



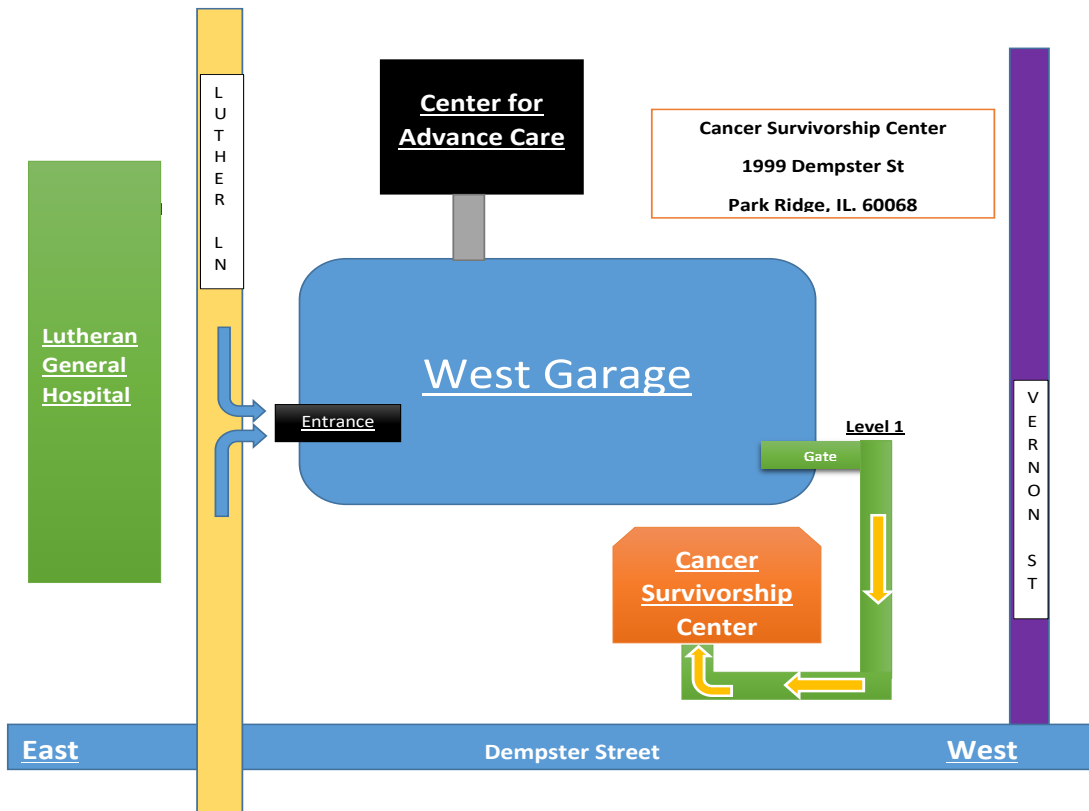
## Cancer Survivorship Program



***In-Person & Virtual  
Class Program Calendar  
May - August 2024***

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?



### Coffee and Conversation Social Club

**Wednesdays May 1<sup>st</sup>, June 19<sup>th</sup>, July 10<sup>th</sup>, August 14<sup>th</sup> 9:30am-10:30am**

If you're a cancer survivor looking to connect with others who have been on a similar journey, we invite you to join our Coffee and Conversation Social Club. This supportive and friendly group is open to all cancer survivors, regardless of where you are in your recovery process.

**Location: Off the Wall Café 104 Main St, Park Ridge, IL 60068. Call 847-723-5690 for more info.**



### Strength & Conditioning (Virtual) with Barb

**Fridays 9:00am-10:00am**

Strength training, or resistance training, can help survivors maintain and build strong muscles. Increasing muscles mass can help improve your balance, reduce fatigue, and make it easier to do daily activities. All levels of experience are welcome.

[www.advocate.health.com/classes-events](http://www.advocate.health.com/classes-events) to register Class Code: 8C47



### Dressing for Your New Body (Body Image, Wardrobe and Styling) Virtual Class

**May 14<sup>th</sup> & June 3<sup>rd</sup>, 2024, 1:00pm-2:00pm**

Join us for a special class designed to help you feel confident and stylish in your new body. Whether you've gained or lost weight due to cancer treatments, this class will provide you with practical tips and guidance on dressing to enhance your unique shape.

