



APRIL 2018 OSF Healing Pathways PROGRAM SCHEDULE

M T W TH F S

<p>2</p>	<p>3 <u>1:00pm-2:00pm</u> ☎ Survivorship Video Series & Discussion: Coping with Fear, Anxiety & Stress</p>	<p>4</p>	<p>5 <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>6 By appointment only</p>	<p>7 <u>9:00am-10:00am</u> Men's & Caregiver's Support Groups</p>
<p>9</p>	<p>10 <u>1:00pm-2:00pm</u> ☎ Survivorship Video Series & Discussion: Post-Traumatic Stress & Growth</p>	<p>11</p>	<p>12 <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>13 By appointment only</p>	<p>14</p>
<p>16</p>	<p>17 <u>1:00pm-2:00pm</u> ☎ Survivorship Video Series & Discussion: Living With Cancer</p>	<p>18 <u>1:00pm-2:00pm</u> Women's Support Group <u>6:00pm-7:30pm</u> Tibetan Singing ☎ Bowls</p>	<p>19 <u>9:00am-11am</u> 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>20 By appointment only</p>	<p>21 <u>9:00am-10:00am</u> Men's & Caregiver's Support Groups</p>
<p>23</p>	<p>24 <u>11:00am-1:00pm</u> Lunch & Learn: Does My Diagnosis Define Me? A Life Coaching Session ☎</p>	<p>25</p>	<p>26 <u>1:00pm-1:50pm</u> ☎ Stretch & Balance Flows <u>2:00pm-3:00pm</u> Guided Imagery <u>4:00pm-6:00pm</u> Massage ☎</p>	<p>27 By appointment only</p>	<p>28</p>
<p>30 ☎ Next to a program means call 815-977-4123 2 business days before the program to pre-register.</p> <p>The month of April is Testicular Cancer Awareness Month and the week of April 8th-15th is National Oral, Head, and Neck Cancer Awareness Week. For those among us who have been impacted by these cancers, we celebrate your life, your family and your resilience in a special way this month.</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