



MAY 2018

## *OSF Healing Pathways* PROGRAM DESCRIPTIONS

### LUNCH AND LEARN:

#### CREATE A HEART AND SOLE COLLAGE WITH THE FOOTSTOOLS!

Through the art of collage and the inspiration of our whimsical footstools with shoes, cancer patients/caregivers can express and create their happy "sole" centers. Using magazines, found objects and "bling," participants make a simple paper art collage using a shoe design, adding whatever makes their hearts "zing." The activity will provide an artsy and uplifting respite from coping with the disease. The FootsieStools will be attending, so smiles are guaranteed. It's just for fun...no art skills required! Both men and women will enjoy. Lunch will be provided. Please register in advance! Session will be facilitated by Valerie Gibbons, M.S.Ed., Artist and Founder of FootsieStools, Ltd.

#### JOURNEY TO WHOLENESS

The mind, will and emotions have dynamic effects on the body. We were created with value and intended to thrive. Faith is directed by the will and can be positive or negative. This workshop will explore how self-interpretation of value is a critical part of wholeness. Questions that will be discussed include: Does a diagnosis determine my value? What is determining my present value? Can I change my interpretation of value? Sessions will be facilitated by Steve Lowery.

#### CREATIVITY TO HEAL

Working on a creative project alone at home? Bring your project to OSF Healing Pathways! Whether you paint, knit, draw, crochet, etc., come be together in a space where you can both cultivate creativity and experience community, camaraderie and fellowship.

#### SURVIVORSHIP VIDEO SERIES

Join us for a thought-provoking video series accompanied by stimulating discussion on various cancer survivorship topics. Topics include: Coping with Fear, Anxiety & Stress, Post-Traumatic Stress & Growth, and Living with Cancer. 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.

## 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.

## 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.