



# NOVEMBER 2017

*OSF Healing Pathways*

PROGRAM DESCRIPTIONS

## ONCOLOGY NUTRITION SERIES

Join us for a 3-session series on Oncology Nutrition, including information on “Basic Oncology Nutrition,” “Helpful vs. Harmful Ingredients and Foods,” as well as, “Plant-based Diets and Incorporating Spices.” This series will be facilitated by our in-house Dietician at OSF, Kristin Frondal.

## LUNCH AND LEARN: THE BENEFITS OF REFLEXOLOGY

Join us for a nutritious lunch and learn about how the therapy of Reflexology can be beneficial for you during your cancer journey. Reflexology is a science and an art based on a system of zone and reflex areas that represent an image of the body in miniature on the feet, hands and ears. The areas on the feet, hands and ears correspond to the specific organs, glands and body parts. Carolyn Bieck, a Certified Reflexologist from Sole Expressions, will be presenting on this topic.

## CARDS AND COCOA

Help us prepare for Christmas and stamp cheerful and uplifting Christmas cards to be sent out to all of our guests at OSF Healing Pathways. We will provide supplies, hot cocoa, light \*festive\* refreshments, and an abundance of Christmas cheer! We look forward to seeing you there!

## CARE N SHARE CHICKEN NOODLE SOUP CANCER BOOK CLUB

Care & Share Chicken Noodle Soup Cancer Book Club provides an enjoyable social setting in which our guests are able to share their thoughts and perspectives on the book and their own personal journeys. This group is given the opportunity to connect with one another, expressing their insights in a community that shares common experiences, thoughts and struggles.

## JOURNEY TO WHOLENESS

The spirit, soul and body are all components of the whole human person. We were created with value and intended to thrive. This workshop will explore how self-interpretation value is a critical part of wholeness. It will also help to identify limitations and blockages that prevent us from interpreting our value rightly.

## MEDITATIVE MINDFULNESS WITH DR. SHANTI

Incorporating a series of breathing exercises partnered with reflection, this Meditative Mindfulness program will be a retreat from the busyness of the day-to-day, offering a respite and a time to relax and be renewed.

## STRETCH AND RESET (EXERCISE)

Untangle tension and release patterns of stress, injury and pain while focusing on strength, flexibility, balance and breath. This class is intended for people who have undergone cancer treatment or caregivers. Suitable for all levels, including beginners.

## 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.

## WRITING TO HEAL

Guided by a series of prompts, guests are invited to journal about their cancer journey and the different ways that it has impacted and changed their lives. Writing can be a very powerful tool used to cope. This type of reflection can help generate insight and revelations about ourselves that we previously were not aware of, until taking time to sit down and reflect.

## STATIC STRETCHING CLASS (EXERCISE)

Relax through a mat series of slow-paced, low-impact stretches, improving circulation, range of motion, and flexibility.

## STRENGTH AND STABILITY CLASS (EXERCISE)

This exercise class includes a series of low-impact, slow-paced movements that build strength, stability and relieve stress. With incorporated breathing exercises, stretches, and light dumbbell lifts, this exercise class aims to gradually strengthen muscles while improving balance, and relieving the stress that can come with the cancer journey.

## 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.

## MEN'S SUPPORT GROUP

Our Men's Support Group provides a space where men can gather together to share their stories, camaraderie, fellowship, and support. The sense of brotherhood experienced in this group has been a great source of consolation and joy in the lives of our guests, giving hope and peace.

## CAREGIVER'S SUPPORT GROUP

Caring for those you love who are suffering from the effects of cancer, while it is a privilege, can oftentimes prove to have taxing and trying elements. It is important that caregivers have a place where they can be seen, heard, and understood, a setting where you can receive the tools you need to take care of yourself as you provide care for your loved one. In our Caregiver's Support Group, caregivers can share their own experiences, as well as glean from the wisdom and resources of others who have gone before them in this experience.

## MASSAGE

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. This relaxing experience provides a calming opportunity to unwind in the midst of the cancer journey.

## REFLEXOLOGY

Reflexology, also known as zone therapy, 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 our guests' level of anxiety and helping them to cope with nausea and pain.