



INNOVATIVE ONLINE RESOURCES AVAILABLE FOR PEOPLE WITH CANCER AND THEIR LOVED ONES

*The Wellness Community Extends Reach of Free Support and Education Online at
www.thewellnesscommunity.org*

The Virtual Wellness Community

Free, online cancer support services for people affected by cancer are now available anywhere, anytime through *The Virtual Wellness Community*. This forum provides online support groups, a resource library, a nutrition center and the mind/body room. Online support groups in *The Virtual Wellness Community* are free, password-protected weekly groups led by trained professionals for both adults with cancer and their caregivers. The resource library provides informational and educational resources on a variety of cancer-related topics, including suggested books and websites. Information on nutritional foods and recipes are available in the nutrition center to help combat the loss of appetite and energy that often accompanies cancer treatments. The mind/body room offers self-care techniques to learn how to focus and eliminate stress.

To learn more visit www.thewellnesscommunity.org or call 1-888-793-WELL.

Talking Wellness: Cards for Cancer

Group Loop

The Wellness Community launched *Group Loop* as an innovative resource for teens with cancer and a place to come together and communicate with other teens dealing with cancer. *Group Loop* is a safe place for teens to get away from the daily pressures of classes, after school activities, responsibilities and demanding treatment schedules. In

addition to online support groups for teens, parents have the opportunity to participate in online support groups to interact with other parents or guardians of teens with cancer. By logging on to www.grouploop.org, teens and parents have access to online topics such as “Find-A-Friend,” where teens can connect with others according to cancer type and other interests, and InfoZone, a resource page with links and information related to being a teen living with cancer.

To learn more visit www.thewellnesscommunity.org or call 1-888-793-WELL.

Talking Wellness: Cards for Cancer allows family, friends and caregivers to send eCards expressing sentiments that can be hard to say to a loved one coping with cancer by logging on to www.talkingwellness.org. The free eCards feature messages of empowerment and encouragement created by celebrities, including inspirational life coach Tony Robbins, author Deepak Chopra and chef Michael Lomonaco. The website also provides educational information for those affected by cancer on how to work with their health care team to effectively manage some of the more common and often distressing side effects that can result from chemotherapy treatment, such as nausea, vomiting and fatigue, which often compounds the emotional toll and disruption that cancer brings into patients’ lives.

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