



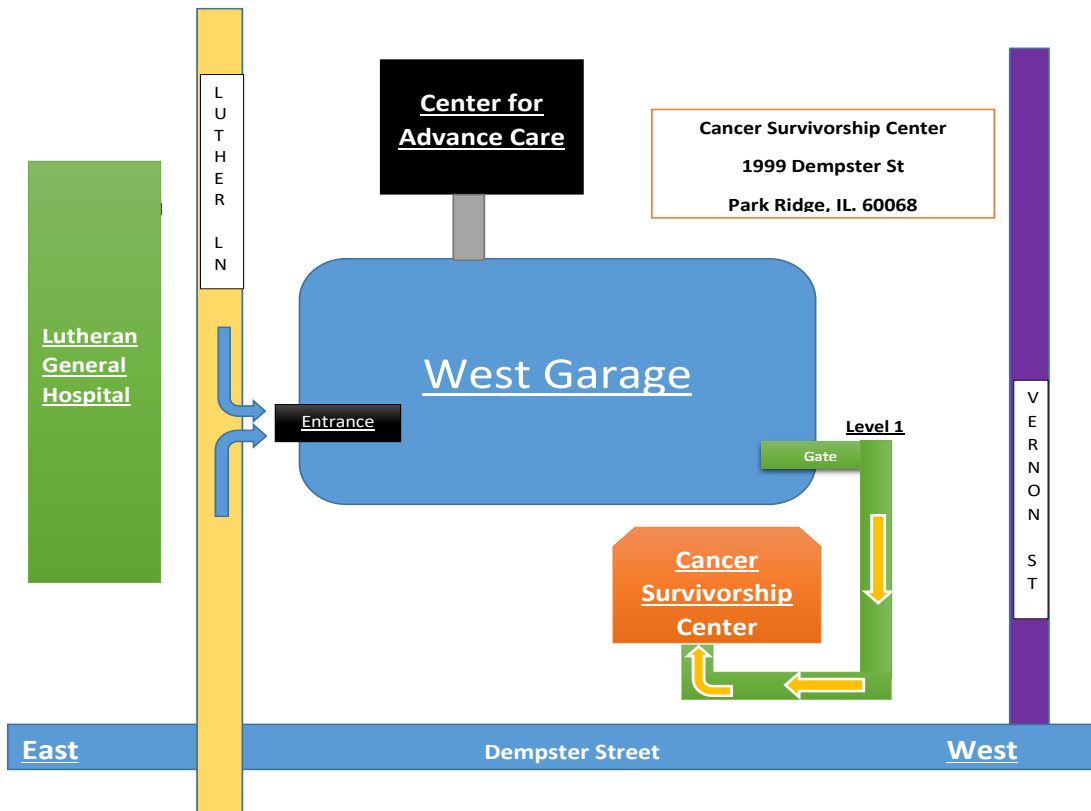
# Cancer Survivorship Program



**In-Person/Virtual  
Class and Program Calendar  
September - December 2023**

Lutheran General Hospital  
Cancer Survivorship Center  
1999 Dempster St.  
Park Ridge, IL 60068  
847-723-5690

# Directions to Cancer Survivorship Center



- Enter West Garage; Parking is available on all levels of the garage. Cancer Survivorship Center's parking is on level 1 on the Northwest corner of the garage
- Exit through the gate on level 1, follow walk path to the front of building

# WHAT'S NEW



## **The Yoga of Awe- Mini Yoga Retreat with Nina G.**

**Thursday, September 28<sup>th</sup>, 2023, 5:30pm-7:30pm**

**(Location: Cancer Wellness Center in Northbrook, IL.)**

Join us for this two-hour retreat and learn some yoga techniques to experience awe in your everyday life. This retreat includes journaling, breath techniques, meditation, and yoga. Participants should be able to get up and down from the floor safely for this program.

Call the Center to register **847-723-5690**



## **Crafting Club**

**Mondays 4:30pm-5:30pm: Sept. 11<sup>th</sup> & 18<sup>th</sup>, Oct. 16<sup>th</sup> & 30<sup>th</sup>, Nov. 13<sup>th</sup>, Dec. 11<sup>th</sup>**

Crafting can help reduce the troublesome symptoms of “chemo brain,” such as memory loss and word finding difficulties. Survivors and caregivers may experience reduced levels of anxiety, depression and isolation while participating in knitting and crochet classes.

