



SEPTEMBER 2017 *OSF Healing Pathways* PROGRAM SCHEDULE

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Means Call to Register: (815) 977-4123					1 <i>By appointment only</i>	2 Support Groups CANCELLED due to Labor Day Weekend
3	4 Closed for Labor Day	5 <u>1:05-1:50pm</u> Static Stretching	6 <u>10:30am-12:30pm</u> Massage <u>1:05pm-1:50pm</u> Strength & Stability	7 <u>10am-11am</u> Creative Hands <u>1:05-1:50pm</u> Stretch & Balance Flows	8 <i>By appointment only</i>	9
10	11 <u>6pm—7pm</u> Hope Floats! Children's Support Group	12 <u>11am-1pm</u> Lunch & Learn – Essential Oils & Your Wellness Journey <u>1:05-1:50pm</u> Static Stretching <u>5pm-6pm</u> Journey to Wholeness	13 <u>1:05pm-1:50pm</u> Strength & Stability <u>1pm-2pm</u> Women's Support Group	14 <u>10am-11am</u> Creative Hands <u>10:30am-1pm</u> Massage <u>1:05-1:50pm</u> Stretch & Balance Flows <u>2pm-3pm</u> Care & Share – Chicken Noodle Soup Cancer Book Club <u>5pm-6pm</u> Meditative Mindfulness with Dr. Shanti	15 <i>By appointment only</i>	16 <u>9am-10am</u> Men's & Caregiver's Support Groups Meditative Mindfulness w/ Dr. Shanti
17	18	19 <u>11am-1pm</u> Blood Cancer Awareness Month Lunch & Learn feat. LLS <u>1:05-1:50pm</u> Static Stretching	20 <u>1:05pm-1:50pm</u> Strength & Stability	21 <u>9am-11am</u> Reflexology <u>10am-11am</u> Creative Hands <u>10:30am-12:30pm</u> Massage <u>1:05-1:50pm</u> Stretch & Balance Flows	22 <i>By appointment only</i>	23
24	25 <u>6pm-7pm</u> Hope Floats! Children's Support Group	26 <u>1:05-1:50pm</u> Static Stretching <u>5pm-6pm</u> Journey to Wholeness	27 <u>1:05pm-1:50pm</u> Strength & Stability	28 <u>10am-11am</u> Creative Hands <u>10:30am-12:30pm</u> Massage <u>1pm-3pm</u> Self-Care Workshop <u>2pm-3pm</u> Care & Share – Chicken Noodle Soup Cancer Book Club <u>3pm-4pm</u> Writing to Heal	29 <i>By appointment only</i>	30

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 through Thursday, 9am – 4pm; Fridays by appointment only.