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



### Yoga in the Park 2- Hour Yoga Retreat:

**Thursday, August 15<sup>th</sup>, 2024, 9:30am-11:30am**

Join us for a rejuvenating two-hour yoga retreat in the serene surroundings of the park. This special session is specifically designed for survivors to relax, unwind, and connect with their inner peace.

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

# Class Schedule: May – August 2024

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 begins when you are first diagnosed with cancer and continues 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 May – August 2024

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

<b>Monday</b>	<b>Yoga for the Nervous System (In-person): 10:00am-11:00am</b> <b>Cardio Strength Training (In-Person): 11:30am – 12:30pm</b> <b>Massage Therapy: 10:00am- 2:00pm (By appointment only)</b> <b>Stress Relief Yoga (Virtual): 5:30pm-6:30pm</b>
<b>Tuesday</b>	<b>Chair Yoga (Hybrid): 9:45am – 10:30am</b> <b>Chair Yoga (In-Person): 10:45am – 11:30am</b> <b>Music Therapy (In-Person): 1:00pm-2:00pm</b>
<b>Wednesday</b>	<b>Coffee &amp; Conversation: 9:30am-10:30am</b> <b>Massage Therapy: 10:00am- 2:00pm (By appointment only)</b> <b>Gentle Yoga (Hybrid): 5:30pm-6:30pm (Instructor from Cancer Wellness Center)</b> <b>Art Therapy (In-Person): 10:00am-11:30am</b> <b>Book Therapy Discussion (Virtual): 7:00pm-8:00pm</b>
<b>Thursday</b>	<b>Water Aerobics (In-person) Class Held at LGH Fitness Center: 11:00am-12:00pm</b> <b>Reflexology: 10:00am-1:00pm (By Appointment Only)</b> <b>Qigong (Virtual) 2:30pm-3:30pm</b>
<b>Friday</b>	<b>Strength &amp; Conditioning (Virtual): 9:00am-10:00am</b> <b>Reflexology: 10:00am-1:00pm (By Appointment Only)</b>

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 Classes:**

**Monday, June 10<sup>th</sup> & August 12<sup>th</sup>, 2024**

**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. **Must be currently in treatment or have completed treatment within 5 years.**

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

**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 Coffee & Conversation 9:30-10:30am Gentle Yoga (Hybrid) 5:30pm-6:30pm	2 Reflexology 10:00am-1:00pm Water Aerobics 11:00am-12:00pm Qigong (Virtual) 2:30pm-3:30pm	3 Strength & Conditioning 9:00pm – 10:00pm Reflexology 10:00am-1:00pm
6	7	8	9	10
Massage Therapy 10:00am-12:20pm (By Appt. Only) Yoga for the Nervous System (In-Person) 10:00am-11:00am Cardio Strength Training 11:30am – 12:30pm Stress Relief Yoga (Virtual) 5:30pm-6:30pm	Chair Yoga (Hybrid) 9:45am – 10:30am Chair Yoga (In-Person) 10:45am - 11:30am	Gentle Yoga (Hybrid) 5:30pm-6:30pm	Reflexology 10:00am-1:00pm Water Aerobics 11:00am-12:00pm Qigong (Virtual) 2:30pm-3:30pm	Strength & Conditioning 9:00pm – 10:00pm Reflexology 10:00am-1:00pm
13	14	15	16	17
Yoga for the Nervous System (In-Person) 10:00am-11:00am Cardio Strength Training 11:30am – 12:30pm Stress Relief Yoga (Virtual) 5:30pm-6:30pm	Chair Yoga (Hybrid) 9:45am – 10:30am Chair Yoga (In-Person) 10:45am - 11:30am Music Therapy 1:00pm-2:00pm	Gentle Yoga (Hybrid) 5:30pm-6:30pm	Reflexology 10:00am-1:00pm Water Aerobics 11:00am-12:00pm Qigong (Virtual) 2:30pm-3:30pm	Strength & Conditioning 9:00pm – 10:00pm Garden Therapy 10:00am-11:30am Reflexology 10:00am-1:00pm
20	21	22	23	24
Yoga for the Nervous System (In-Person) 10:00am-11:00am Cardio Strength Training 11:30am – 12:30pm Stress Relief Yoga (Virtual) 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) Gentle Yoga (Hybrid) 5:30pm-6:30pm	Reflexology 10:00am-1:00pm Qigong (Virtual) 2:30pm-3:30pm Virtual Cooking Class 6:00pm-7:00pm	Strength & Conditioning 9:00pm – 10:00pm Reflexology 10:00am-1:00pm
27	28	29	30	31
<b>Closed</b>	Chair Yoga (Hybrid) 9:45am – 10:30am Chair Yoga (In-Person) 10:45am - 11:30am Music Therapy 1:00pm-2:00pm	Gentle Yoga (Hybrid) 5:30pm-6:30pm	Art Therapy 10:00am-11:30am Reflexology 10:00am-1:00pm Qigong (Virtual) 2:30pm-3:30pm	Strength & Conditioning 9:00pm – 10:00pm Reflexology 10:00am-1:00pm

