



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, October 3
9:30 - 10:30 a.m.

Nutrition Tips for Head & Neck Cancers

Friday, November 14
9:30 - 10:30 a.m.

Holiday Meals

Tuesday, December 2
9:30 - 10:30 a.m.

**LEARN MORE
& REGISTER**



FREE CANCER SUPPORT

Exercise Programs

Stretching for Joint Health

Friday, October 10 | 9:30 - 10:15 a.m.

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, November 13 | 9:30 - 10:15 a.m.

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

Exercise for Better Balance

Tuesdays October 21, November 25, December 9 & 23
9:30 - 10:15 a.m.

Exercise for Better Balance will include standing and seated exercises to help participants improve strength, coordination, and stability.

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.