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FOR IMMEDIATE RELEASE – Calendar Listing

FRANKLY SPEAKING ABOUT LUNG CANCER WORKSHOP FREE WORKSHOP ENCOURAGES PROACTIVE APPROACH TO DISEASE MANAGEMENT

Raleigh/Durham, NC (November) – The American Lung Association of North Carolina will host a free workshop for people with lung cancer and their caregivers entitled *Frankly Speaking About Lung Cancer: Stepping Back to Take a Closer Look*. The two hour workshop will feature two lung cancer specialists who will offer the latest information about the most current lung cancer treatments, symptom/side effect management strategies and survivorship issues for people with lung cancer and their loved ones. Participants will be empowered to build a more proactive relationship with their health care team. The workshop will take place on November 8 from 5:30 pm to 8:00 at the Duke Center for Living, 3475 Erwin Drive in Durham. Go to www.lungnc.org for directions.

Advance registration is preferred but walk-in attendees are welcome. To register, please call the American Lung Association of North Carolina 919.832.8326 x 22. (Heavy appetizers will be served and coffee from Starbucks).

“Developing vital skills to become an active and informed partner with your health care team is essential,” said Susan King Cope, Vice President of Programs and Advocacy, American Lung Association of North Carolina. “*Frankly Speaking About Lung Cancer* is a valuable resource to educate people on how to better cope with cancer before, during and after treatment, and to remind people with lung cancer that they are not alone.” In the U.S., there are approximately 350,000 people living with lung cancer at any given time.

Workshop presenters include:

- Patricia Rivera, MD
- Catherine A Glennon, RN

Frankly Speaking About Lung Cancer is one in a series of free cancer-related educational programs created by The Wellness Community. The *Frankly Speaking About Lung Cancer* program is made possible to the American Lung Association of North Carolina through educational grants from AstraZeneca, Eli Lilly & Company, and GlaxoSmithKline Oncology.

ABOUT THE WELLNESS COMMUNITY

The Wellness Community is an international, nonprofit organization dedicated to providing free support and education as well as hope to people affected by cancer. 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 across the United States, five in development, 28 satellites, two centers abroad in Tokyo and Tel Aviv, and a community online at The Virtual Wellness Community. Please visit www.thewellnesscommunity.org for more information.

ABOUT THE AMERICAN LUNG ASSOCIATION OF NORTH CAROLINA

For almost 100 years, the American Lung Association of North Carolina has been the lead organization working to prevent lung disease and promote lung health. Lung disease death rates continue to increase while other leading causes of death have declined. The American Lung Association funds vital research on the causes of and treatments for lung disease. With the generous support of the public, the American Lung Association is "Breathing Health into Life." For more information about the American Lung Association of North Carolina or to support the work it does, call 1-800-LUNG-USA or log on to www.lungnc.org.

Editor's Note: Reporters are welcome to attend the workshop, however, please contact us in advance if you are interested in bringing a photo/videographer or would like a facility tour.

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