# June

# 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><b>Massage Therapy</b> 10:00am-12:20pm (By Appt. Only)</p> <p><b>Cardio Strength Training</b> 11:30am – 12:30pm</p> <p><b>Stress Relief Yoga (Virtual)</b> 5:30pm-6:30pm</p>	<p>4</p>	<p>5</p> <p><b>Gentle Yoga (Hybrid)</b> 5:30pm-6:30pm</p> <p><b>Cooking Class (In-Person)</b> 12:00pm-1:00pm</p>	<p>6</p> <p><b>Water Aerobics</b> 11:00am-12:00pm</p> <p><b>Qigong (Virtual)</b> 2:30pm-3:30pm</p>	<p>7</p> <p><b>Strength &amp; Conditioning</b> 9:00pm – 10:00pm</p> <p><b>Reflexology</b> 10:00am-1:00pm</p>
<p>10</p> <p><b>Cardio Strength Training</b> 11:30am – 12:30pm</p> <p><b>Look Good Feel Better</b> 1:00pm-3:00pm</p> <p><b>Stress Relief Yoga (Virtual)</b> 5:30pm-6:30pm</p>	<p>11</p> <p><b>Music Therapy</b> 1:00pm-2:00pm</p>	<p>12</p> <p><b>Gentle Yoga (Hybrid)</b> 5:30pm-6:30pm</p>	<p>13</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>Qigong (Virtual)</b> 2:30pm-3:30pm</p>	<p>14</p> <p><b>Strength &amp; Conditioning</b> 9:00pm – 10:00pm</p> <p><b>Reflexology</b> 10:00am-1:00pm</p>
<p>17</p> <p><b>Cardio Strength Training</b> 11:30am – 12:30pm</p> <p><b>Stress Relief Yoga (Virtual)</b> 5:30pm-6:30pm</p>	<p>18</p>	<p>19</p> <p><b>Coffee &amp; Conversation</b> 9:30-10:30am</p>	<p>20</p> <p><b>Reflexology</b> 10:00am-1:00pm</p> <p><b>Water Aerobics</b> 11:00am-12:00pm</p> <p><b>Qigong (Virtual)</b> 2:30pm-3:30pm</p>	<p>21</p> <p><b>Strength &amp; Conditioning</b> 9:00pm – 10:00pm</p> <p><b>Reflexology</b> 10:00am-1:00pm</p>
<p>24</p> <p><b>Cardio Strength Training</b> 11:30am – 12:30pm</p> <p><b>Stress Relief Yoga (Virtual)</b> 5:30pm-6:30pm</p>	<p>25</p> <p><b>Music Therapy</b> 1:00pm-2:00pm</p>	<p>26</p> <p><b>Massage Therapy</b> 10:00am-2:00pm (By Appt. Only)</p> <p><b>Gentle Yoga (Hybrid)</b> 5:30pm-6:30pm</p>	<p>27</p> <p><b>Reflexology</b> 10:00am-1:00pm</p> <p><b>Water Aerobics</b> 11:00am-12:00pm</p> <p><b>Qigong (Virtual)</b> 2:30pm-3:30pm</p>	<p>28</p> <p><b>Strength &amp; Conditioning</b> 9:00pm – 10:00pm</p> <p><b>Reflexology</b> 10:00am-1:00pm</p>

