

The Wellness Community — National
919 18th Street, Suite 54
Washington, DC 20006

www.starcampaign.org | phone: 202.659.9709 | fax: 202.659.9301



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Contact:
Natalie Haskins
(202) 659-9709
natalie@thewellnesscommunity.org

The Wellness Community Announces October's Featured Star



Dave and Christine
Balch

Washington, DC - The Wellness Community (TWC) announced today that Dave Balch, author of "Cancer for Two" is the featured *Star* for October. Balch joins nearly 200 family members, friends, medical professionals, counselors and others who have been honored through The *Star Campaign*, a web-based effort, www.starcampaign.org, which enables people with cancer to honor and reflect on the caregivers who support them. The campaign is made possible by a charitable donation from GlaxoSmithKline Oncology.

Balch is being honored by his wife Christine, a breast cancer survivor. Dave has coordinated and accompanied Christine to more than 240 doctors' appointments, treatment visits, and surgical procedures, driving over 26,000 miles between their home in the San Bernardino Mountains to hospitals in the Los Angeles area.

"The truth is that if it weren't for Dave, I would be a wreck because he handles everything: I just have to show up," Christine said.

When Christine was diagnosed in April 2002 on their 19th wedding anniversary, Dave told her, "It's your job to get better, and it's my job to do everything else." And that's exactly what he's done. Not only does he handle the doctors' visits, he takes care of a small ranch with two horses, two dogs, two cats, and a parrot that Christine has had since 1957!

In 2003, Dave wrote "Cancer for Two," a funny, touching book about cancer caregiving. The following year, he founded The Patient/Partner project to help other caregivers support their loved ones and is currently traveling around the country speaking to patients and their caregivers. His greatest piece of advice he shares with his audiences—"find things to laugh about."

On The *Star Campaign's* website, people living with and beyond cancer can honor their *Stars* by completing a simple form about themselves and the person they are choosing to honor. All *Stars* are listed on the "Star Walk of Fame," which serves as a place to share inspirational stories of cancer caregiving. Visitors may also purchase a *Star Campaign* lapel pin for \$5 in support of cancer caregivers, create *Star* certificates, access caregiving resources, and learn about free support and education available for patients and caregivers at TWC.

Currently, Dave participates in one of The Wellness Community's weekly online support groups for caregivers. All groups are free, password-protected and led by trained professionals in 90 minute sessions of 8-10 people.

(more)



Participants receive and share ongoing support, feedback, and information with other people affected by cancer.

To read more about this month's *Star*, Dave Balch, the many other caregivers who are honored by The *Star Campaign*, or TWC's free support and education services please visit www.starcampaign.org.

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ABOUT THE WELLNESS COMMUNITY

Celebrating its 25th anniversary in June 2007, The Wellness Community is an international organization dedicated to providing support, education and hope to people with cancer and their loved ones. Through participation in free professionally-led support groups, educational workshops, nutrition and exercise programs, and stress reduction 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. The Wellness Community provides support, education and hope for people affected by cancer at over 100 locations worldwide including 24 U.S. based and 2 international centers with 73 satellite and off-site programs and online at www.thewellnesscommunity.org.