



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 CANCER SUPPORT

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.

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.