- Prior experience is not required.



## **Look Good Feel Better (In-Person)**

**October 16<sup>th</sup>, 2023, 1:00pm-3:00pm**

Group workshop with a trained expert that will teach you beauty techniques to help manage appearance-related side effects from cancer treatment. This workshop will help you feel more confident and empowered during your cancer journey. No matter what type of cancer you have.

- **Requirement: Must be actively in treatment**

**Call 847-723-5690 to register.**



## **Counseling Services**

In partnership with Cancer Wellness Center of Northbrook, Cancer Survivorship now offers counselling services to anyone who is experiencing distress because of a cancer diagnosis. Counseling Services include:

- Individual
- Couples
- Families
- Children/Teens
- Parent consultations with a Child Life Specialist
- Spanish speaking; contact our Bilingual Clinical Associate at **847-562-4989**.

**To get connected with counseling services please call Intake Coordinator Alana Lebovitz at 224-406-8359.**

# Class Schedule: September - December 2023

Finding out you have cancer can be disorienting. Our mission is to give you the tools you need to find your footing again. Our support services begin when you are first diagnosed with cancer and continue throughout your life. So, whether you are living with cancer as a chronic condition or have recently completed treatment, we are here to help you navigate in a way that feels right to you.

The Cancer Survivorship Program was created because we know that for survivors and their caregivers, the cancer journey extends beyond the treatment process. Here we focus on the physical, social, psychological, and spiritual needs of our patients, family members, and caregivers.

Here is our schedule for September – December 2023

- Hybrid classes are offered in-person and virtually via Zoom.  
Face coverings are optional.

<b>Monday</b>	Yoga for the Nervous System (In-person): 10:00am-11:00am Cardio Strength Training (Virtual): 11:45am – 12:45pm Massage Therapy: 10:00am- 12:20pm (By appointment only) Stress Relief Yoga (Hybrid): 5:30pm-6:30pm Crafting Club: 4:30pm-5:30pm (In-Person)
<b>Tuesday</b>	Chair Yoga (Hybrid): 9:45am – 10:30am Chair Yoga (In-Person): 10:45am – 11:30am Music Therapy (In-Person): 1:00pm-3:00pm start date: TBA
<b>Wednesday</b>	Total Body Workout (Virtual): 11:45am – 12:45pm Massage Therapy: 10:00am- 12:20pm (By appointment only) Gentle Yoga (Hybrid): 5:30pm-6:30pm (Instructor from Cancer Wellness Center) Art Therapy (In-Person): 10:00am-11:30am
<b>Thursday</b>	Water Aerobics (In-person) Class held at LGH Fitness Center: 11:00am-12:00pm Reflexology: 10:00am-1:00pm (By appointment only) Tai Chi (Virtual) 2:30pm-3:30pm The Power of Relaxation Mini Yoga Retreat, September 28 <sup>th</sup> 5:30pm-7:30pm
<b>Friday</b>	Exercise for Cancer (Virtual): 9:00am-10:00am Reflexology: 10:00am-1:00pm (By appointment only) Breast Cancer Support Group (Virtual): Sept. 1 <sup>st</sup> , Oct. 6 <sup>th</sup> , Nov. 3 <sup>rd</sup> , 2pm-3pm Cancer Support Group (Virtual): Sept. 15 <sup>th</sup> , Oct. 20 <sup>th</sup> , Nov. 17 <sup>th</sup> 2pm-3pm

No matter if you currently have a cancer diagnosis, had one in the past, or if you are a caregiver these programs are for you.  
Registration is required for all classes and programs.

To Register for Classes and Programs Visit: [www.advocatehealth.com/classes-events](http://www.advocatehealth.com/classes-events)  
For more Information call: 847-723-5690 or e-mail [samantha.daniel@aah.org](mailto:samantha.daniel@aah.org)



