



NOVEMBER 2017

OSF Healing Pathways PROGRAM SCHEDULE

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| <p>“It is not joy that makes us grateful, it is gratitude that makes us joyful.” -Br. David Steindl Rast</p> <p>☎ Next to a program means call 815-977-4123 to pre-register.</p> | | <p>1 1:05pm-1:50pm Strength & Stability</p> | <p>2 10:30am-12:30pm Massage ☎ 1:05pm-1:50pm Stretch & Balance Flows</p> | <p>3 11am-12pm ☎ Oncology Nutrition Series Session 1: Basic Oncology Nutrition</p> | <p>4 9am-10am Men’s & Caregiver’s Support Groups</p> |
| <p>6</p> | <p>7 1:05pm-1:50pm Static Stretching ☎ 4:30pm-5:30pm ☎ Stretch & Balance Flows</p> | <p>8 1pm-2pm Women’s Support Group 1:05pm-1:50pm Strength & Stability</p> | <p>9 10:30am-12:30pm Massage ☎ 1:05pm-1:50pm Stretch & Balance Flows 5pm-6pm Meditative Mindfulness ☎</p> | <p>10 11am-12pm ☎ Oncology Nutrition Series Session 2: Helpful vs. Harmful</p> | <p>11</p> |
| <p>13</p> | <p>14 1:05pm-1:50pm Static Stretching ☎ 4:30pm-5:30pm ☎ Stretch & Balance Flows</p> | <p>15 1:05pm-1:50pm Strength & Stability 5:00pm-6:00pm ☎ Journey to Wholeness</p> | <p>16 9am-11am Reflexology ☎ 10:30am-1:15pm Massage ☎ 11am-1pm LUNCH & LEARN: The Benefits of Reflexology ☎ 1:05pm-1:50pm Stretch & Balance Flows</p> | <p>17 11am-12pm ☎ Oncology Nutrition Series Session 3: Plant-Based Diet and Spices</p> | <p>18 9am-10am Men’s & Caregiver’s Support Groups 10:30am-11:30am Stretch & Reset ☎</p> |
| <p>20 12:30pm-3:00pm ☎ Cards & Cocoa</p> | <p>21 1:05pm-1:50pm Static Stretching ☎ 4:30pm-5:30pm ☎ Stretch & Balance Flows</p> | <p>22 1:05pm-1:50pm Strength & Stability</p> | <p>23 Closed for Thanksgiving </p> | <p>24 Closed for the Holiday Weekend </p> | <p>25</p> |
| <p>27</p> | <p>28 1:00pm-2:00pm ☎ Care N Share Chicken Noodle Soup Book Club 2:00pm-3:00pm ☎ Writing to Heal ☎ 4:30pm-5:30pm ☎ Stretch & Balance Flows</p> | <p>29 Strength & Stability CANCELLED 5:00pm-6:00pm ☎ Journey to Wholeness</p> | <p>30 10:30am-12:30pm Massage ☎ 1:05pm-1:50pm Stretch & Balance Flows</p> | <p>November Cancer Observances:</p> <ul style="list-style-type: none"> • Lung Cancer Awareness Month • Pancreatic Cancer Awareness Month • National Caregiver Appreciation Month • Neuroendocrine Tumor Day (Nov 10th) • Great American Smoke Out (Nov 16th) | |

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-Thursday 9am-4pm; Fridays by Appointment only.