



AUGUST 2017

OSF Healing Pathways

PROGRAM DESCRIPTIONS

LUNCH AND LEARN: CLEANING WITHOUT CHEMICALS

Do we really know what we are using to clean in our homes? Let's go beyond the toxins and discover new ways of cleaning for a safer haven.

MEDITATIVE MINDFULNESS WITH DR. SHANTI

Incorporating a series of breathing exercises partnered with reflection, this Meditative Mindfulness program will be a retreat from the busyness of the day-to-day, offering a respite and a time to relax and be renewed.

FACIALS AND HAND MASSAGES

Treat yourself and come in for some well-deserved pampering. In a relaxing environment, enjoy fellowship and fun while receiving a rejuvenating facial and/or a tension-relieving hand massage.

JOURNEY TO WHOLENESS

The spirit, soul and body are all components of the whole human person. We were created with value and intended to thrive. This workshop will explore how self-interpretation value is a critical part of wholeness. It will also help to identify limitations and blockages that prevent us from interpreting our value rightly. Facilitated by Steve & Barb Lowery. Steve is a Life Transformation Coach practicing in the arena of Value, Identity and Relationship. Barb works in Patient Access in the Patricia D. Pepe Center for Cancer Care at OSF. Steve and Barb have been happily married for 25 years.

WRITING TO HEAL

Guided by a series of prompts, guests are invited to journal about their cancer journey and the different ways that it has impacted and changed their lives. Writing can be a very powerful tool used to cope. This type of reflection can help generate insight and revelations about ourselves that we previously were not aware of, until taking time to sit down and reflect.

CARE & 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 personal 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.

STATIC STRETCHING EXERCISE CLASS

Relax through a mat series of slow-paced, low-impact stretches, improving circulation, range of motion, and flexibility.

STRENGTH AND STABILITY EXERCISE CLASS

This exercise class includes a series of low-impact, slow-paced movements that build strength, stability and relieve stress. With incorporated breathing exercises, stretches, and light dumbbell lifts, this exercise class aims to gradually strengthen muscles while improving balance, and relieving the stress that can come with the cancer journey.

CREATIVE HANDS (NEEDLEWORK AND CRAFT GROUP)

Whether you knit, crochet, or enjoy any other kind of needlework or creative project with your hands, join this social community built around these creative activities. Don't know how? Come and learn! Any skill level is welcome. Supplies are provided or you are invited to bring your own.

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.

MEN'S SUPPORT GROUP

Our Men's Support Group provides a space where men can gather together to share their stories, camaraderie, 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, giving hope and peace.

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. In our Caregiver's Support Group, 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.

MASSAGE

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. This relaxing experience provides a calming opportunity to unwind in the midst of the cancer journey.

REFLEXOLOGY

Reflexology, also known as zone therapy, 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 our guests' level of anxiety and helping them to cope with nausea and pain.