



OSF Healing Pathways Cancer Resource Center

Spring Program Guide

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 9:00 – 10:00 a.m. Coffee & Conversation 1:00 – 3:00 p.m. Defining Your Purpose Series	3	4 10:30 a.m. – 1 p.m. Massage ☎ 1:00 – 2:00 p.m. Stretch & Balance Flows 2:00 – 3:00 p.m. Guided Imagery	5
8	9 10:00 – 11:00 a.m. Coffee & Creativity 1:00 – 3:00 p.m. Defining Your Purpose Series	10 1:00 – 2:30 p.m. Women’s Support Group	11 9:00 – 11:45 a.m. Reflexology ☎ 10:30 a.m. – 1 p.m. Massage ☎ 1:00 – 2:00 p.m. Stretch & Balance Flows 2:00 – 3:00 p.m. Guided Imagery	12
15	16 1:00 – 3:00 p.m. Defining Your Purpose Series	17	18 10:30 a.m. – 1 p.m. Massage ☎ 1:00 – 2:00 p.m. Stretch & Balance Flows 2:00 – 3:00 p.m. Guided Imagery	19
22	23 10:00 – 11:00 a.m. Coffee & Creativity 1:00 – 3:00 p.m. Defining Your Purpose Series	24 11:00 a.m. – 1:00 p.m. Lunch & Learn: ☎ Seasons of Life – Vision Boards	25 1:00 – 2:00 p.m. Stretch & Balance Flows 2:00 – 3:00 p.m. Guided Imagery 4:00 – 6:00 p.m. Massage ☎	26
29	30	OSF Healing Pathways Cancer Resource Center 5668 E State Street, Suite 2700 Rockford, IL 61108 815-977-4123 HOURS: Tuesday – Thursday 9 a.m. – 4 p.m. www.osfsaintanthony.org/pathways		This phone symbol next to a program indicates that registration is required. Please call 815-977-4123

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May 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1 11:00 a.m. – Noon ☎ Cancer Survivorship Series: Late Effects of Cancer Treatment	2 10:30 a.m. – 1 p.m. Massage ☎ 1:00 – 2:00 p.m. Stretch & Balance Flows 2:00 – 3:00 p.m. Guided Imagery	3
6	7 9:00 – 10:00 a.m. Coffee & Conversation 10:00 – 11:00 a.m. Coffee & Creativity	8 11:00 a.m. – Noon ☎ Cancer Survivorship Series: Dealing with the Fear of Recurrence 1:00 – 2:30 p.m. Women's Support Group	9 10:30 a.m. – 1 p.m. Massage ☎ 1:00 – 2:00 p.m. Stretch & Balance Flows 2:00 – 3:00 p.m. Guided Imagery	10
13	14	15 11:00 a.m. – Noon ☎ Cancer Survivorship Series: Nutrition & Exercise	16 9:00 – 11:45 a.m. Reflexology ☎ 10:30 a.m. – 1 p.m. Massage ☎ 1:00 – 2:00 p.m. Stretch & Balance Flows 2:00 – 3:00 p.m. Guided Imagery	17
20	21 10:00 – 11:00 a.m. Coffee & Creativity	22 11:00 a.m. – Noon ☎ Cancer Survivorship Series: Stress Management	23 10:30 a.m. – 1 p.m. Massage ☎ 1:00 – 2:00 p.m. Stretch & Balance Flows 2:00 – 3:00 p.m. Guided Imagery	24/31
27	28 1:00 – 2:00 p.m. ☎ Returning to the Workforce After Disability	29	30 10:30 a.m. – 1 p.m. Massage ☎ 1:00 – 2:00 p.m. Stretch & Balance Flows 2:00 – 3:00 p.m. Guided Imagery 4:00 – 6:00 p.m. Massage ☎	<p>This phone symbol next to a program indicates that registration is required. Please call 815-977-4123</p>

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 9:00 – 10:00 a.m. Coffee & Conversation 10:00 – 11:00 a.m. Coffee & Creativity	5 1:00 – 3:00 p.m. ☎ The Beauty In You	6 9:00 – 11:45 a.m. Reflexology ☎ 10:30 a.m. – 1 p.m. Massage ☎ 1:00 – 2:00 p.m. Stretch & Balance Flows 2:00 – 3:00 p.m. Guided Imagery	7
10	11 11:00 a.m. – 1:00 p.m. ☎ Understanding Health & Life Coaching for Support During Your Cancer Journey	12 1:00 – 2:30 p.m. Women's Support Group	13 10:30 a.m. – 1 p.m. Massage ☎ 1:00 – 2:00 p.m. Stretch & Balance Flows 2:00 – 3:00 p.m. Guided Imagery	14
17	18 10:00 – 11:00 a.m. Coffee & Creativity	19	20 10:30 a.m. – 1 p.m. Massage ☎ 1:00 – 2:00 p.m. Stretch & Balance Flows 2:00 – 3:00 p.m. Guided Imagery	21
24	25 6:00 – 7:00 p.m. ☎ Group Drum Circle	26 11:00 a.m. – 1 p.m. ☎ Exploring the Spirituality of Suffering	27 10:30 a.m. – 1 p.m. Massage ☎ 1:00 – 2:00 p.m. Stretch & Balance Flows 2:00 – 3:00 p.m. Guided Imagery 4:00 – 6:00 p.m. Massage ☎	28 This phone symbol next to a program indicates that registration is required. Please call 815-977-4123

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Program Descriptions are on the next page...

