

October Events Press Release
Wings of Hope Cancer Support Center
Contact Person: Carolyn Ettinger 712-325-8970

FOR IMMEDIATE RELEASE

Wings of Hope Sponsors Activities for Breast Cancer Awareness Month

Positive Attitude and Gratitude is the theme for activities Wings of Hope Cancer Support Center is sponsoring in observance of Breast Cancer Awareness Month in October.

Community Workshop

Wings of Hope, Methodist Jennie Edmundson and CHI Health are co-sponsoring a community workshop on Thursday, Oct. 30, from 1-4 p.m. at Iowa Western Community College in Looft Hall Auditorium. The workshop is open to health care and business employees, cancer survivors and the general public. The cost is \$10 per person, payable at the door or online at www.wingsofhope.org.

The workshop will feature a presentation by Mary Kay Mueller on “How to Feel Good and Stay Positive, No Matter What.” The uplifting program will help participants discover how to:

- Change moods and energy levels in just three minutes a day
- Learn non-defensive listening techniques
- Turn BC (Blaming and Complaining) into AD (Action and Dreaming)
- Target and turn around negative attitudes with the FGH formula

Mary Kay Mueller is an international trainer and author who began her professional life as a high school teacher when she hit rock bottom and found herself in a domestic violence shelter. From the depths of despair, she experienced life-changing insights as she discovered we are not victims, because the power to effect change is always within us.

From this bold foundation, Mueller began a support group with five neighbors, which grew to hundreds. She now trains 100,000 people each year – from homeless shelter recipients to Fortune 500 executives – and is dedicated to the empowerment of youth. Mueller also has two original music CDs, three books and a curriculum that spans from Kindergarten through college.

Breast Cancer Awareness Event

Mary Kay Mueller will present a similar program, "Positive Attitude and Gratitude", to cancer survivors and friends at the Women Helping Women breast cancer awareness and recognition event on Thursday, Oct. 30, from 6:30-8:30 p.m. at St. Peter's Social Hall, 1 Bluff Street, in Council Bluffs. Women Helping Women is a soup and salad buffet, with a free will donation opportunity.

Call (712) 325-8970 to register for the workshop or to reserve your spot at the dinner.

Wings of Hope Cancer Support Center was established in September 1994 to provide emotional support and guidance for cancer patients, family members and health professionals. The organization offers support groups, private counseling, patient and family education, community resource referral, patient and family resource library and community educational opportunities. **All of the services and programs provided by Wings of Hope are offered free of charge to patients and their families.**