



JANUARY 2018 OSF Healing Pathways PROGRAM SCHEDULE

M

T

W

TH

F

S

1 Closed for New Years Day	2 <u>4:30pm-5:30pm</u> ☎ Stretch & Balance Flows	3	4 <u>10:30am-12:30pm</u> Massage ☎ <u>1:05pm-1:50pm</u> Stretch & Balance Flows	5 <i>By appointment only</i>	6 <u>9:00am-10:00am</u> Men's & Caregiver's Support Groups <u>10:30am-11:30am</u> Stretch Your Breath ☎
8	9 <u>4:30pm-5:30pm</u> ☎ Stretch & Balance Flows	10 <u>1:00pm-2:00pm</u> Women's Support Group	11 <u>10:30am-12:30pm</u> Massage ☎ <u>1:05pm-1:50pm</u> Stretch & Balance Flows	12 <i>By appointment only</i>	13
15	16 <u>10:00am-11:30am</u> ☎ Bereavement Support Group <u>4:30pm-5:30pm</u> ☎ Stretch & Balance Flows	17 <u>6:00pm-7:30pm</u> Tibetan Singing Bowls	18 <u>10:30am-1:15pm</u> Massage ☎☎ <u>1:05pm-1:50pm</u> Stretch & Balance Flows	19 <i>By appointment only</i>	20 <u>9:00am-10:00am</u> Men's & Caregiver's Support Groups <u>10:30am-11:30am</u> Stretch & Reset ☎
22	23 <u>10:00am-11:30am</u> ☎ Bereavement Support Group <u>1:00pm-2:00pm</u> Care N Share ☎ Chicken Noodle Soup Book Club <u>2:00pm-3:00pm</u> Writing to Heal ☎ <u>4:30pm-5:30pm</u> ☎ Stretch & Balance Flows	24	25 <u>9am-11am</u> Reflexology ☎ <u>10:30am-12:30pm</u> Massage ☎ <u>1:05pm-1:50pm</u> Stretch & Balance Flows	26 <i>By appointment only</i>	27
29 <u>1:00pm-2:00pm</u> Health & Life Coaching	30 <u>10:00am-11:30am</u> ☎ Bereavement Support Group <u>4:30pm-5:30pm</u> ☎ Stretch & Balance Flows	31	☎ Next to a program means call 815-977-4123 to pre-register.		

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-Thursday 9am-4pm; Fridays by appointment only.