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Yoga for the Nervous System (In-Person)</b> 10:00am-11:00am  <b>Cardio Strength Training</b> 11:30am – 12:30pm	2 <b>Chair Yoga (Hybrid)</b> 9:45am – 10:30am  <b>Chair Yoga (In-Person)</b> 10:45am - 11:30am	3 <b>Gentle Yoga (Hybrid)</b> 5:30pm-6:30pm	4   <b>Closed</b>	5 <b>Closed</b>
8	9	10	11	12
<b>Yoga for the Nervous System (In-Person)</b> 10:00am-11:00am  <b>Massage Therapy</b> 10:00am-2:00pm (Appt. Only)  <b>Cardio Strength Training</b> 11:30am – 12:30pm	<b>Chair Yoga (Hybrid)</b> 9:45am – 10:30am  <b>Chair Yoga (In-Person)</b> 10:45am - 11:30am	<b>Coffee &amp; Conversation</b> 9:30-10:30am  <b>Gentle Yoga (Hybrid)</b> 5:30pm-6:30pm	<b>Reflexology</b> 10:00am-1:00pm  <b>Qigong (Virtual)</b> 2:30pm-3:30pm	<b>Strength &amp; Conditioning</b> 9:00pm – 10:00pm  <b>Reflexology</b> 10:00am-1:00pm
15	16	17	18	19
<b>Yoga for the Nervous System (In-Person)</b> 10:00am-11:00am  <b>Cardio Strength Training</b> 11:30am – 12:30pm  <b>Stress Relief Yoga (Virtual)</b> 5:30pm-6:30pm	<b>Chair Yoga (Hybrid)</b> 9:45am – 10:30am  <b>Chair Yoga (In-Person)</b> 10:45am - 11:30am  <b>Music Therapy</b> 1:00pm-2:00pm	<b>Gentle Yoga (Hybrid)</b> 5:30pm-6:30pm	<b>Reflexology</b> 10:00am-1:00pm  <b>Water Aerobics</b> 11:00am-12:00pm  <b>Qigong (Virtual)</b> 2:30pm-3:30pm	<b>Strength &amp; Conditioning</b> 9:00pm – 10:00pm  <b>Reflexology</b> 10:00am-1:00pm
22	23	24	25	26
<b>Yoga for the Nervous System (In-Person)</b> 10:00am-11:00am  <b>Cardio Strength Training</b> 11:30am – 12:30pm  <b>Stress Relief Yoga (Virtual)</b> 5:30pm-6:30pm	<b>Chair Yoga (Hybrid)</b> 9:45am – 10:30am  <b>Chair Yoga (In-Person)</b> 10:45am - 11:30am	<b>Massage Therapy</b> 10:00am-2:00pm (Appt. Only)  <b>Gentle Yoga (Hybrid)</b> 5:30pm-6:30pm  <b>Ask Becky the Dietitian Q&amp;A</b> 6:00pm-7:00pm (Virtual)	<b>Water Aerobics</b> 11:00am-12:00pm  <b>Qigong (Virtual)</b> 2:30pm-3:30pm	<b>Strength &amp; Conditioning</b> 9:00pm – 10:00pm  <b>Reflexology</b> 10:00am-1:00pm
29	30	31		
<b>Yoga for the Nervous System (In-Person)</b> 10:00am-11:00am  <b>Cardio Strength Training</b> 11:30am – 12:30pm  <b>Stress Relief Yoga (Virtual)</b> 5:30pm-6:30pm	<b>Chair Yoga (Hybrid)</b> 9:45am – 10:30am  <b>Chair Yoga (In-Person)</b> 10:45am - 11:30am  <b>Music Therapy</b> 1:00pm-2:00pm	<b>Gentle Yoga (Hybrid)</b> 5:30pm-6:30pm  <b>Book Therapy Discussion (Virtual)</b> 7:00pm-8:00pm		

