



OCTOBER 2018

OSF Healing Pathways PROGRAM GUIDE

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<p><b>1</b></p>	<p><b>2</b> <u>9:00am-10:00am</u> Coffee &amp; Conversation</p> <p><u>1:00pm-2:00pm</u> Survivorship Video Series &amp; Discussion</p>	<p><b>3</b></p>	<p><b>4</b> <u>9:00am-11:00am</u> Reflexology ☎</p> <p><u>1:00pm-1:50pm</u> Stretch &amp; Balance Flows</p> <p><u>2:00pm-3:00pm</u> Guided Imagery</p>	<p><b>5</b></p> <p><i>By appointment only</i></p>
<p><b>8</b></p>	<p><b>9</b></p> <p><u>1:00pm-2:00pm</u> ☎ Journey to Wholeness</p>	<p><b>10</b></p> <p><u>1:00pm-2:30pm</u> Women's Support Group</p>	<p><b>11</b> <u>10:30am-1:00pm</u> Massage ☎</p> <p><u>1:00pm-1:50pm</u> Stretch &amp; Balance Flows</p> <p><u>2:00pm-3:00pm</u> Guided Imagery</p>	<p><b>12</b></p> <p><i>By appointment only</i></p>
<p><b>15</b></p>	<p><b>16</b></p> <p><u>1:00pm-2:00pm</u> Survivorship Video Series &amp; Discussion</p>	<p><b>17</b></p>	<p><b>18</b> <u>10:30am-1:00pm</u> Massage ☎</p> <p><u>1:00pm-1:50pm</u> Stretch &amp; Balance Flows</p> <p><u>2:00pm-3:00pm</u> Guided Imagery</p>	<p><b>19</b></p> <p><u>10:00am-12:00pm</u> ☎ Angelic Organics Farm Tour and Salad Harvest</p>
<p><b>22</b></p>	<p><b>23</b></p> <p><u>1:00pm-2:00pm</u> ☎ Journey to Wholeness</p>	<p><b>24</b></p>	<p><b>25</b> <u>10:30am-1:00pm</u> Massage ☎</p> <p><u>1:00pm-1:50pm</u> Stretch &amp; Balance Flows</p> <p><u>2:00pm-3:00pm</u> Guided Imagery</p> <p><u>4:00pm-6:00pm</u> Massage ☎</p>	<p><b>26</b></p> <p><i>By appointment only</i></p>
<p><b>29</b></p>	<p><b>30</b></p> <p><u>1:00pm-2:00pm</u> Survivorship Video Series &amp; Discussion</p>	<p><b>31</b></p> <p><u>11:00am-1:00pm</u> ☎ Lunch &amp; Learn – All Hallows Eve “Fall Themed” Healthy Cooking</p>		

OSF Healing Pathways Cancer Resource Center – 5668 E State Street, Suite 2700 – Rockford, IL 61108 – 815-977-4123

HOURS: Monday-Thursday 9am-4pm; Fridays by Appointment only. – [www.osfsaintanthony.org/pathways](http://www.osfsaintanthony.org/pathways)



