



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

FREE CANCER SUPPORT

CONTACT US
For more information or assistance with registration, call 630.323.5150 or email info@wellnesshouse.org

Nutrition Programs

Nutrition Tips for GI Cancers
Thursday, Oct. 24 | 11:00 am - 12:00 pm
Join the Wellness House Nutrition Team and talk about the latest GI cancer nutrition tips while enjoying a snack.

Nutrition Tips for Breast Cancer
Friday, Nov. 6 | 10:00 - 11:00 am
Join us for a casual meeting with the dietitian where we will discuss a topic related to nutrition and breast cancer. The dietitian will also be available to address concerns realted to diet and nutrition and/or side effects from treatments.

Exercise Programs

Exercise for Better Balance
Oct. 8, 22, Nov. 12, Dec. 10 | 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

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.