



# AUGUST 2018

*OSF Healing Pathways*

PROGRAM DESCRIPTIONS

## SOUND IMMERSION WITH TIBETAN SINGING BOWLS

You are invited to join us for a cultural immersion experience using Tibetan singing bowls. In some cultures, singing bowls are used for “sound massage” to relieve stress and to promote relaxation and recollection. Our session will include a brief explanation of the bowls and a “sound immersion.” Wear comfortable clothing and bring a mat or blanket. Facilitated by Tami & Ben Bogard. Pre-registration is required.

## LUNCH AND LEARN: FIVE STEPS TO TRANSFORMATION

Based on the way that our experiences inform our beliefs, we get certain results. What we believe to be true about ourselves, particularly when it comes to our own value, directly impacts our direction, decisions, and behaviors. Join us for this Lunch & Learn, “Five Steps to Transformation,” to discover your own potential and design, identify blockages in your life, begin the journey of transforming your mentality, and watch your results transform. Lunch will be provided. Session will be facilitated by Steve Lowery. Pre-registration is required.

## 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

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.

## MEN'S SUPPORT GROUP

This project-based support group consists of six 90-minute sessions occurring weekly on Tuesday afternoons from 3:30pm-5:00pm from July 10<sup>th</sup> to Aug 14<sup>th</sup>. The Men's Support Group is a project-based time together meant to help those who attend move past their losses, guilt, fear and other feelings, which may have paralyzed them in the present. Our time together will stir the emotions of the heart, then guide the mind through a process of connecting each step of the healing process to a specific piece of the project. Join us for a step-by-step project to help us identify and find our way back to life after loss or crisis (and we all have those!). Facilitated by Andrew Vitale, CT. Pre-registration is required.

## CAREGIVER'S SUPPORT GROUP

This educational support group consists of six 90-minute sessions occurring weekly on Tuesday afternoons from 3:30pm-5:00pm from July 10<sup>th</sup> to Aug 14<sup>th</sup>. This group is for both female and male caregivers of a loved one with a cancer diagnosis. Caregivers will learn about the ABC's of Caregiving, Promote Awareness of Self-Care, Develop and Enhance Communication Skills, Identify and Improve their Support System, Advocate on Behalf of the Care Receiver and Expect the Best, but Prepare for a Range of Outcomes. Facilitated by Julia C. Gordon, LCSW. Pre-registration is required.

## 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.