## Cancer Survivorship Wig Boutique Studio 1999

**New Wigs are Available at NO COST to Women Experiencing Hair Loss due to Cancer Treatment**



**IN ORDER TO SERVICE ALL PATIENTS:**

- **An appointment must be scheduled in advance. No walk-ins allowed.**

**To Schedule an appointment, please call 847-723-5690**

- **Patients, please ask your doctor approximately when you will start losing your hair. We will attempt to schedule an appointment close to that time.**
- **Patients cannot be fitted if they have existing chin-length or longer hair. Hair must be chin-length or shorter to be fitted for a wig.**



look good **feel better**

FACING CANCER WITH CONFIDENCE

## Look Good Feel Better Live! Virtual Workshops

Look Good Feel Better Live! Virtual Workshops provide live instruction, tips, and tricks for dealing with visible side effects of cancer treatment. These free, one-hour, online group workshops can be done from the comfort and privacy of home. Available sessions:

- Skin care and cosmetics application.
- Wigs and head coverings, including scarves and turbans.
- Body image, wardrobe, and styling tips.
- Scarf tying techniques to boost confidence.

Workshops are presented in partnership with Look Good Feel Better Alliance member:  
**Advocate Lutheran General Hospital Cancer Survivorship Center**

Visit [www.lookgoodfeelbetter.org/alliance-partner-virtual-workshops](http://www.lookgoodfeelbetter.org/alliance-partner-virtual-workshops) to register for an **LGFB Alliance Skin Care and Makeup workshop** and request a free Look Good Feel Better makeup kit. Please register at least two weeks in advance to allow time for kit delivery before the workshop. Use Site Referral Code: **AD60068** when registering.

### **In – Person Class:**

**Monday, October 16<sup>th</sup>, 2023**

**1:00pm-3:00pm**

**Location: Cancer Survivorship Center**

**1999 W. Dempster St.**

**Park Ridge, IL. 60068**

**Call Samantha Daniel at 847-723-5690 to register!**

Look Good Feel Better is offered through a collaboration of the Look Good Feel Better Foundation and the Professional Beauty Association.

Look Good Feel Better is a registered trademark of the Look Good Feel Better Foundation.

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# Integrative Medicine Program

Cancer treatment can present its own physical and mental challenges. At the Cancer Survivorship Center, you have access to a range of integrative medicine therapies designed to help manage your; fatigue, stress, pain, nausea and support your wellbeing. These therapies can create an empowering, personalized experience that can enhance your body's ability to heal, build resilience, and manage treatment side effects. We aim to not only provide support but bring balance to your life.

## What's offered?



**Massage Therapy:** Massage therapy for people living with cancer, and after treatment, involves adjusting the application of general massage techniques. This technique can deliver a safe and effective massage to people in all stages of cancer-from diagnosis through survivorship. Cancer patients receiving gentle massage therapy may experience improved mood; a greater sense of wellbeing; and reduced levels of stress, tension, muscle aches and pain.

Visit [www.advocate.health.com/classes-events](http://www.advocate.health.com/classes-events) to register. Class Code: 8C82



**Art Therapy:** Art therapy may improve the physical, mental, and emotional state of individuals for a variety of purposes. It remains understudied and underutilized in cancer treatment. The Survivorship Center developed an art therapy program that can improve the physical and mental aspects of cancer survivors. Join us as we explore your creative minds. \*Prior art experience is not required\*

Visit [www.advocatehealth.com/classes-events](http://www.advocatehealth.com/classes-events) to register. Class code: 8C93



**Reflexology:** Reflexology is a treatment that uses pressure on specific areas of the feet, which are linked to various organs and parts of the body. By stimulating these reflexologists can improve your health by reducing pain and anxiety. When cancer patients face stress, fatigue, or nausea, they may turn to integrative therapies such as reflexology to help ease symptoms. Although each patient responds individually, reflexology can support relaxation and comfort during and after cancer treatment.

Call the Center at 847-723-5690 to schedule your 50-minute session.



**Aromatherapy:** Is the use of fragrant substances distilled from plants, called essential oils. These essential oils can alter mood balance, and give energy back to the body, mind, and spirit, as well as help cope with chronic pain, depression, and many other benefits. Aromatherapy will be offered at our infusion center and in conjunction with our massage therapy, reflexology appointments, and our yoga classes.

For more information call the Center: 847-723-5690

# Support Services



## Virtual Cancer Support Group

**Fridays: Sept. 15<sup>th</sup>, Oct. 20<sup>th</sup>, Nov. 17<sup>th</sup> 2023**

**Time: 2pm - 3pm**

This support group is a monthly group that bring individuals together that are newly diagnosed or have a history of cancer. We will discuss a variety of topics each month related to treatment and recovery. Participants can discuss how cancer is affecting them and share their life experience with their peers as well as receive tips, advice, and emotional support in a relaxed, supportive setting. Join us, we are here to support you.

