

OSF Healing Pathways Cancer Resource Center

August 2019

Summer Program Guide

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>OSF Healing Pathways Cancer Resource Center 5666 E State Street – 1st floor of the Center for Cancer Care Rockford, IL 61108 815-977-4123 HOURS: Tuesday – Thursday 9 a.m. – 4 p.m. www.osfsaintanthony.org/pathways</p>		<p>1 9:00 – 11:45 a.m. Reflexology ☎ 10:30 a.m. – 1 p.m. Massage ☎ 1:00 – 2:00 p.m. Stretch & Balance Flows 2:00 – 3:00 p.m. Guided Imagery</p>	2
5	<p>6 10:00 – 11:00 a.m. Coffee & Creativity 11:00 a.m. – 1:00 p.m. Lunch & Learn: ☎ Understanding Oncology Massage</p>	<p>7 11:00 a.m. – Noon ☎ Cancer Survivorship Series: Late Effects of Cancer Treatment</p>	<p>8 10:30 a.m. – 1 p.m. Massage ☎ 1:00 – 2:00 p.m. Stretch & Balance Flows 2:00 – 3:00 p.m. Guided Imagery</p>	9
12	13	<p>14 11:00 a.m. – Noon ☎ Cancer Survivorship ☎ Series: Dealing with the Fear of Recurrence 1:00 – 2:30 p.m. Women’s Support Group</p>	<p>15 10:30 a.m. – 1 p.m. Massage ☎ 1:00 – 2:00 p.m. Stretch & Balance Flows 2:00 – 3:00 p.m. Guided Imagery</p>	16
19	<p>20 10:00 – 11:00 a.m. Coffee & Creativity</p>	<p>21 11:00 a.m. – Noon ☎ Cancer Survivorship ☎ Series: Nutrition & Exercise</p>	<p>22 10:30 a.m. – 1 p.m. Massage ☎ 1:00 – 2:00 p.m. Stretch & Balance Flows 2:00 – 3:00 p.m. Guided Imagery</p>	23/30
26	<p>27 11:00 a.m. – Noon ☎ Group Health & Life ☎ Coaching Session</p>	<p>28 1:00 a.m. – Noon ☎ Cancer Survivorship ☎ Series: Stress Management</p>	<p>29 10:30 a.m. – 1 p.m. Massage ☎ 1:00 – 2:00 p.m. Stretch & Balance Flows 2:00 – 3:00 p.m. Guided Imagery 4:00 – 6:00 p.m. Massage ☎</p>	<p>The phone symbol next to a program indicates that registration is required. Please call 815-977-4123.</p>



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September 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
2	3 9:00 – 10:00 a.m. Coffee & Conversation	4 11 a.m. – 1 p.m. ☎ Lunch & Learn: Grief and the Cancer Journey	5 9:00 – 11:45 a.m. Reflexology ☎ 10:30 a.m. – 1 p.m. Massage ☎ 1:00 – 2:00 p.m. Stretch & Balance Flows 2:00 – 3:00 p.m. Guided Imagery	6
9	10 9:30 – 10:30 a.m. Mindfulness in the Center for Cancer Care Healing Garden ☎	11 10:00 – 11:00 a.m. Coffee & Creativity 1:00 – 2:30 p.m. Women's Support Group	12 10:30 a.m. – 1 p.m. Massage ☎ 1:00 – 2:00 p.m. Stretch & Balance Flows 2:00 – 3:00 p.m. Guided Imagery	13
16	17 9:30 – 10:30 a.m. Mindfulness in the Center for Cancer Care Healing Garden ☎	18 12:30 – 2:30 p.m. ☎ The Beauty In You	19 10:30 a.m. – 1 p.m. Massage ☎ 1:00 – 2:00 p.m. Stretch & Balance Flows 2:00 – 3:00 p.m. Guided Imagery	20
23/30	24 9:30 – 10:30 a.m. Mindfulness in the Center for Cancer Care Healing Garden ☎	25 10:00 – 11:00 a.m. Coffee & Creativity 11:00 a.m. – Noon Group Health & Life Coaching Session ☎	26 10:30 a.m. – 1 p.m. Massage ☎ 1:00 – 2:00 p.m. Stretch & Balance Flows 2:00 – 3:00 p.m. Guided Imagery 4:00 – 6:00 p.m. Massage ☎	27 The phone symbol next to a program indicates that registration is required. Please call 815-977-4123

