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As you can imagine, battling cancer can lead to feelings of despair and hopelessness. Fortunately, for Hoosiers in Central Indiana, The Wellness Community provides free programs of education, support and *hope* to individuals and their families who are affected by cancer, but we need your help. The last several months have brought several ups and downs for many of us. We've all been impacted by the economic climate in ways unexpected. We realize that during tumultuous times like these, giving can become a challenge. But, one side effect of an economic downturn is the increase in the reliance on services provided by not-for-profits like us...The Wellness Community-Central Indiana.

More than 30,000 Hoosiers will be diagnosed with cancer this year. While amazing discoveries of new therapies and treatments are dramatically improving survival rates, hearing the words "you have cancer" still leaves a feeling of hopelessness among many. The Wellness Community-Central Indiana reaches out to these individuals to help instill hope, maintain strength, and empower cancer survivors to stand up against cancer. The Wellness Community provides *at no charge*, psychosocial and emotional support, including support groups and Mind/Body programs for individuals and their families affected by cancer.

Kristie Williams, one of our participants who is battling non-Hodgkin's Lymphoma, recently told me that our Mind/Body programs help keep her centered and strong as she journeys through treatment. She asked me how we are able to do what we do. I told her we exist *for* her and the many others battling cancer and we exist *thanks to* generous donors in the community. Your contribution can help Kristie and others continue to find hope, overcome fear and maintain focus on getting healthy while participating in weekly patient support groups or privately enjoying the many other valuable resources The Wellness Community offers. So, please make a tax-deductible contribution today!

Thank you in advance for your support. Please stop in to see us!

Very sincerely yours,



Kathleen N. Spears, Ph.D.  
Chief Executive Officer