Visit [www.advocatehealth.com/classes-events](http://www.advocatehealth.com/classes-events) to register. Class Code 8C25

You don't have to face it alone



## Virtual Breast Cancer Support Group

**Fridays: Sept. 1<sup>st</sup>, Oct. 6<sup>th</sup>, Nov. 3<sup>rd</sup> 2023**

**Time: 2pm – 3pm**

This is a group for persons with a breast cancer diagnosis who are, either currently in treatment or have completed treatment. The purpose of the group is to provide support and share information with other survivors. Some sessions will be led by guest speakers discussing a range of topics, along with open discussion.

Visit [www.advocatehealth.com/classes-events](http://www.advocatehealth.com/classes-events) to register. Class Code 8C19

## Bereavement Program

We understand that it can be helpful to talk about the loss of a loved one and the adjustments that follow after your loss. While there are no simple answers, we can help you discover healthy ways of dealing with your feelings and provide support after the death of your loved one.

- *Remember, you are not alone in your grief.* Please call our Grief Support Specialists for additional support.

**Shane Villanueva 630-571-8603**



**Ask about our Caregiver Support Resources: Call 847-723-5690 or visit our website**

**Scan QR Code.**





# Support Services

**Samantha Daniel, BS, HIT, AC**

**Oncology Survivorship Program Coordinator**

Can provide access and seamless coordination of services throughout the continuum of your cancer care. Our coordinator can meet with you and your family to provide emotional support, patient education, teaching, knowledge regarding support services, resources and guidance following the diagnosis of cancer, through treatment, and survivorship.

Call **847-723-5690** to speak with our Coordinator.

## Social Work Services

**Jamie Sorensen, MSW, LCSW, AC**

**Medical Social Worker**

A Licensed Clinical Social Worker (LCSW, MSW) will be available to cancer patients and their support persons who need assistance accessing information & community resources to address the social & financial impact of a cancer diagnosis. The LCSW will be able to assist with referral to home health & rehab services, transportation, disability benefit info, work or school issues, legal assistance referrals and/or assistance with advanced directives. Social work services are free of charge.

Please call **847-723-5693** to leave a brief message to schedule an appointment.

## Nutritional Services

**Rebecca Waller, RD, LDN, AC**

**Outpatient Oncology Registered Dietitian**

Contact our Nutritionist Rebecca Waller and learn how to get healthier, before, during and after treatment. Also, ask about our monthly cooking classes and 4 Weeks to Healthier Habits Program.

The goals of nutrition therapy for cancer patients are to:

- Control Side Effects from Medications, and Treatment
- Lower Risk of Infections
- Keep up Strength and Energy
- Improve or Maintain Quality of Life

Call Rebecca Waller at **847-723-5691** to schedule an appointment or for more information.

## Counseling Services

Through a partnership with the Cancer Wellness Center, the Cancer Survivorship Center offers counseling services to those who are experiencing emotional distress because of a cancer diagnosis. Those diagnosed with cancer and their loved ones are eligible to receive at NO CHARGE. Available counseling services are available for individuals, couples, families, and children/teens. Parent consultations are also available with a Child Life Specialist.

To get connected with services, please contact Alana Lebovitz, Cancer Wellness Center's Intake Coordinator at **224-406-8359**.



