWC and the LAF will expand the TWC's popular *Return to Wellness* program, which was created to meet the emotional and physical needs facing women, post-breast cancer treatment in a comprehensive rehabilitation program. The new program will be available for both men and women post-cancer treatment regardless of cancer diagnosis and will feature a number of interactive education, support and strength-building activities that are designed to provide hope and empowerment during their transition from treatment to post-treatment.

"From the moment of diagnosis, the Lance Armstrong Foundation provides the practical information and tools to help people with cancer live life on their own terms. Our mission to inspire and empower people affected by cancer is closely aligned with The Wellness Community's mission to provide support, education and hope to all people affected by cancer," said Mitch Stoller, president and CEO of the LAF. "By collaborating with The Wellness Community, we intend to enhance the quality of life of post-cancer treatment survivors."

According to the November 7, 2005, Institute of Medicine's report *From Cancer Patient to Cancer Survivor: Lost in Transition*, the more than 10 million cancer survivors living in the United States are reporting disparities in cancer care, making the transition from treatment to post-treatment often difficult and confusing.

"In light of the Institute of Medicine's new survivorship report, The Wellness Community and the Lance Armstrong Foundation are well positioned to meet cancer survivors' needs following treatment," said Kim Thiboldeaux, president and CEO of TWC. "Together, we are working to

educate and empower cancer survivors with the critical tools and resources to make as smooth a transition as possible.”

The new program will be built on the foundation of a program originally developed and piloted by TWC – Foothills in Pasadena, Calif. and helps cancer survivors move from Patient Active to Life Active through a variety of activities including:

- Support/networking groups for survivors to connect with others to reduce feelings of isolation and to regain a sense of hope
- Education about post-treatment issues for cancer survivors such as follow-up surveillance, nutrition, late and lingering side effect management, psychosocial issues (anxiety, depression, etc.), and more
- Exercise and relaxation techniques such as strength training and yoga/Tai Chi to enhance physical and emotional well-being, reduce fatigue and encourage movement and physical activity following treatment
- An interactive workbook and CD-ROM for ongoing and extended support
- Research to evaluate the impact of the program and for future improvement
- Online services including online support groups and educational tools and resources to extend the program to a broader audience of cancer survivors via TWC and the LAF websites

The new program will be held at TWCs across the country as well as at hospitals and cancer centers. A Train-the-Trainer program will be developed to ensure the program maintains TWC’s gold standard methodology as it is implemented in other locations nationwide.

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#### **ABOUT 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, education and 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 regardless of the stage of their disease. Today, there are 21 Wellness Communities around the United States, 28 satellite centers, two abroad in Tel Aviv and Tokyo, five in development, and online at The Virtual Wellness Community. For more information, visit [www.thewellnesscommunity.org](http://www.thewellnesscommunity.org)

#### **ABOUT THE LANCE ARMSTRONG FOUNDATION**

The Lance Armstrong Foundation (LAF) believes that in your battle with cancer, unity is strength, knowledge is power and attitude is everything. From the moment of diagnosis we provide the practical information and tools you need to live life on your own terms. We serve our mission through public health, advocacy, research and education, including the LIVESTRONG™ Resource for Cancer Survivors. The LAF was founded in 1997 by cancer survivor and champion cyclist Lance Armstrong and is located in Austin, Texas. For more information, visit [www.livestrong.org](http://www.livestrong.org)