



## 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

### Nutrition Programs

Join the Wellness House Nutrition Team to discuss cancer and nutrition while enjoying a snack.

#### Nutrition Tips for Breast Cancer

Friday, July 18  
9:30 - 10:30 am

#### Nutrition Tips for GI Cancers

Thursday, August 14  
9:30 - 10:30 am

#### Cancer Nutrition 101

Tuesday, September 16  
9:30 - 10:30 am

**LEARN MORE  
& REGISTER**



## FREE CANCER SUPPORT

### Exercise Programs

#### Exercise for Better Balance

Tuesdays, July 15, August 26, September 9, 23  
9:30 – 10:15 a.m.

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.

#### Stretching for Joint Health

Friday, July 25  
9:30 - 10:15 am

This class is designed to support cancer survivors in reclaiming flexibility, reducing stress, and enhancing overall well-being through gentle stretching exercises

#### Yoga for Digestion

Thursday, August 21  
9:30 - 10:15 am

This class combines mindful movement, breathing exercises, and relaxation techniques to alleviate common digestive issues such as bloating, constipation, and discomfort.

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

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