



AUGUST 2017 *OSF Healing Pathways* PROGRAM SCHEDULE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>☎ Means Call to Register: (815) 977-4123</p>		<p>1 1:05-1:50pm Static Stretching</p>	<p>2 1:05pm-1:50pm Strength & Stability</p>	<p>3 10am-11am Creative Hands 10:30am-12:30pm Massage ☎ 1:05-1:50pm Static Stretching</p>	<p>4 <i>By appointment only</i></p>	<p>5 9am-10am Men's & Caregiver's Support Groups</p>
<p>6</p>	<p>7</p>	<p>8 1:05-1:50pm Static Stretching 5pm-6pm Journey to Wholeness ☎</p>	<p>9 1pm-2pm Women's Support Group 1:05pm-1:50pm Strength & Stability CANCELLED</p>	<p>10 10am-11am Creative Hands 10:30am-1pm Massage ☎ 1:05-1:50pm Static Stretching 2pm-3pm Care & Share – Chicken Noodle Soup Cancer Book Club</p>	<p>11 <i>By appointment only</i></p>	<p>12</p>
<p>13</p>	<p>14</p>	<p>15 1:05-1:50pm Static Stretching</p>	<p>16 1:05pm-1:50pm Strength & Stability</p>	<p>17 9am-11am Reflexology ☎ 10am-11am Creative Hands 10:30am-12:30pm Massage ☎ 1:05-1:50pm Static Stretching 5pm-6pm Meditative Mindfulness with Dr. Shanti</p>	<p>18 <i>By appointment only</i></p>	<p>19 9am-10am Men's & Caregiver's Support Groups</p>
<p>20</p>	<p>21</p>	<p>22 11am-1pm Lunch & Learn – ☎ Cleaning without Chemicals 1:05-1:50pm Static Stretching 5pm-6pm Journey to Wholeness ☎</p>	<p>23 1:05pm-1:50pm Strength & Stability</p>	<p>24 10am-11am Creative Hands 10:30am-12:30pm Massage ☎ 1:05-1:50pm Static Stretching 2pm-3pm Care & Share – Chicken Noodle Soup Cancer Book Club 3pm-4pm Writing to Heal</p>	<p>25 <i>By appointment only</i></p>	<p>26</p>
<p>27</p>	<p>28 2:30pm-4pm Facials & Hand Massages</p>	<p>29 1:05-1:50pm Static Stretching</p>	<p>30 1:05pm-1:50pm Strength & Stability</p>	<p>31 10am-11am Creative Hands 10:30am-12:30pm Massage ☎ 1:05-1:50pm Static Stretching</p>		

OSF Healing Pathways – 5668 E State Street, Suite 2700 – Rockford, IL 61108 – 815-977-4123

<https://www.osfhealthcare.org/saint-anthony/services/cancer/healing-pathways>

HOURS: Monday through Thursday, 9am – 4pm; Fridays by appointment only.