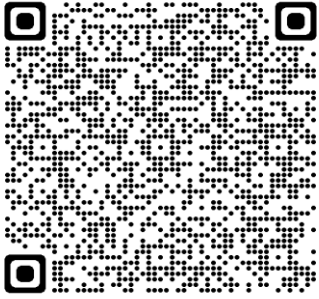
# August

2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <b>Reflexology</b> 10:00am-1:00pm  <b>No Water Aerobics</b>  Qigong (Virtual) 2:30pm-3:30pm	2 Strength & Conditioning 9:00pm – 10:00pm  <b>Reflexology</b> 10:00am-1:00pm
5	6	7	8	9
Yoga for the Nervous System (In-Person) 10:00am-11:00am  Massage Therapy 10:00am-2:00pm (Appt. Only)  Cardio Strength Training 11:30am – 12:30pm  Stress Relief Yoga (Virtual) 5:30pm-6:30pm	Chair Yoga (Hybrid) 9:45am – 10:30am  Chair Yoga (In-Person) 10:45am - 11:30am	Gentle Yoga (Hybrid) 5:30pm-6:30pm	<b>Reflexology</b> 10:00am-1:00pm  Water Aerobics 11:00am-12:00pm  Qigong (Virtual) 2:30pm-3:30pm	Strength & Conditioning 9:00pm – 10:00pm  <b>Reflexology</b> 10:00am-1:00pm
12	13	14	15	16
Yoga for the Nervous System (In-Person) 10:00am-11:00am Cardio Strength Training 11:30am – 12:30pm <b>Look Good Feel Better</b> 1:00pm-3:00pm Stress Relief Yoga (Virtual) 5:30pm-6:30pm	Chair Yoga (Hybrid) 9:45am – 10:30am  Chair Yoga (In-Person) 10:45am - 11:30am  Music Therapy 1:00pm-2:00pm	<b>Coffee &amp; Conversation</b> 9:30-10:30am  Gentle Yoga (Hybrid) 5:30pm-6:30pm	<b>2-Hr. Yoga Retreat</b> 9:30am-11:30am  Water Aerobics 11:00am-12:00pm  Qigong (Virtual) 2:30pm-3:30pm	Strength & Conditioning 9:00pm – 10:00pm  <b>Reflexology</b> 10:00am-1:00pm
19	20	21	22	23
Yoga for the Nervous System (In-Person) 10:00am-11:00am  Cardio Strength Training 11:30am – 12:30pm  Stress Relief Yoga (Virtual) 5:30pm-6:30pm	Chair Yoga (Hybrid) 9:45am – 10:30am  Chair Yoga (In-Person) 10:45am - 11:30am	Gentle Yoga (Hybrid) 5:30pm-6:30pm	<b>Reflexology</b> 10:00am-1:00pm  Water Aerobics 11:00am-12:00pm  Qigong (Virtual) 2:30pm-3:30pm	Strength & Conditioning 9:00pm – 10:00pm  <b>Reflexology</b> 10:00am-1:00pm
26	27	28	29	30
Yoga for the Nervous System (In-Person) 10:00am-11:00am  Cardio Strength Training 11:30am – 12:30pm  Stress Relief Yoga (Virtual) 5:30pm-6:30pm	Chair Yoga (Hybrid) 9:45am – 10:30am  Chair Yoga (In-Person) 10:45am - 11:30am  Music Therapy 1:00pm-2:00pm	Massage Therapy 10:00am-2:00pm (Appt. Only)  Gentle Yoga (Hybrid) 5:30pm-6:30pm	<b>Reflexology</b> 10:00am-1:00pm  Water Aerobics 11:00am-12:00pm  Qigong (Virtual) 2:30pm-3:30pm	Strength & Conditioning 9:00pm – 10:00pm  <b>Reflexology</b> 10:00am-1:00pm

# 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

Cardio Strength Training (In-Person): 8C63

Massage Therapy (In-Person): 8C62

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

Nutrition Classes: 8C96

Nutrition Cooking Classes: 8C97

Strength & Conditioning (Online): 8C47

Art Therapy (In-Person): 8C93

Qigong (Online): 8C33

Music Therapy (In-Person): 8C35

## In Partnership With

