



MAY 2018

OSF Healing Pathways

PROGRAM SCHEDULE

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	<p>1 <u>1:00pm-2:00pm</u> ☎ Survivorship Video Series & Discussion</p>	<p>2</p>	<p>3 <u>10:30am-1:00pm</u> Massage ☎ <u>1:00pm-1:50pm</u> Stretch & Balance Flows <u>2:00pm-3:00pm</u> Guided Imagery</p>	<p>4 <i>By appointment only</i></p>	<p>5 <u>9:00am-10:00am</u> Men's & Caregiver's Support Groups</p>
<p>7</p>	<p>8 <u>1:00pm-2:00pm</u> ☎ Journey to Wholeness</p>	<p>9 1:00pm-2:00pm Women's Support Group</p>	<p>10 <u>10:30am-1:00pm</u> Massage ☎ 1:00pm-1:50pm Stretch & Balance Flows <u>2:00pm-3:00pm</u> Guided Imagery</p>	<p>11 <i>By appointment only</i></p>	<p>12</p>
<p>14</p>	<p>15 <u>1:00pm-2:00pm</u> ☎ Survivorship Video Series & Discussion</p>	<p>16</p>	<p>17 9:00am-11am Reflexology ☎ <u>10:30am-1:00pm</u> Massage ☎ <u>1:00pm-1:50pm</u> Stretch & Balance Flows <u>2:00pm-3:00pm</u> Guided Imagery</p>	<p>18 <i>By appointment only</i></p>	<p>19 <u>9:00am-10:00am</u> Men's & Caregiver's Support Groups</p>
<p>21</p>	<p>22 <u>1:00pm-2:00pm</u> ☎ Journey to Wholeness</p>	<p>23 <u>1:00pm-2:00pm</u> ☎ Creativity to Heal</p>	<p>24 <u>10:30am-1:00pm</u> Massage ☎ 1:00pm-1:50pm Stretch & Balance Flows <u>2:00pm-3:00pm</u> Guided Imagery</p>	<p>25 <i>By appointment only</i></p>	<p>26</p>
<p>28 Closed for MEMORIAL DAY </p>	<p>29 <u>11:00am-1:00pm</u> ☎ Lunch & Learn: Create a Heart & Sole Collage with the Footsie Stools!</p>	<p>30</p>	<p>31 <u>10:30am-1:00pm</u> Massage ☎ 1:00pm-1:50pm Stretch & Balance Flows <u>2:00pm-3:00pm</u> Guided Imagery 4:00pm-6:00pm Massage ☎</p>	<p>☎ Next to a program means call 815-977-4123 2 business days before the program to pre-register.</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