



OCTOBER 2018

OSF Healing Pathways PROGRAM GUIDE



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<p>1</p>	<p>2 9:00am-10:00am Coffee & Conversation</p> <p><u>1:00pm-2:00pm</u> Survivorship Video Series & Discussion</p>	<p>3</p>	<p>4 <u>9:00am-11:00am</u> Reflexology ☎</p> <p><u>1:00pm-1:50pm</u> Stretch & Balance Flows <u>2:00pm-3:00pm</u> Guided Imagery</p>	<p>5</p> <p><i>By appointment only</i></p>
<p>8</p>	<p>9</p> <p><u>1:00pm-2:00pm</u> ☎ Journey to Wholeness</p>	<p>10</p> <p><u>1:00pm-2:30pm</u> Women's Support Group</p>	<p>11 <u>10:30am-1:00pm</u> Massage ☎</p> <p><u>1:00pm-1:50pm</u> Stretch & Balance Flows <u>2:00pm-3:00pm</u> Guided Imagery</p>	<p>12</p> <p><i>By appointment only</i></p>
<p>15</p>	<p>16</p> <p><u>1:00pm-2:00pm</u> Survivorship Video Series & Discussion</p>	<p>17</p>	<p>18 <u>10:30am-1:00pm</u> Massage ☎</p> <p><u>1:00pm-1:50pm</u> Stretch & Balance Flows <u>2:00pm-3:00pm</u> Guided Imagery</p>	<p>19</p> <p>10:00am-12:00pm ☎ Angelic Organics Farm Tour and Salad Harvest</p>
<p>22</p>	<p>23</p> <p><u>1:00pm-2:00pm</u> ☎ Journey to Wholeness</p>	<p>24</p>	<p>25 <u>10:30am-1:00pm</u> Massage ☎</p> <p><u>1:00pm-1:50pm</u> Stretch & Balance Flows <u>2:00pm-3:00pm</u> Guided Imagery</p> <p><u>4:00pm-6:00pm</u> Massage ☎</p>	<p>26</p> <p><i>By appointment only</i></p>
<p>29</p>	<p>30</p> <p><u>1:00pm-2:00pm</u> Survivorship Video Series & Discussion</p>	<p>31</p> <p>11:00am-1:00pm ☎ Lunch & Learn – All Hallows Eve “Fall Themed” Healthy Cooking</p>	<p>The month of October is National Breast Cancer Awareness and Liver Cancer Awareness Month.</p> <p>We honor the memory of loved ones who battled these cancers, and stand with the survivors among us who continue to fight courageously.</p> <div style="display: flex; justify-content: space-between; align-items: center;">   </div>	

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