



**WELCOME TO**  
**WELLNESS**  
**HOUSE**  
**AT LOYOLA**  
**MEDICINE**

**Chair Yoga**

Mondays  
12:30 - 1:30 p.m.  
Gentle, beginner and restorative chair-based and standing yoga postures.

**Cancer Nutrition 101**

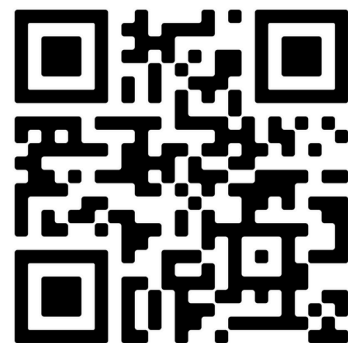
1st Monday of each month | 10/7, 11/4, 12/2  
1:30 - 2:30 p.m.  
Join the Wellness House Nutrition Team to learn more about cancer nutrition recommendations.

**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](https://Wellnesshouse.org/loyola)

For more information or assistance with registration, call 630-654-5356 or email [whchicago@wellnesshouse.org](mailto:whchicago@wellnesshouse.org).

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