



# SEPTEMBER 2018

## *OSF Healing Pathways*

### PROGRAM DESCRIPTIONS

#### LOOK GOOD, FEEL BETTER

Look Good Feel Better is a free, non-medical public service support program that helps people with cancer deal with the appearance side effects of cancer treatment. The program includes lessons on skin and nail care, cosmetics, wigs and turbans, accessories and styling, helping people with cancer to find some normalcy in a life that is by no means normal. The program is open to all women with cancer who are undergoing chemotherapy, radiation, or other forms of treatment. Please call the **American Cancer Society** at **1-800-227-2345** for registration information.

#### LUNCH AND LEARN: CREATIVE IDEAS FOR COPING WITH GRIEF AND LOSS

Grief and loss are complex forms of suffering and heartache that can be incredibly difficult to navigate on your own. A grieving person may not know the words, or the words do not exist, to adequately express the deep emotion of grief. Turning to other means of expressing grief can help to lift a grieving person's spirits in the midst of loss and tragedy. Join us for a lunch & learn to explore **Creative Ideas for Coping with Grief and Loss**. Lunch will be provided and registration is required. Our facilitator will be Andrew Vitale, CT from Northern Illinois Hospice.

#### CREATIVITY TO HEAL

Working on a creative project alone at home? Bring your project to OSF Healing Pathways! Whether you paint, knit, draw, crochet, etc., come be together in a space where you can both cultivate creativity and experience community, camaraderie and fellowship.

#### JOURNEY TO WHOLENESS

The mind, will and emotions have dynamic effects on the body. We were created with value and intended to thrive. Faith is directed by the will and can be positive or negative. This workshop will explore how self-interpretation of value is a critical part of wholeness. Questions that will be discussed include: Does a diagnosis determine my value? What is determining my present value? Can I change my interpretation of value? Sessions will be facilitated by Steve Lowery.

#### SURVIVORSHIP VIDEO SERIES AND DISCUSSION

Join us for a thought-provoking video series accompanied by stimulating discussion on a variety of cancer survivorship topics. Topics include but are not limited to: Coping with Fear, Anxiety & Stress, Post-Traumatic Stress & Growth, Finding Meaning in the Journey and Living with Cancer. Discussion will be facilitated by Amy Mullen.

## GUIDED IMAGERY

This research-proven, physician endorsed guided imagery program combines engaging the imagination with peaceful imagery, powerful music, and the most current understanding of the mind-body connection to help increase physical and emotional comfort and relaxation. A Guided Imagery CD series by Belleruth Naparstek will be used and Savannah CussenLizer will facilitate this program.

## STRETCH & BALANCE FLOWS (EXERCISE)

Break up the day with a slow, relaxing stretch and balance flow exercise class. This slow-paced class incorporating long holds and relaxing, strengthening movements, will get your blood flowing and can reduce stress levels. Facilitated by Savannah CussenLizer.

## WOMEN'S SUPPORT GROUP

Our Women's Support Group provides a nurturing, non-clinical setting that is a safe and comfortable place to gather with others for companionship, information and encouragement. Facilitated by Karen Burton & Marge Zimmerman.

## MASSAGE THERAPY

The benefits of massage for our guests include improved relaxation, sleep, and circulation, as well as relieving anxiety, pain, fatigue and nausea. This program helps our guests to manage their experience with cancer, while comforting, nurturing, and supporting them in the process. Provided by Kathy Moelling RN, ND, LCPC, LMT, HTCP, HWNC-BC & Julie Ericksen, RN, LMT. Pre-registration is required.

## REFLEXOLOGY

Reflexology is the application of appropriate pressure to specific points and areas on the feet and hands. Reflexologists use reflex points that correspond to the different body systems, as a complementary treatment that has a beneficial effect on the person's health. Reflexology can help alleviate the side effects of chemotherapy, reducing levels of anxiety and helping to cope with nausea and pain. Provided by Carolyn Bieck, Certified Reflexologist. Pre-registration is required.