



MARCH 2018

OSF Healing Pathways

PROGRAM SCHEDULE

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<p> Next to a program means call 815-977-4123 to pre-register.</p> <p>During the month of March, we observe both National Colorectal Cancer Awareness Month and National Nutrition Month. Join us at this month's Lunch & Learn for an education on General Oncology Nutrition. Call to pre-register!</p>		<p>1 <u>10:30am-1:00pm</u> Massage <u>1:05pm-1:50pm</u> Stretch & Balance Flows <u>2:00pm-3:00pm</u> Guided Imagery: Engage the Imagination in the Healing Process </p>		<p>2 <i>By appointment only</i></p>		<p>3 <u>9:00am-10:00am</u> Men's & Caregiver's Support Groups <u>10:30am-11:30am</u> Stretch Your Breath </p>					
<p>5</p>		<p>6 <u>1:00pm-2:00pm</u> Survivorship Video Series & Discussion: Treating the Whole Patient</p>		<p>7</p>		<p>8 <u>10:30am-1:00pm</u> Massage <u>1:05pm-1:50pm</u> Stretch & Balance Flows <u>2:00pm-3:00pm</u> Guided Imagery: Coping with Grief </p>		<p>9 <i>By appointment only</i></p>		<p>10</p>	
<p>12</p>		<p>13 <u>1:00pm-2:00pm</u> Survivorship Video Series & Discussion: Does a Diagnosis Define Me?</p>		<p>14 <u>1:00pm-2:00pm</u> Women's Support Group</p>		<p>15 <u>10:30am-1:00pm</u> Massage <u>1:05pm-1:50pm</u> Stretch & Balance Flows <u>2:00pm-3:00pm</u> Guided Imagery: Relaxation & Wellness </p>		<p>16 <i>By appointment only</i></p>		<p>17 <u>9:00am-10:00am</u> Men's & Caregiver's Support Groups <u>10:30am-11:30am</u> Stretch & Reset </p>	
<p>19</p>		<p>20 <u>1:00pm-2:00pm</u> Survivorship Video Series & Discussion: The Value of Survivorship Care Planning</p>		<p>21</p>		<p>22 <u>9am-11am</u> Reflexology <u>10:30am-1:00pm</u> Massage <u>1:05pm-1:50pm</u> Stretch & Balance Flows <u>2:00pm-3:00pm</u> Guided Imagery: Fighting Cancer </p>		<p>23 <i>By appointment only</i></p>		<p>24</p>	
<p>26 <u>1:00pm-2:00pm</u> Health & Life Coaching </p>		<p>27 <u>11:00am-1:00pm</u> Lunch & Learn: General Oncology Nutrition <u>1:00pm-2:00pm</u> Care N Share Chicken Noodle Soup Book Club </p>		<p>28</p>		<p>29 <u>10:30am-1:00pm</u> Massage <u>1:05pm-1:50pm</u> Stretch & Balance Flows <u>2:00pm-3:00pm</u> Guided Imagery: Anxiety & Stress </p>		<p>30 <i>By appointment only</i></p>		<p>31</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