



WELCOME TO
WELLNESS
HOUSE
AT LOYOLA
MEDICINE

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

Chair Yoga

Mondays
12:30-1:30pm

Snack & Learn

1st Monday of each month | April 1, May 6, June 3
1:30-2:30 p.m.

Spanish Speaking Meaning-Centered Therapy Support Group

Weekly on Fridays April 12 - May 31
3:00-4:30 p.m.

FREE CANCER
SUPPORT

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

LEARN MORE & REGISTER

[Wellnesshouse.org/loyola](https://wellnesshouse.org/loyola)



For more information call 630-654-5356 or email whchicago@wellnesshouse.org

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