



WELCOME TO

WELLNESS HOUSE AT LOYOLA MEDICINE

Chair Yoga

Mondays - Starting 10/2
12:30-1:30pm | 2nd Floor Auditorium

Snack & Learn

1st Monday of each month | 10/2, 11/6 & 12/4
1:30-2:30 p.m. | 2nd Floor Auditorium

Loyola University Medical Center

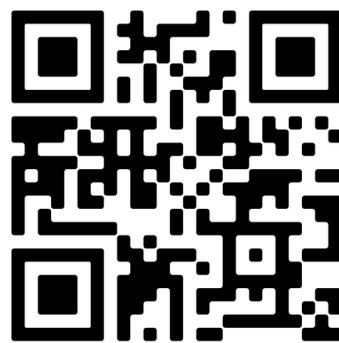
Cardinal Bernardin Cancer Center
2160 S. First Ave, Maywood IL 60153

LEARN MORE & REGISTER

Wellnesshouse.org/loyola

FREE CANCER SUPPORT

Join our group
classes to gain
strength, reduce
stress, and learn
easy recipes for
cancer nutrition



SCAN ME

For more information call Maria Quintana-Diaz at 630-654-5356
or email whchicago@wellnesshouse.org

Wellness House for LIVING with CANCER
You'll feel better inside.