



WELCOME TO
WELLNESS
HOUSE
AT LOYOLA
MEDICINE

Chair Yoga

Mondays
12:30-1:30pm

Cancer Nutrition 101

1st Monday of each month | 7/8 & 8/5
1:30-2:30 p.m.

SAVE THE DATE! Thursday, September 19

STRONGER TOGETHER
Community Health Summit for Cancer
Survivors and Caregivers

Loyola University Medical Center

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

FREE
CANCER
SUPPORT

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



LEARN MORE & REGISTER

Wellnesshouse.org/loyola

For more information or assistance with registration,
call 630-654-5356 or email whchicago@wellnesshouse.org.

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