



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

**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

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