



OCTOBER 2017 *OSF Healing Pathways* PROGRAM SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

2	3 1:05pm-1:50pm Static Stretching	4 10:30am-12:30pm Massage ☎ 1:05pm-1:50pm Strength & Stability	5 1:05pm-1:50pm Stretch & Balance Flows	6 <i>By appointment only</i>	7 9am-10am Men's & Caregiver's Support Group 10:30am-11:30am Stretch Your Breath ☎
9	10 10am-12pm Manual Lymphatic Drainage Seminar ☎ 1:05pm-1:50pm Static Stretching 5pm-6pm Journey to Wholeness ☎ Community Event: ☎ 5:30pm Breast Cancer Panel Discussion	11 1:00pm-2:00pm Women's Support Group 1:05pm-1:50pm Strength & Stability	12 10:30am-1:45pm Massage ☎ 1:05pm-1:50pm Stretch & Balance Flows 2pm-3pm Care & Share Chicken Noodle Soup Book Club 5pm-6pm Meditative Mindfulness	13 10am-12pm Anderson Gardens Group Tour ☎	14
16	17 11am-1pm Lunch & Learn: Medical Hair Loss & Prosthetics ☎ 1:05pm-1:50pm Static Stretching	18 1:05pm-1:50pm Strength & Stability 6pm-7:30pm Sound Healing: Tibetan Singing Bowls ☎	19 9am-10am Reflexology ☎ 10:30am-12:30pm Massage ☎ 1:05pm-1:50pm Stretch & Balance Flows	20 <i>By appointment only</i>	21 9am-10am Men's & Caregiver's Support Group 10:30am-11:30am Stretch & Reset ☎
23	24 1:05pm-1:50pm Static Stretching 5pm-6pm Journey to Wholeness ☎	25 1:05pm-1:50pm Strength & Stability	26 10:30am-12:30pm Massage ☎ 1:05pm-1:50pm Stretch & Balance Flows 2pm-3pm Care & Share Chicken Noodle Soup Book Club 3pm-4pm Writing to Heal	27 <i>By appointment only</i>	28
30	31 1:05pm-1:50pm Static Stretching	☎ = Call to Register (815) 977-4123 October is Breast Cancer Awareness Month – Our hearts go out to those touched by this type of cancer. Community Event: Oct. 10th – Held at the College of Medicine in Rockford (1601 Parkview Avenue, Rockford, IL) To register for the panel, please call 815-395-5649 or email pprockford@uic.edu			

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.