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Program Descriptions

Cancer Survivorship Series – The Cancer Survivorship Series is a resource for any and all cancer survivors who have completed treatment or are preparing to transition to completing treatment, and are looking to be proactive about improving their quality of life. Be equipped with the knowledge that you need to not only maintain your survivorship, but to truly thrive. The series includes 4 sessions on cancer survivorship topics: Late Effects of Cancer Treatment, Dealing With the Fear of Recurrence, Nutrition & Exercise, and Stress Management. Series will be held on Wednesdays at 11 a.m.

Coffee & Conversation – Are you new to OSF Healing Pathways? Join us to learn more about what programs we offer, benefit from some program navigation, have a tour of our facility, and meet new people, all the while enjoying a nice hot cup of coffee. Facilitated by Amy Mullen.

Coffee & Creativity – Gather together with other creative guests from the center to share coffee and companionship while working on a creative project, whether it's knitting, drawing, coloring, etc. Join us for this opportunity to connect with other guests at the center. Facilitated by Angela Larson.

Guided Imagery – Based on studies, guided imagery has been shown to help promote a healthy immune system, as well as relieve anxiety, depression, and moodiness. This program promotes deep relaxation and creates a space for calm and mindfulness. Facilitated by Savannah CussenLizer.

Group Health & Life Coaching Session – Cancer can be unnerving, emotionally devastating, and disruptive to almost any balance and routine in our lives. Coaching can encourage us to search out what gives us meaning. Facilitated by Kathy Moehling RN, ND, LCPC, LMT, HTCP, HWNC-BC.

Lunch & Learn: Understanding Manual Lymphatic Drainage – Join us for an informative session on Manual Lymphatic Drainage, a form of gentle massage that encourages the movement of lymph fluids around the body. Lunch will be provided. Facilitated by Julie Ericksen, RN, LMT.

Lunch & Learn: Understanding Oncology Massage – Join us for an informative session on Oncology Massage Therapy, the adaptation of massage to safely nurture the body, mind and spirit of anyone diagnosed with cancer. Facilitated by Kathy Moehling RN, ND, LCPC, LMT, HTCP, HWNC-BC.

Lunch & Learn: Grief and the Cancer Journey – Join us for an informative session on some of the ways that grief interacts with the experience of receiving a cancer diagnosis and navigating life changes that cancer can bring. Lunch will be provided. Facilitated by Andrew Vitale, CT.

Massage Therapy – Studies suggest that massage therapy can help reduce fatigue and promote relaxation among people who are experiencing the side effects that come from treatment for cancer. Provided by Kathy Moehling RN, ND, LCPC, LMT, HTCP, HWNC-BC & Julie Ericksen, RN, LMT.

Mindfulness in the Center for Cancer Care Healing Garden – Join us by taking a break from the noise of life to take a pause and exercise the practice of being mindful of the present moment in our OSF Center for Cancer Care Healing Garden. Facilitated by Andrew Vitale, CT.

Reflexology – Reflexology, a therapy that utilizes pressure and touch mostly on the feet, sometimes on the hands, and ears, can support relaxation and comfort during cancer treatment. There is evidence that reflexology can relieve stress and anxiety. Provided by Carolyn Bieck, Certified Reflexologist.

Stretch & Balance Flows – This slow-paced, low impact weekly exercise class incorporates long holds and relaxing, strengthening movements that are intended to ground and energize you, while improving your balance and strengthening your muscles. Facilitated by Savannah CussenLizer.

The Beauty in You – *The Beauty in You* is a program designed for women who are undergoing cancer treatment and experiencing some of the physical side effects that come from the treatment journey. Facilitated by Licensed Cosmetologist and Hair Loss Consultant, Cindy Genrich, this program will provide education on skin care, hair replacements, turbans, scarfs, hats to help you navigate this time of change. Light lunch will be served.

Women's Support Group – Our Women's Support Group provides a nurturing, non-clinical setting that is a safe and comfortable place to gather with other female cancer survivors for companionship, information and encouragement. Facilitated by Karen Burton & Marge Zimmerman.

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