



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

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

Exercise for Better Balance

9:30-10:15 a.m.

Tuesdays, January 7 & 21, February 4, March 4 & 18

Join an oncology exercise specialist for a session on improving balance. Discover how cancer and its treatments can affect balance and learn strategies to enhance stability and confidence.

Snack & Chat

10:15 a.m. – 11:00 a.m.

Tuesdays, January 21 & March 18

Stop by and chat with a registered dietitian to get your questions about cancer and nutrition answered. Enjoy a snack while gaining valuable tips and information!



**LEARN MORE &
REGISTER**



Cancer Support & Healing Event

Tuesday, February 18

9:30-11:00 a.m.

Join us for a special event at Loyola, focused on introducing individuals impacted by cancer to Wellness House's free services, with giveaways and programs.

REROUTING: CHOOSING YOUR COURSE AFTER CANCER TREATMENT

Tuesdays, February 25 - March 25

9:30-11:00 a.m.

Finishing cancer treatment often elicits a full range of emotions, as well as a new range of physical concerns and questions for both patients and caregivers. Join us for this interactive five-week series that will provide the information you need to create your course after cancer treatment. You will receive the most benefit from attending each week in this series, though it is not required

For more information, visit Wellnesshouse.org/loyola,
call 630.654.5356 or email whchicago@wellnesshouse.org

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