



JOIN US FOR A SPECIAL FREE EVENT!

# WELLNESS HOUSE AT LOYOLA MEDICINE

**Monday, Sept. 25th, 2:00-3:30pm**

**Loyola University Medical Center**

Cardinal Bernardin Cancer Center

2160 S. First Ave, Maywood IL 60153

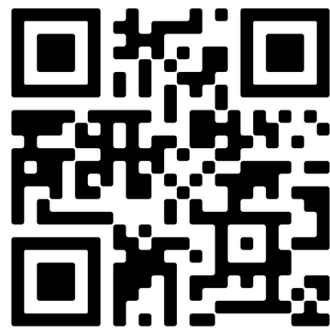
**CHAIR YOGA  
SNACK & LEARN  
MEET THE EXPERTS  
GOODIE BAG**

**LEARN MORE & REGISTER**

[Wellnesshouse.org/loyola](http://Wellnesshouse.org/loyola)

## FREE CANCER SUPPORT

Learn about our  
programs and  
participate in  
group sessions  
on exercise and  
nutrition during  
cancer



For more information call Maria Quintana-Diaz at 630-654-5356  
or email [whchicago@wellnesshouse.org](mailto:whchicago@wellnesshouse.org)

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