



# AUGUST 2018

## OSF Healing Pathways PROGRAM SCHEDULE

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<p><b>World Lung Cancer Day is August 1st, 2018.</b> Today we celebrate survivors, remember those who have passed, and spread awareness about the impact of lung cancer. Lung cancer is the most common worldwide cause of death from cancer, claiming more lives yearly than breast, colon and prostate cancers combined. Contact your health provider if you have any questions or would like to learn more about lung cancer.</p>		<p><b>1</b></p>	<p><b>2</b> <u>10:30am-1:00pm</u> Massage ☎  <u>1:00pm-1:50pm</u>            Stretch &amp; Balance Flows  <u>2:00pm-3:00pm</u> Guided Imagery</p>	<p><b>3</b></p> <p><i>By appointment only</i></p>
<p><b>6</b></p>	<p><b>7</b> <u>1:00pm-2:00pm</u>            Journey to Wholeness  <u>3:30pm-5:00pm</u>            Men's Support Group ☎  <u>3:30pm-5:00pm</u>            Caregiver's Support Group ☎</p>	<p><b>8</b></p> <p><u>1:00pm-2:30pm</u>            Women's Support Group</p>	<p><b>9</b> <u>10:30am-1:00pm</u> Massage ☎  <u>1:00pm-1:50pm</u>            Stretch &amp; Balance Flows  <u>2:00pm-3:00pm</u> Guided Imagery</p>	<p><b>10</b></p> <p><i>By appointment only</i></p>
<p><b>13</b></p>	<p><b>14</b> <u>1:00pm-2:00pm</u>            Survivorship Video Series &amp; Discussion  <u>3:30pm-5:00pm</u>            Men's Support Group ☎  <u>3:30pm-5:00pm</u>            Caregiver's Support Group ☎</p>	<p><b>15</b></p> <p><u>6:00pm-7:30pm</u> ☎            Sound Immersion with            Tibetan Singing Bowls</p>	<p><b>16</b> <u>9:00am-11:00am</u> Reflexology ☎  <u>10:30am-1:00pm</u> Massage ☎  <u>1:00pm-1:50pm</u>            Stretch &amp; Balance Flows  <u>2:00pm-3:00pm</u> Guided Imagery</p>	<p><b>17</b></p> <p><i>By appointment only</i></p>
<p><b>20</b></p>	<p><b>21</b></p> <p><u>1:00pm-2:00pm</u>            Journey to Wholeness</p>	<p><b>22</b></p> <p><u>11:00am-1:00pm</u> ☎            Lunch &amp; Learn:            Five Steps to Transformation</p>	<p><b>23</b> <u>10:30am-1:00pm</u> Massage ☎  <u>1:00pm-1:50pm</u>            Stretch &amp; Balance Flows  <u>2:00pm-3:00pm</u> Guided Imagery</p>	<p><b>24</b></p> <p><i>By appointment only</i></p>
<p><b>27</b></p>	<p><b>28</b> <u>1:00am-1:00pm</u>            Survivorship Video Series &amp; Discussion</p>	<p><b>29</b></p>	<p><b>30</b> <u>10:30am-1:00pm</u> Massage ☎  <u>1:00pm-1:50pm</u>            Stretch &amp; Balance Flows  <u>2:00pm-3:00pm</u> Guided Imagery</p>	<p><b>31</b></p> <p><i>By appointment only</i></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](http://www.osfsaintanthony.org/pathways)