



# OCTOBER 2018

*OSF Healing Pathways*

## PROGRAM DESCRIPTIONS

### COFFEE AND CONVERSATION

New to OSF Healing Pathways? Join us for Coffee and Conversation to learn more about what programs we offer, benefit from some program navigation, have a tour of our facility, and meet new people, all the while enjoying a nice hot cup of coffee. Drop ins are welcome.

### ANGELIC ORGANICS FARM TOUR AND SALAD HARVEST

Join us for a farm tour and salad harvesting at Angelic Organics, a community-supported CSA farm in Caledonia, IL. This program will have both social and educational components. Space is limited. Registration is required and we will accept registrations on a first-come, first-served basis. Call 815-977-4123 to register.

### LUNCH AND LEARN: ALL HALLOWS EVE "FALL-THEMED" HEALTHY COOKING

Join us as we make our own "Fall-themed" Lunch on Halloween using just a blender, an instant pot and a food processor. The menu will consist of Butternut Squash Apple Ginger Soup, a homemade Maple Balsamic Vinaigrette over Leafy Greens, and Green Pumpkin Pie Smoothies. Session will be facilitated by Amy Mullen. Space is limited. Registration is required and we will accept registrations on a first-come, first-served basis. Call 815-977-4123 to register.

### 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 Erickson, 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.