**An on-line form can also be completed to get connected by scanning the QR Code**

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Exercise for Cancer (Virtual) 9:00pm – 10:00pm Reflexology 10:00am-1:00pm Breast Cancer Support Group (Virtual) 2:00pm – 3:00pm
4	5	6	7	8
<b>Closed</b>	Chair Yoga (Hybrid) 9:45am – 10:30am Chair Yoga (In-Person) 10:45am - 11:30am	Total Body Workout (Virtual) 11:45am – 12:45pm Gentle Yoga (Hybrid) 5:30pm-6:30pm	Water Aerobics 11:00am-12:00pm Tai Chi (Virtual) 2:30pm-3:30pm Art Therapy (In-person) 10:00am-11:30am	Exercise for Cancer (Virtual) 9:00pm – 10:00pm Reflexology 10:00am-1:00pm
11	12	13	14	15
Yoga for the Nervous System (In-Person) 10:00am-11:00am Massage Therapy 10:00am-12:20pm (By Appt. Only) Cardio Strength Training (Virtual) 11:45am – 12:45pm Crafting Club (In-Person) 4:30pm-5:30pm Stress Relief Yoga (Hybrid) 5:30pm-6:30pm	Chair Yoga (Hybrid) 9:45am – 10:30am Chair Yoga (In-Person) 10:45am - 11:30am	Total Body Workout (Virtual) 11:45am – 12:45pm Gentle Yoga (Hybrid) 5:30pm-6:30pm	Reflexology 10:00am-1:00pm Water Aerobics 11:00am-12:00pm Tai Chi (Virtual) 2:30pm-3:30pm	Exercise for Cancer (Virtual) 9:00pm – 10:00pm Reflexology 10:00am-1:00pm Cancer Support Group (Virtual) 2:00pm – 3:00pm
18	19	20	21	22
Yoga for the Nervous System (In-Person) 10:00am-11:00am Cardio Strength Training (Virtual) 11:45am – 12:45pm Crafting Club (In-Person) 4:30pm-5:30pm No Stress Relief Yoga	Chair Yoga (Hybrid) 9:45am – 10:30am Chair Yoga (In-Person) 10:45am - 11:30am	Art Therapy (In-person) 10:00am-11:30am Total Body Workout (Virtual) 11:45am – 12:45pm Gentle Yoga (Hybrid) 5:30pm-6:30pm	Reflexology 10:00am-1:00pm Water Aerobics 11:00am-12:00pm No Tai Chi	Exercise for Cancer (Virtual) 9:00pm – 10:00pm Reflexology 10:00am-1:00pm
25	26	27	28	29
Yoga for the Nervous System (In-Person) 10:00am-11:00am Cardio Strength Training (Virtual) 11:45am – 12:45pm Stress Relief Yoga (Hybrid) 5:30pm-6:30pm	Chair Yoga (Hybrid) 9:45am – 10:30am Chair Yoga (In-Person) 10:45am - 11:30am	Massage Therapy 10:00am-12:20pm (By Appt. Only) Total Body Workout (Virtual) 11:45am – 12:45pm Gentle Yoga (Hybrid) 5:30pm-6:30pm Book Therapy Discussion (Virtual) 7:00pm-8:00pm	Reflexology 10:00am-1:00pm Water Aerobics 11:00am-12:00pm Tai Chi (Virtual) 2:30pm-3:30pm 2-Hr. Yoga Retreat 5:30pm-7:30pm	Exercise for Cancer 9:00pm – 10:00pm Reflexology 10:00am-1:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>Yoga for the Nervous System (In-Person)</b> 10:00am-11:00am</p> <p><b>Cardio Strength Training (Virtual)</b> 11:45am – 12:45pm</p> <p>Stress Relief Yoga (Hybrid) 5:30pm-6:30pm</p>	<p>3</p> <p><b>Chair Yoga (Hybrid)</b> 9:45am – 10:30am</p> <p><b>Chair Yoga (In-Person)</b> 10:45am - 11:30am</p>	<p>4</p> <p><b>Total Body Workout (Virtual)</b> 11:45am – 12:45pm</p> <p><b>Gentle Yoga (Hybrid)</b> 5:30pm-6:30pm</p>	<p>5</p> <p><b>Reflexology</b> 10:00am-1:00pm</p> <p><b>Art Therapy (In-person)</b> 10:00am-11:30am</p> <p><b>Water Aerobics</b> 11:00am-12:00pm</p> <p><b>Tai Chi (Virtual)</b> 2:30pm-3:30pm</p>	<p>6</p> <p><b>Exercise for Cancer (Virtual)</b> 9:00pm – 10:00pm</p> <p><b>Reflexology</b> 10:00am-1:00pm</p> <p><b>Breast Cancer Support Group (Virtual)</b> 2:00pm – 3:00pm</p>