NOVEMBER 2018

OSF Healing Pathways

PROGRAM GUIDE

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			<p><b>1</b> <u>9:00am-11:00am</u> Reflexology ☎</p> <p><u>10:30am-1:00pm</u> Massage ☎</p>	<p><b>2</b></p> <p><i>By appointment only</i></p>
<b>5</b>	<p><b>6</b></p> <p><u>9:00am-10:00am</u> Coffee &amp; Conversation</p> <p><u>1:00pm-3:00pm</u> ☎ Journey to Wholeness</p>	<p><b>7</b></p> <p><u>11:00am-12:00pm</u> <b>Survivorship Series:</b> <b>Late Effects of</b> <b>Cancer Treatment</b> ☎</p>	<p><b>8</b> <u>10:30am-1:00pm</u> Massage ☎</p> <p><u>1:00pm-1:50pm</u> Stretch &amp; Balance Flows</p> <p><u>2:00pm-3:00pm</u> Guided Imagery</p>	<p><b>9</b></p> <p><i>By appointment only</i></p>
<b>12</b>	<p><b>13</b></p> <p><u>11:00am-1:00pm</u> ☎ Lunch &amp; Learn: All You Need to Know About the <b>LIVESTRONG</b> Program</p>	<p><b>14</b> <u>11:00am-12:00pm</u> <b>Survivorship Series:</b> <b>Dealing with the Fear</b> <b>of Reoccurrence</b> ☎</p> <p><u>1:00pm-2:30pm</u> Women's Support Group</p> <p><u>6:00pm-7:30pm</u> Sound Immersion with Tibetan Singing Bowls ☎</p>	<p><b>15</b></p> <p><u>10:30am-1:00pm</u> Massage ☎</p> <p><u>1:00pm-1:50pm</u> Stretch &amp; Balance Flows</p> <p><u>2:00pm-3:00pm</u> Guided Imagery</p>	<p><b>16</b></p> <p><i>By appointment only</i></p>
<b>19</b>	<p><b>20</b></p> <p><u>1:00pm-3:00pm</u> ☎ Journey to Wholeness</p>	<p><b>21</b></p> <p><u>11:00am-12:00pm</u> <b>Survivorship Series:</b> <b>Nutrition &amp; Exercise</b> ☎</p>	<p><b>22</b></p> <p><b>Closed for Thanksgiving</b></p>	<p><b>23</b></p> <p><i>By appointment only</i></p>
<b>26</b>	<p><b>27</b></p> <p><u>6:00pm-7:00pm</u> ☎ Group Drum Circle</p>	<p><b>28</b></p> <p><u>11:00am-12:00pm</u> <b>Survivorship Series:</b> <b>Managing Stress</b> ☎</p>	<p><b>29</b></p> <p><u>10:30am-1:00pm</u> Massage ☎</p> <p><u>4:00pm-6:00pm</u> Massage ☎</p>	<p><b>30</b></p>



# DECEMBER 2018 OSF Healing Pathways PROGRAM SCHEDULE

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<p><b>3</b></p>	<p><b>4</b>  <u>9:00am-10:00am</u>            Coffee &amp; Conversation   <u>1:00pm-3:00pm</u> ☎            Journey to Wholeness</p>	<p><b>5</b>  <u>11:00am-1:00pm</u>  <b>Lunch &amp; Learn:</b> ☎            Preparing for  <b>Winter Skin - Make &amp; Take</b>  <b>Skincare Products</b></p>	<p><b>6</b> <u>9:00am-11:00am</u> Reflexology ☎   <u>10:30am-1:00pm</u> Massage ☎</p>	<p><b>7</b>   <i>By appointment only</i></p>
<p><b>10</b></p>	<p><b>11</b></p>	<p><b>12</b>  <u>1:00pm-2:30pm</u>            Women's Support Group</p>	<p><b>13</b> <u>11:00am-1:00pm</u>  <b>Christmas Soup Luncheon</b>   <i>Massage, Stretch &amp; Balance Flows            and Guided Imagery Cancelled</i></p>	<p><b>14</b>   <i>By appointment only</i></p>
<p><b>17</b></p>	<p><b>18</b></p>	<p><b>19</b></p>	<p><b>20</b> <u>10:30am-1:00pm</u> Massage ☎   <u>1:00pm-1:50pm</u>            Stretch &amp; Balance Flows   <u>2:00pm-3:00pm</u> Guided Imagery</p>	<p><b>21</b>   <i>By appointment only</i></p>
<p><b>24</b>   <b>Closed for            Christmas Eve</b></p>	<p><b>25</b>   <b>Closed for            Christmas Day</b></p>	<p><b>26</b></p>	<p><b>27</b> <u>10:30am-1:00pm</u> Massage ☎   <u>1:00pm-1:50pm</u>            Stretch &amp; Balance Flows   <u>2:00pm-3:00pm</u> Guided Imagery</p>	<p><b>28</b>   <i>By appointment only</i></p>
<p><b>31</b></p>				