



# MAY 2017

## OSF Healing Pathways PROGRAM SCHEDULE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30	<b>1</b> <b>FootsieStools™ Display</b> <u>1:05pm-1:50pm</u> Strength & Stability	<b>2</b> <b>FootsieStools™ Display</b> <u>1:05-1:50pm</u> Static Stretching	<b>3</b> <b>FootsieStools™ Display</b> <u>1:05pm-1:50pm</u> Strength & Stability	<b>4</b> <b>FootsieStools™ Display</b> <u>10am-11am</u> Creative Hands <u>1:05-1:50pm</u> Static Stretching	<b>5</b> <b>FootsieStools™ Display</b>	<b>6</b> <b>FootsieStools™ Display</b> <u>9am-10am</u> Men's & Caregiver's Support Groups
7	<b>8</b> <b>FootsieStools™ Display</b> Strength & Stability <b>CANCELLED</b>	<b>9</b> <b>FootsieStools™ Display</b> <u>1:05-1:50pm</u> Static Stretching	<b>10</b> <b>FootsieStools™ Display</b> <u>1pm-2pm</u> Women's Support Group  <u>1:05pm-1:50pm</u> Strength & Stability	<b>11</b> <b>FootsieStools™ Display Reception &amp; "Meet the Artist"</b> <b>10am-1pm</b> <u>9am-11am</u> Reflexology <u>10am-11am</u> Creative Hands <u>11am-1pm</u> Massage <u>1:05-1:50pm</u> Static Stretching <u>2pm-3pm</u> Care & Share—Chicken Noodle Soup Cancer Book Club	<b>12</b> <i>By appointment only</i>	<b>13</b>
14	<b>15</b> <u>1:05pm-1:50pm</u> Strength & Stability	<b>16</b> <u>1:05-1:50pm</u> Static Stretching	<b>17</b> <u>1:05pm-1:50pm</u> Strength & Stability	<b>18</b> <u>10am-11am</u> Creative Hands <u>1:00pm-3:00pm</u> Self-Care Workshop <b>Static Stretching CANCELLED</b>	<b>19</b> <i>By appointment only</i>	<b>20</b> <u>9am-10am</u> Men's & Caregiver's Support Groups
21	<b>22</b> <u>1:05pm-1:50pm</u> Strength & Stability	<b>23</b> <u>1:05-1:50pm</u> Static Stretching <u>3pm-4pm</u> Facials & Hand Massages	<b>24</b> <u>1:05pm-1:50pm</u> Strength & Stability	<b>25</b> <u>10am-11am</u> Creative Hands <u>1:05-1:50pm</u> Static Stretching <u>2pm-3pm</u> Care & Share—Chicken Noodle Soup Cancer Book Club <u>3pm-4pm</u> Writing to Heal	<b>26</b> <i>By appointment only</i>	<b>27</b>
28	<b>29</b> <u>1:05pm-1:50pm</u> Strength & Stability	<b>30</b> <u>1:05-1:50pm</u> Static Stretching	<b>31</b> <u>1:05pm-1:50pm</u> Strength & Stability	1	2	3

OSF Healing Pathways – 5668 E State Street, Suite 2700 – Rockford, IL 61108 – 815-977-4123

<https://www.osfhealthcare.org/saint-anthony/services/cancer/healing-pathways>

**HOURS:** Monday through Thursday, 9am – 4pm; Fridays by appointment only.