



FEBRUARY 2018 OSF Healing Pathways PROGRAM SCHEDULE

M

T

W

TH

F

S

<p>☎ Next to a program means call 815-977-4123 to pre-register.</p>			<p>1 <u>10:30am-1:00pm</u> Massage ☎ <u>1:05pm-1:50pm</u> Stretch & Balance Flows</p>	<p>2 <i>By appointment only</i></p>	<p>3 <u>9:00am-10:00am</u> Men's & Caregiver's Support Groups <u>10:30am-11:30am</u> Stretch Your Breath ☎</p>
<p>5</p>	<p>6 <u>10:00am-11:30am</u> ☎ Bereavement Support Group <u>4:30pm-5:30pm</u> ☎ Stretch & Balance Flows</p>	<p>7</p>	<p>8 <u>10:30am-1:00pm</u> Massage ☎ <u>1:05pm-1:50pm</u> Stretch & Balance Flows <u>2:00pm-3:00pm</u> Guided Imagery: For Anyone ☎ Concerned with General Wellness</p>	<p>9 <i>By appointment only</i></p>	<p>10</p>
<p>12</p>	<p>13 <u>10:00am-11:30am</u> ☎ Bereavement Support Group <u>4:30pm-5:30pm</u> ☎ Stretch & Balance Flows</p>	<p>14 <u>1:00pm-2:00pm</u> Women's Support Group</p>	<p>15 <u>10:30am-1:00pm</u> Massage ☎ <u>1:05pm-1:50pm</u> Stretch & Balance Flows <u>2:00pm-3:30pm</u> Guided Imagery: For People ☎ Experiencing Stress</p>	<p>16 <i>By appointment only</i></p>	<p>17 <u>9:00am-10:00am</u> Men's & Caregiver's Support Groups <u>10:30am-11:30am</u> Stretch & Reset ☎</p>
<p>19</p>	<p>20 <u>10:00am-11:30am</u> ☎ Bereavement Support Group <u>4:30pm-5:30pm</u> ☎ Stretch & Balance Flows</p>	<p>21 <u>11:00am-1:00pm</u> ☎ Lunch & Learn: ☎ Dispelling Myths about Hospice Care</p>	<p>22 <u>9am-11am</u> Reflexology ☎ <u>10:30am-1:00pm</u> Massage ☎ <u>1:05pm-1:50pm</u> Stretch & Balance Flows <u>2:00pm-3:00pm</u> Guided Imagery: A Meditation to ☎ Help You with Healthful Sleep</p>	<p>23 <i>By appointment only</i></p>	<p>24</p>
<p>26 <u>1:00pm-2:00pm</u> Health & Life ☎ Coaching</p>	<p>27 <u>1:00pm-2:00pm</u> Care N Share ☎ Chicken Noodle Soup Book Club <u>4:30pm-5:30pm</u> ☎ Stretch & Balance Flows</p>	<p>28</p>	<p>February is <i>National Cancer Prevention Month</i>. Understanding some of the general risk factors that increase a person's chance of developing cancer can be a step towards cancer prevention. While some risk factors can be avoided, there are others that cannot be avoided, such as getting older. Ask a member of your health care team about cancer prevention and screening to lower the risk of cancer.</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