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For Immediate Release
September 12, 2007

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The Wellness Community Announces September's Featured Star



Patty Silver and Pam Bradshaw

Washington, DC - The Wellness Community (TWC) announced today that Patty Silver, a creative expression therapist from Nashville, TN, is its featured *Star* for September. Patty joins more than 170 family, 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.

Ms. Silver is being honored by Pamela Bradshaw, a breast cancer survivor and participant at The Wellness Community-East Tennessee. At TWC – East Tennessee and TWC's 24 other centers, professionally-led support groups, educational workshops, nutrition and exercise programs, and stress reduction classes are provided for people affected by cancer and their caregivers at no charge. Pamela began attending a weekly support group, yoga classes and other featured programming in 2000, shortly after she had been diagnosed with recurrent inflammatory breast cancer. She met Patty during her guest lecture on spiritual healing practices taught at the Shekhinah Center's "Kathy Norris Breast Cancer Help Program."

Developed in conjunction with Patty's late friend and program namesake, the course uses creative expression, visualization exercises, meditation and other spiritually-based techniques and practices to help people affected by breast cancer find hope and healing in the midst of chaos. While attending the eight-week series, Pamela developed a close relationship with her facilitator, Patty.

"The spiritually-based practices and insight I learned from Patty were an excellent complement to the knowledge, inspiration, support and hope I received from TWC- East Tennessee," said Pamela.

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.

Upon her recovery, Pamela began teaching yoga classes at TWC- East Tennessee, where she provides support for others who are looking for ways to heal in the face of cancer.

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“We are delighted that Patty and Pam are September’s feature for the *Star Campaign*. Pam herself has been a *Star* to many people affected by cancer in her role as the yoga instructor at TWC-East Tennessee. With her commitment to The Wellness Community program and concept, participation in our yoga classes has grown dramatically. We are proud to have her be a part of our Community,” said Alicer Mercer, TWC- East Tennessee Executive Director.

To read more about Pamela and her *Star* or the many other caregivers who are honored by The *Star Campaign*, 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.