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The Wellness Community Announces *Star Caregiver of the Month* *Caregiver Raises Funds and Awareness Through Strides For Hope*

Washington, DC - The Wellness Community (TWC) announced today that TWC-Valley/Ventura participant, Andrea Roschke is April's *Star of the Month*. Andrea joins more than 250 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.

Andrea is being honored by her husband, Mark Roschke, a brain cancer survivor. Andrea first became involved with TWC-Valley/Ventura as a volunteer in 2002 for their annual Holiday Homes Tour. In December 2003, Mark was diagnosed with a Glioblastoma brain tumor, and soon both he and Andrea became regular TWC participants in the monthly brain tumor support group and accompanying breakout session for caregivers.

As a direct beneficiary of The Wellness Community's free support services, Andrea decided it was important to continue giving back to the community that provided so much support to her and her family. She and a close friend began training for *Strides for Hope*, a charity marathon program whose participants raise money to support The Wellness Community and people living with cancer in their local communities. In exchange, *Strides for Hope* provides a comprehensive training program to help participants successfully complete a variety of races, from marathons to 5K walks. With the help of family and friends, Andrea raised over \$10,000 for TWC-Valley/Ventura, ensuring that many more people affected by cancer would continue to benefit from The Wellness Community's free services.

On April 27, 2008, this year's *Strides for Hope* teams will be heading to Monterey, California to participate in the Big Sur International Marathon, where *Striders* will have the opportunity to walk or run in six different race options. With representation from eight different Wellness Communities and close to 200 participants, the 2008 *Strides for Hope* program has already turned out to be a great success.

Andrea believes her marathon training has really helped her maintain a focus on her own health. "It is important for me to remain healthy in order to best care for my family," says Andrea. She adds that including her husband on regular walks does wonders for both their spirits and physical health.

On May 30, Andrea will be honored with the Celebration of Life award at TWC-Valley/Ventura's 17th Anniversary Gala. The awards ceremony is a chance to honor those who, like Andrea, have inspired the community with their dedication to cancer support.

To read more about this month's *Star*, 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®

Founded in 1982, 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 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.