Cancer Survivorship Series – The Cancer Survivorship Series is a resource for any and all cancer survivors who have completed treatment and are looking to be proactive about improving their quality of life. Be equipped with the knowledge that you need to not only maintain your survivorship, but to truly thrive. Includes 4 sessions on cancer survivorship topics that will be held on Wednesdays at 11 a.m. in February. Facilitated by OSF Mission Partners.

Coffee & Conversation – Are you new to OSF Healing Pathways? Join us to learn more about what programs we offer, benefit from some program navigation, have a tour of our facility, and meet new people, all the while enjoying a nice hot cup of coffee. Facilitated by Amy Mullen.

Coffee & Creativity – Gather together with other creative guests from the center to share coffee and companionship while working on a creative project, whether it's knitting, drawing, coloring, etc. Join us for this opportunity to connect with other guests at the center. Facilitated by Angela Larson.

Defining Your Purpose Series – Getting clear on your purpose allows you to live in freedom from a place of being rooted and grounded in your true identity and calling. Join us for this eight-part series that will encourage you to come to know yourself and live intentionally. Facilitated by Steve Lowery.

Exploring the Spirituality of Suffering – We all know that navigating suffering in the human experience can be a very difficult and confusing time. Join us as some of our OSF HealthCare St. Anthony Medical Center Chaplains shed light on how we can find meaning in our suffering through spirituality.

Guided Imagery – Based on studies, guided imagery has been shown to help promote a healthy immune system, as well as relieve anxiety, depression, and moodiness. This program promotes deep relaxation and creates a space for calm and mindfulness. Facilitated by Savannah CussenLizer.

Group Drum Circle – This will be a drumming good time! Experience the fun, the connection, the music, the movement, and the power of sound. No prior musical experience necessary. Through interactive facilitation and drumming, you will be part of group music making. We will use hand drums, shakers, chime sounds, wood percussion, and maybe even our voice to create a rhythm experience. Facilitated by Bethany Stiltner of Rhythm Voice: Drumming for Wellness and Community. Space is limited. Registration is required and we will accept registrations on a first-come, first-served basis.

Massage Therapy – Studies suggest that massage therapy can help reduce fatigue and promote relaxation among people who are experiencing the side effects that come from treatment for cancer. Provided by Kathy Moehling RN, ND, LCPC, LMT, HTCP, HWNC-BC & Julie Ericksen, RN, LMT.

Reflexology – Reflexology, a therapy that utilizes pressure and touch mostly on the feet, sometimes on the hands, and ears, can support relaxation and comfort during cancer treatment. There is evidence that reflexology can relieve stress and anxiety. Provided by Carolyn Bieck, Certified Reflexologist.

Returning to the Workforce after Disability – Navigating the process of returning to the workforce after being on disability can be a daunting undertaking. Join us as professionals from a RAMP Center for Independent Living share information about resources that can be of assistance.

Seasons of Life Vision Boards – Join us as we creatively compile our own personal vision boards that help us look towards the future and the new season with hope and expectation for the good things that will enter our lives in this next chapter before us. Facilitated by Amy Mullen & Angela Larson.

Stretch & Balance Flows – This slow-paced, low impact weekly exercise class incorporates long holds and relaxing, strengthening movements that are intended to ground and energize you, while improving your balance and strengthening your muscles. Facilitated by Savannah CussenLizer.

The Beauty in You – *The Beauty in You* is a program designed for women who are undergoing cancer treatment and experiencing some of the physical side effects that come from the treatment journey. Created by Licensed Cosmetologist and Hair Loss Consultant, Cindy Genrich, this program will provide education on skin care, hair replacements, turbans, scarves, hats and other creative ideas and resources to help you navigate this time of change.

Understanding Health & Life Coaching for Support During Your Cancer Journey – Join us for this session to learn more about the benefits of having a Health & Life Coach and how the coaching process works. Facilitated by Kathy Moehling RN, ND, LCPC, LMT, HTCP, HWNC-BC.

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 other female cancer survivors for companionship, information and encouragement. Facilitated by Karen Burton & Marge Zimmerman.

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