9	10	11	12	13
<p><b>Massage Therapy</b> 10:00am-12:20pm (By Appt. Only)</p> <p><b>Cardio Strength Training (Virtual)</b> 11:45am – 12:45pm</p> <p>Stress Relief Yoga (Hybrid) 5:30pm-6:30pm</p>	<p><b>Chair Yoga (Hybrid)</b> 9:45am – 10:30am</p> <p><b>Chair Yoga (In-Person)</b> 10:45am - 11:30am</p>	<p><b>Total Body Workout (Virtual)</b> 11:45am – 12:45pm</p> <p><b>Gentle Yoga (Hybrid)</b> 5:30pm-6:30pm</p>	<p><b>Reflexology</b> 10:00am-1:00pm</p> <p><b>Water Aerobics</b> 11:00am-12:00pm</p> <p><b>No Tai Chi</b></p>	<p><b>Exercise for Cancer (Virtual)</b> 9:00pm – 10:00pm</p> <p><b>Reflexology</b> 10:00am-1:00pm</p>
16	17	18	19	20
<p><b>Cardio Strength Training (Virtual)</b> 11:45am – 12:45pm</p> <p><b>Look Good Feel Better</b> 1:00pm-3:00pm</p> <p><b>Crafting Club (In-Person)</b> 4:30pm-5:30pm</p> <p>Stress Relief Yoga (Hybrid) 5:30pm-6:30pm</p>	<p><b>No Chair Yoga</b></p>	<p><b>Art Therapy (In-person)</b> 10:00am-11:30am</p> <p><b>Total Body Workout (Virtual)</b> 11:45am – 12:45pm</p> <p><b>Gentle Yoga (Hybrid)</b> 5:30pm-6:30pm</p>	<p><b>Reflexology</b> 10:00am-1:00pm</p> <p><b>Water Aerobics</b> 11:00am-12:00pm</p> <p><b>Tai Chi (Virtual)</b> 2:30pm-3:30pm</p> <p><b>Ask Becky the Dietitian (Virtual)</b> 5:30pm-6:30pm</p>	<p><b>No Exercise for Cancer</b></p> <p><b>Reflexology</b> 10:00am-1:00pm</p> <p><b>Cancer Support Group</b> 2:00pm – 3:00pm</p>
23	24	25	26	27
<p><b>Yoga for the Nervous System (In-Person)</b> 10:00am-11:00am</p> <p><b>Cardio Strength Training (Virtual)</b> 11:45am – 12:45pm</p> <p>Stress Relief Yoga (Hybrid) 5:30pm-6:30pm</p>	<p><b>Chair Yoga (Hybrid)</b> 9:45am – 10:30am</p> <p><b>Chair Yoga (In-Person)</b> 10:45am - 11:30am</p>	<p><b>Massage Therapy</b> 10:00am-12:20pm (By Appt. Only)</p> <p><b>Total Body Workout (Virtual)</b> 11:45am – 12:45pm</p> <p><b>Gentle Yoga (Hybrid)</b> 5:30pm-6:30pm</p>	<p><b>Reflexology</b> 10:00am-1:00pm</p> <p><b>Water Aerobics</b> 11:00am-12:00pm</p> <p><b>No Tai Chi</b></p>	<p><b>Exercise for Cancer (Virtual)</b> 9:00pm – 10:00pm</p> <p><b>Reflexology</b> 10:00am-1:00pm</p>
30	31			
<p><b>Yoga for the Nervous System (In-Person)</b> 10:00am-11:00am</p> <p><b>Cardio Strength Training (Virtual)</b> 11:45am – 12:45pm</p> <p><b>Crafting Club (In-Person)</b> 4:30pm-5:30pm</p> <p>Stress Relief Yoga (Hybrid) 5:30pm-6:30pm</p>	<p><b>Chair Yoga (Hybrid)</b> 9:45am – 10:30am</p> <p><b>Chair Yoga (In-Person)</b> 10:45am - 11:30am</p>			

