



MARCH 2018

*OSF Healing Pathways*  
PROGRAM DESCRIPTIONS

**LUNCH AND LEARN: GENERAL ONCOLOGY NUTRITION**

A cancer diagnosis brings a lot of questions about nutrition and diet. Will I feel sick? Will I be able to eat normally? What should I eat to help my body fight cancer and heal? Join us for this Lunch & Learn and find some answers to these questions and more.

**SURVIVORSHIP VIDEO SERIES**

Join us for a thought-provoking video series accompanied by stimulating discussion on various cancer survivorship topics. Topics include: Treating the Whole Patient, Does a Diagnosis Define Me?, and The Value of Survivorship Care Planning. Discussion will be facilitated by Amy Mullen.

**GUIDED IMAGERY**

This research-proven, physician endorsed guided imagery program combines engaging the imagination with peaceful imagery, powerful music, and the most current understanding of the mind-body connection to help increase physical and emotional comfort and relaxation. A Guided Imagery CD series by Belleruth Naparstek will be used and Savannah CussenLizer will facilitate this program.

**HEALTH AND LIFE COACHING**

Coaching to restore life balance. Cancer can be unnerving, emotionally devastating, and disruptive to almost any balance and normal routine in our lives. Coaching encourages us to reflect and to search out what gives us meaning, and to see more clearly what we value in our lives. Once we know that, we can set realistic goals for what we would like our lives to be now and in the near future. Facilitated by Kathy Moelling, RN, ND, LCPC, LMT, HTCP, HWNC-BC. Pre-registration is required.

**CARE N SHARE: CHICKEN NOODLE SOUP CANCER BOOK CLUB**

Care & Share Chicken Noodle Soup Cancer Book Club provides an enjoyable social setting in which our guests are able to share their thoughts and perspectives on the book and their own journeys. This group is given the opportunity to connect with one another, expressing their insights in a community that shares common experiences, thoughts and struggles. Facilitated by Wendy Burkhard, LCSW. Pre-registration is required.

**STRETCH & BALANCE FLOWS (EXERCISE)**

Break up the day with a slow, relaxing stretch and balance flow exercise class. This slow-paced class incorporating long holds and relaxing, strengthening movements, will get your blood flowing and can reduce stress levels. Facilitated by Savannah CussenLizer.

**STRETCH YOUR BREATH (EXERCISE)**

Incorporates gentle stretches, breathing techniques and deep relaxation postures to improve circulation and reduce stress. This class is not physically demanding and is intended for people who are currently going through cancer treatment. Facilitated by Heather Applegate. Pre-registration is required.

## STRETCH AND RESET (EXERCISE)

Untangle tension and release patterns of stress, injury and pain while focusing on strength, flexibility, balance and breath. This class is intended for people who have undergone cancer treatment or caregivers. Suitable for all levels, including beginners. Facilitated by Heather Applegate. Pre-registration is required.

## 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 others for companionship, information and encouragement. Facilitated by Karen Burton & Marge Zimmerman.

## MEN'S SUPPORT GROUP

Our Men's Support Group provides a space where men can gather together to share their stories, fellowship, and support. The sense of brotherhood experienced in this group has been a great source of consolation and joy in the lives of our guests. Facilitated by Rev. David Jones.

## CAREGIVER'S SUPPORT GROUP

Caring for those you love who are suffering from the effects of cancer, while it is a privilege, can oftentimes prove to have taxing and trying elements. It is important that caregivers have a place where they can be seen, heard, and understood, a setting where you can receive the tools you need to take care of yourself as you provide care for your loved one. Caregivers can share their own experiences, as well as glean from the wisdom and resources of others who have gone before them in this experience. Facilitated by Julia Gordon, LCSW.

## MASSAGE THERAPY

The benefits of massage for our guests include improved relaxation, sleep, and circulation, as well as relieving anxiety, pain, fatigue and nausea. This program helps our guests to manage their experience with cancer, while comforting, nurturing, and supporting them in the process. Provided by Kathy Moelling RN, ND, LCPC, LMT, HTCP, HWNC-BC & Leila MacQueen, LMBT. Pre-registration is required.

## REFLEXOLOGY

Reflexology is the application of appropriate pressure to specific points and areas on the feet and hands. Reflexologists use reflex points that correspond to the different body systems, as a complementary treatment that has a beneficial effect on the person's health. Reflexology can help alleviate the side effects of chemotherapy, reducing levels of anxiety and helping to cope with nausea and pain. Provided by Carolyn Bieck, Certified Reflexologist. Pre-registration is required.