



## 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 GI Cancers

Friday, January 29  
9:30 - 10:30 a.m.

### Nutrition Tips for Breast Cancer

Friday, February 27  
9:30 - 10:30 a.m.

**LEARN MORE  
& REGISTER**



**FREE**

### Exercise Programs

#### Stretching for Joint Health

Friday, January 9 | 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, February 12 | 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

January 20, February 24, March 10, 24  
9:30 - 10:15 a.m.

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