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p><b>Total Body Workout (Virtual)</b> 11:45am – 12:45pm</p> <p><b>Gentle Yoga (Hybrid)</b> 5:30pm-6:30pm</p>	<p>2</p> <p><b>Reflexology</b> 10:00am-1:00pm</p> <p><b>Water Aerobics</b> 11:00am-12:00pm</p> <p><b>Tai Chi (Virtual)</b> 2:30pm-3:30pm</p>	<p>3</p> <p><b>Exercise for Cancer (Virtual)</b> 9:00pm – 10:00pm</p> <p><b>Reflexology</b> 10:00am-1:00pm</p> <p><b>Breast Cancer Support Group (Virtual)</b> 2:00pm – 3:00pm</p>
6	7	8	9	10
<p><b>Yoga for the Nervous System (In-Person)</b> 10:00am-11:00am</p> <p><b>Cardio Strength Training (Virtual)</b> 11:45am – 12:45pm</p> <p><b>Massage Therapy</b> 10:00am-12:20pm (Appt. Only)</p> <p><b>Stress Relief Yoga (Hybrid)</b> 5:30pm-6:30pm</p>	<p><b>Chair Yoga (Hybrid)</b> 9:45am – 10:30am</p> <p><b>Chair Yoga (In-Person)</b> 10:45am - 11:30am</p>	<p><b>Total Body Workout (Virtual)</b> 11:45am – 12:45pm</p> <p><b>Gentle Yoga (Hybrid)</b> 5:30pm-6:30pm</p>	<p><b>Reflexology</b> 10:00am-1:00pm</p> <p><b>Water Aerobics</b> 11:00am-12:00pm</p> <p><b>Tai Chi (Virtual)</b> 2:30pm-3:30pm</p> <p><b>Cooking Class (In-Person)</b> 5:30pm-6:30pm</p>	<p><b>Exercise for Cancer (Virtual)</b> 9:00pm – 10:00pm</p> <p><b>Reflexology</b> 10:00am-1:00pm</p>
13	14	15	16	17
<p><b>Yoga for the Nervous System (In-Person)</b> 10:00am-11:00am</p> <p><b>Crafting Club (In-Person)</b> 4:30pm-5:30pm</p> <p><b>Stress Relief Yoga (Hybrid)</b> 5:30pm-6:30pm</p>	<p><b>Chair Yoga (Hybrid)</b> 9:45am – 10:30am</p> <p><b>Chair Yoga (In-Person)</b> 10:45am - 11:30am</p>	<p><b>Massage Therapy</b> 10:00am-12:20pm (Appt. Only)</p> <p><b>Gentle Yoga (Hybrid)</b> 5:30pm-6:30pm</p>	<p><b>Reflexology</b> 10:00am-1:00pm</p> <p><b>Art Therapy (In-person)</b> 10:00am-11:30am</p> <p><b>Tai Chi (Virtual)</b> 2:30pm-3:30pm</p>	<p><b>Exercise for Cancer (Virtual)</b> 9:00pm – 10:00pm</p> <p><b>Reflexology</b> 10:00am-1:00pm</p> <p><b>Cancer Support Group</b> 2:00pm – 3:00pm</p>
20	21	22	23	24
<p><b>Yoga for the Nervous System (In-Person)</b> 10:00am-11:00am</p> <p><b>Cardio Strength Training (Virtual)</b> 11:45am – 12:45pm</p> <p><b>Stress Relief Yoga (Hybrid)</b> 5:30pm-6:30pm</p>	<p><b>Chair Yoga (Hybrid)</b> 9:45am – 10:30am</p> <p><b>Chair Yoga (In-Person)</b> 10:45am - 11:30am</p>	<p><b>Closed</b></p>		<p><b>Closed</b></p>
27	28	29	30	
<p><b>Yoga for the Nervous System (In-Person)</b> 10:00am-11:00am</p> <p><b>Cardio Strength Training (Virtual)</b> 11:45am – 12:45pm</p> <p><b>Stress Relief Yoga (Hybrid)</b> 5:30pm-6:30pm</p>	<p><b>Chair Yoga (Hybrid)</b> 9:45am – 10:30am</p> <p><b>Chair Yoga (In-Person)</b> 10:45am - 11:30am</p>	<p><b>Art Therapy (In-person)</b> 10:00am-11:30am</p> <p><b>Total Body Workout (Virtual)</b> 11:45am – 12:45pm</p> <p><b>Gentle Yoga (Hybrid)</b> 5:30pm-6:30pm</p>	<p><b>Reflexology</b> 10:00am-1:00pm</p> <p><b>Water Aerobics</b> 11:00am-12:00pm</p> <p><b>Tai Chi (Virtual)</b> 2:30pm-3:30pm</p>	



