



# JULY 2018 OSF Healing Pathways PROGRAM SCHEDULE



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| <p>2</p>  | <p>3<br/> <u>1:00pm-2:00pm</u><br/>           Survivorship Video Series &amp; Discussion</p>   | <p>4 <b>Closed for the Fourth of July</b></p>  <p><b>Have a great holiday!</b></p>   | <p>5 <u>10:30am-1:00pm</u> Massage ☎<br/> <u>1:00pm-1:50pm</u><br/>           Stretch &amp; Balance Flows<br/> <u>2:00pm-3:00pm</u> Guided Imagery</p>   | <p>6<br/> <i>By appointment only</i></p>  |
| <p>9</p>  | <p>10 <u>1:00pm-2:00pm</u><br/>           Journey to Wholeness<br/> <u>3:30pm-5:00pm</u><br/> <b>Men's Support Group</b> ☎<br/> <u>3:30pm-5:00pm</u><br/> <b>Caregiver's Support Group</b> ☎</p>                       | <p>11<br/> <u>1:00pm-2:30pm</u><br/>           Women's Support Group</p>   | <p>12 <u>9:00am-11am</u> Reflexology ☎☎<br/> <u>10:30am-1:00pm</u> Massage ☎<br/> <u>1:00pm-1:50pm</u><br/>           Stretch &amp; Balance Flows<br/> <u>2:00pm-3:00pm</u> Guided Imagery</p>   | <p>13<br/> <i>By appointment only</i></p> |
| <p>16</p>   | <p>17 <u>1:00pm-2:00pm</u><br/>           Survivorship Video Series &amp; Discussion<br/> <u>3:30pm-5:00pm</u><br/> <b>Men's Support Group</b> ☎<br/> <u>3:30pm-5:00pm</u><br/> <b>Caregiver's Support Group</b> ☎</p> | <p>18 <u>11:00am-1:00pm</u><br/> <b>Lunch &amp; Learn – How to Manage Chemotherapy Related Neuropathy</b> ☎<br/> <u>1:00pm-2:00pm</u><br/>           Creativity to Heal</p>  | <p>19 <b>The following programs are all cancelled on this day:</b></p> <ul style="list-style-type: none"> <li>• <b>Massage</b></li> <li>• <b>Stretch &amp; Balance Flows</b></li> <li>• <b>Guided Imagery</b></li> </ul> <p>Join us next week!</p> | <p>20<br/> <i>By appointment only</i></p> |
| <p>23</p>   | <p>24 <u>1:00pm-2:00pm</u><br/>           Journey to Wholeness<br/> <u>3:30pm-5:00pm</u><br/> <b>Men's Support Group</b> ☎<br/> <u>3:30pm-5:00pm</u><br/> <b>Caregiver's Support Group</b> ☎</p>                       | <p>25</p>  | <p>26 <u>10:30am-1:00pm</u> Massage ☎<br/> <u>1:00pm-1:50pm</u><br/>           Stretch &amp; Balance Flows<br/> <u>2:00pm-3:00pm</u> Guided Imagery<br/> <u>4:00pm-6:00pm</u> Massage ☎</p>  | <p>27<br/> <i>By appointment only</i></p> |
| <p>30</p>   | <p>31 <u>1:00pm-2:00pm</u><br/>           Survivorship Video Series &amp; Discussion<br/> <u>3:30pm-5:00pm</u><br/> <b>Men's Support Group</b> ☎<br/> <u>3:30pm-5:00pm</u><br/> <b>Caregiver's Support Group</b> ☎</p> | <p><b>Programs with a ☎ next to them require pre-registration. Please call 815-977-4123 to register.</b></p> <p>July is Sarcoma Awareness and UV Safety month! Most skin cancers are caused by too much exposure to ultraviolet (UV) rays. Most of this exposure comes from the sun. The good news is that you can do a lot to protect yourself and your family from UV rays. Make sure you use sunscreen, slap on a hat, and wear sunglasses to protect your eyes and the skin around them.</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)