



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

Cancer Support & Healing Event

9:30 – 11:00 a.m.

Tuesday, May 27

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.

**LEARN MORE
& REGISTER**



**FREE
CANCER
SUPPORT**

Exercise for Better Balance

9:30 – 10:15 a.m.

Tuesdays, April 1, 15 May 6, 20 June 3, 17

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.

Cancer Nutrition 101

10:15 – 11:00 a.m.

Tuesdays, April 1, May 20, June 17

Get your questions about cancer and nutrition answered with a Wellness House Dietitian. Enjoy a snack while gaining valuable tips and information!

For more information, visit [Wellnesshouse.org/loyola](https://wellnesshouse.org/loyola),
call 630.654.5356 or email whchicago@wellnesshouse.org

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