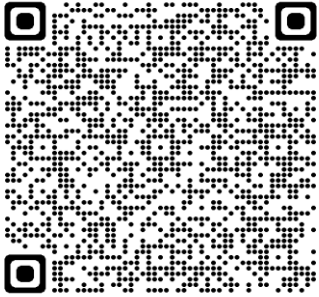
# December

2023

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Exercise for Cancer (Virtual) 9:00pm – 10:00pm</p> <p>Reflexology 10:00am-1:00pm</p>
4	5	6	7	8
<p>No Yoga for the Nervous System</p> <p>Massage Therapy 10:00am-12:20pm (Appt. Only)</p> <p>Cardio Strength Training (Virtual) 11:45am – 12:45pm</p> <p>Stress Relief Yoga (Virtual) 5:30pm-6:30pm</p>	<p>No Chair Yoga</p>	<p>Total Body Workout (Virtual) 11:45am – 12:45pm</p> <p>Gentle Yoga (Hybrid) 5:30pm-6:30pm</p>	<p>Water Aerobics 11:00am-12:00pm</p> <p>Tai Chi (Virtual) 2:30pm-3:30pm</p>	<p>Exercise for Cancer (Virtual) 9:00pm – 10:00pm</p> <p>Art Therapy (in-person) 10:00-11:30am</p> <p>Reflexology 10:00am-1:00pm</p>
11	12	13	14	15
<p>Yoga for the Nervous System (In-Person) 10:00am-11:00am</p> <p>Cardio Strength Training (Virtual) 11:45am – 12:45pm</p> <p>Crafting Club (In-Person) 4:30pm-5:30pm</p> <p>Stress Relief Yoga (Virtual) 5:30pm-6:30pm</p>	<p>Chair Yoga (Hybrid) 9:45am – 10:30am</p> <p>Chair Yoga (In-Person) 10:45am - 11:30am</p>	<p>Massage Therapy 10:00am-12:20pm (Appt. Only)</p> <p>Total Body Workout (Virtual) 11:45am – 12:45pm</p> <p>Gentle Yoga (Hybrid) 5:30pm-6:30pm</p>	<p>Reflexology 10:00am-1:00pm</p> <p>Water Aerobics 11:00am-12:00pm</p> <p>Tai Chi (Virtual) 2:30pm-3:30pm</p>	<p>Exercise for Cancer (Virtual) 9:00pm – 10:00pm</p> <p>Reflexology 10:00am-1:00pm</p>
18	19	20	21	22
<p>Yoga for the Nervous System (In-Person) 10:00am-11:00am</p> <p>Cardio Strength Training (Virtual) 11:30am – 12:30pm</p> <p>Stress Relief Yoga (Virtual) 5:30pm-6:30pm</p>	<p>Chair Yoga (Hybrid) 9:45am – 10:30am</p> <p>Chair Yoga (In-Person) 10:45am - 11:30am</p>	<p>Art Therapy (in-person) 10:00-11:30am</p> <p>Total Body Workout (Virtual) 11:45am – 12:45pm</p> <p>Gentle Yoga (Hybrid) 5:30pm-6:30pm</p>	<p>Reflexology 10:00am-1:00pm</p> <p>Water Aerobics 11:00am-12:00pm</p>	<p>Exercise for Cancer (Virtual) 9:00pm – 10:00pm</p> <p>Reflexology 10:00am-1:00pm</p>
25	26	27	28	30
	<p>Closed</p>	<p>Closed</p>	<p>Closed</p>	<p>Closed</p>

# Register for Classes and Programs

Visit: [www.advocatehealth.com/classes-events](http://www.advocatehealth.com/classes-events)



Scan QR Code to Access Website:

## Registration Class Codes

Yoga for the Nervous System (In-Person): **8C67**

Craft Club (In-Person):

Cardio Strength Training (Online): **8C63**

Massage Therapy (In-Person): **8C62**

Stress Relief Yoga (In-person): **8C54**

Stress Relief Yoga (Online): **8C55**

Chair Yoga 9:45am (In-Person): **8C70**

Chair Yoga 9:45am (Online): **8C71**

Chair Yoga 10:45am (In-Person): **8C72**

Gentle Yoga (Online): **8C51**

Gentle Yoga (In-Person): **8C46**

Water Aerobics (In-Person): **8C39**

Total Body Workout (Online): **8C65**

Nutrition Classes: **8C96**

Nutrition Cooking Classes: **8C97**

Exercise for Cancer (Online): **8C47**

Art Therapy (In-Person): **8C93**

Tia Chi (Online): **8C33**

Crafting Club (In-person): **8C34**

## In Partnership With

