



# 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

## Exercise Programs

### Exercise for Better Balance

July 9, 23, August 13, 27, September 10, 24  
10:00 - 11:00 am

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

**LEARN MORE  
& REGISTER**



**FREE  
CANCER  
SUPPORT**

## Nutrition Programs

### Nutrition Tips for GI Cancers

Thursdays, August 27 and September 24  
9:30 - 10:30 am

Join the Wellness House Nutrition Team and talk about the latest GI cancer nutrition tips while enjoying a snack.

### Nutrition Tips for Head & Neck Cancers

Friday, July 24  
9:30 - 10:30 am

Join the Wellness House Nutrition Team and talk about the latest Head and Neck cancer nutrition tips while enjoying a snack.

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.