
Living Well with Cancer

FREE Acupuncture Treatments

Tai Sophia Institute's division of Community Partnerships is currently offering **FREE** acupuncture treatments to patients living with cancer who reside in Baltimore City, as well as Howard, Montgomery, Anne Arundel, and Baltimore counties, through funding generously provided by Bita's Run for Wellness, a 5K event held in Olney, MD, and an event sponsored by Angel's Living Well.

Patients can receive two weekly treatments for up to six months at Tai Sophia's **Living Well With Cancer Clinic**. The treatments are delivered in a community acupuncture setting which fosters additional support for group participants. Acupuncture has been used extensively as a complement to traditional cancer treatment. Many patients have reported improvements in their overall sense of wellbeing, as well as reductions in the discomfort resulting from chemotherapy and radiation.

The acupuncture treatments are provided by Tai Sophia clinical interns in their third year of the Master of Acupuncture program. The clinical interns are supervised by Tai Sophia's licensed clinical faculty.

For more information
or to schedule
an appointment,
contact
Kimberly Gaal at
301-328-6189 or
kgaal@tai.edu

About Bita's Run

Bita's Run for Wellness is a 5K event named after one of its founders, Bita Twiford. Bita stood by the Golden Rule, "Do unto others as you would want done to you." Her life was dedicated to serving those less fortunate and in any way possible. She passed away from complications of cancer treatment in 1996. The 5K race began in 1992 to support local people in need in the Olney area. The event continued after Bita's death through 2003, with funds donated to local institutions.

On October 3, 2009, the race was resurrected by Bita's daughter, and the funds raised from the 2009 event were used to create the Living Well With Cancer program at the Tai Sophia Institute to help individuals experiencing the side effects of cancer treatment. For the last two years, Tai Sophia has committed to providing wellness options for those living with cancer. In 2011, the Institute launched a community-style acupuncture program in order to serve more patients. This has helped to foster a greater support network; encouraging those living with cancer to live well despite the diagnosis.

About Angel's Living Well

Angel's Living Well is a lasting tribute to Phyllis Smith and the many other family members and friends who have confronted cancer. Phyllis Smith has battled cancer with warrior-like courage and an open spirit. In her honor, sponsored fundraising events raise money to tend individuals like her, who battle the intense side effects of chemotherapy and radiation. Angel's Living Well is a non-profit organization dedicated to raising money to help support the Living Well With Cancer program at the Tai Sophia Institute in Laurel, MD.

Learn more about Angel's Living Well at www.angelslivingwell.com and Bita's Run for Wellness at bitasrun.org.



**Tai Sophia
Institute**

7750 Montpelier Rd.
Laurel, MD 20723
www.tai.edu