Cancer Survivorship Program

In-Person & Virtual Class Program Calendar

January - April 2024
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.
Methods of Mindfulness Mini-Course with Nina G. (Virtual)
Tuesdays March 12th & March 19th, 2024, 7:00pm-8:00pm
Why study mindfulness? When we practice mindfulness, we create new pathways in the brain. Mindfulness teaches us to respond, rather than react to circumstances around us and help to quiet the racing mind. In general, mindfulness can help us to heal by showing us the parts of ourselves that need our attention, care, and love. Join us via zoom for an exploration of mindfulness. We will explore journaling, meditation, movement, and breathwork as methods to become more mindful.

Knitting Club
Mondays 4:30pm-5:30pm: January 15th, February 5th, February 19th, March 4th, March 11th, April 8th, April 29th, 2024
Knitting 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.

Qigong (Virtual)
Tuesdays 2:30pm-3:30pm
Qigong is a Chinese practice that combines meditation, controlled breathing, and movement to balance the flow of energy, or life force within the body. Qigong can be a safe and suitable mind-body intervention that could be integrated into cancer care management. For cancer-related fatigue, overall quality of life, and cognitive impairment.

Music Therapy
Twice a month on Tuesdays 1:00pm-2:00pm
Music therapy in oncology can be used to provide physical, psychological, emotional, and spiritual support. No music experience is necessary to participate. After assessing the current needs of the participants, the music therapist will facilitate music experiences that promote self-expressions, group interaction, and/or stress relief. Experiences may include simple instrument playing, music listening and discussion, or music facilitated relaxation. Participants can expect an uplifting and relaxing experience.
Cardio & Strength Training (In-Person) Class Held at LGH Fitness Center

**Mondays 11:30am-12:30pm**

Cardio Strength Training has the potential to help reduce some fatigue experienced during and after treatment, and exercise can help prevent weight gain commonly experienced during and after treatment. Exercise also has the potential to improve your psychological outlook and improve quality of life.

In this class you will experience:

- 20-minute Cardio Exercise
- 30-minutes of Strength Training along with 10-minute Cool down

4-Weeks to Heathier Habits Program (Virtual)

**Wednesdays 6:00pm-7:00pm April 3rd-April 24th, 2024**

Whether you are in treatment for cancer or are a cancer survivor, you can benefit from making improvements to your lifestyle today. Join Cancer Survivorship Center’s Registered Dietitian Rebecca Waller as she teaches you how to make healthier choices a routine in 4-weeks.

Email or call Rebecca Waller at 847-723-5691/ rebbeca.waller@aaah.org to register!

Book Therapy Club

**Book Discussion: Wednesdays 7:00pm-8:00pm Jan. 24th, Feb. 28th, Mar. 27th, Apr. 24th 2024**

Bibliotherapy has been shown to reduce anxiety, depression, and negative coping in people facing a cancer diagnosis. Books can provide a safe place to escape. You will have the pleasure of enjoying a new book every 4 weeks ending with a virtual group discussion.

- Books can be picked up at the Center. Drop off location, the Center, or Park Ridge Library.
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 beings 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 January-April 2024

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

**Monday**
- Yoga for the Nervous System (In-person): 10:00am-11:00am
- Cardio Strength Training (In-Person): 11:30am – 12:30pm (Class Held at LGH Fitness Center)
- Massage Therapy: 10:00am- 12:20pm (By appointment only)
- Stress Relief Yoga (Hybrid): 5:30pm-6:30pm
- Knitting Club: 4:30pm-5:30pm (In-Person)

**Tuesday**
- Chair Yoga (Hybrid): 9:45am – 10:30am
- Chair Yoga (In-Person): 10:45am – 11:30am
- Music Therapy (In-Person): 1:00pm-2:00pm

**Wednesday**
- 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
- Book Therapy Discussion (Virtual): 7:00pm-8:00pm

**Thursday**
- Water Aerobics (In-person) Class Held at LGH Fitness Center: 11:00am-12:00pm
- Reflexology: 10:00am-1:00pm (By Appointment Only)
- Qigong (Virtual) 2:30pm-3:30pm

**Friday**
- Exercise for Cancer (Virtual): 9:00am-10:00am
- Reflexology: 10:00am-1:00pm (By Appointment Only)
- Breast Cancer Support Group (Virtual): 2:00pm-3:00pm Jan. 5th, Feb. 9th, Mar. 1st, Apr. 5th
- Cancer Support Group (Virtual): 2:00pm-3:00pm Jan. 19th, Feb. 16th, Mar. 15th, Apr. 19th

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
For more Information call: 847-723-5690 or e-mail samantha.daniel@aah.org
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 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 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, February 5th
April 22nd
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!
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
Virtual Cancer Support Group

Fridays: Jan. 19th, Feb. 16th, Mar. 15th, Apr. 19th, 2024
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 to register. Class Code 8C25

Virtual Breast Cancer Support Group

Fridays: Jan. 5th, Feb. 9th, Mar. 1st, Apr. 5th, 2024
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 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
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Closed</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chair Yoga (Hybrid) 9:45am – 10:30am</td>
<td>Chair Yoga (In-Person) 10:45am - 11:30am</td>
<td>Gentle Yoga (Hybrid) 5:30pm-6:30pm</td>
<td>Art Therapy (In-person) 10:00am-11:30am</td>
<td>Exercise for Cancer (Virtual) 9:00pm – 10:00pm</td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Reflexology 10:00am-1:00pm</td>
<td>Reflexology 10:00am-1:00pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>No Qigong</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yoga for the Nervous System (In-Person) 10:00am-11:00am</td>
<td>Yoga for the Nervous System (In-Person) 10:00am-11:00am</td>
<td>Yoga for the Nervous System (In-Person) 10:00am-11:00am</td>
<td>Yoga for the Nervous System (In-Person) 10:00am-11:00am</td>
<td>Yoga for the Nervous System (In-Person) 10:00am-11:00am</td>
</tr>
<tr>
<td></td>
<td>Cardio Strength Training (In-Person) LGH Fitness Center 11:30am – 12:30pm</td>
<td>Cardio Strength Training (In-Person) LGH Fitness Center 11:30am – 12:30pm</td>
<td>Cardio Strength Training (In-Person) LGH Fitness Center 11:30am – 12:30pm</td>
<td>Cardio Strength Training (In-Person) LGH Fitness Center 11:30am – 12:30pm</td>
</tr>
<tr>
<td></td>
<td>Knitting Club (In-Person) 4:30pm-5:30pm</td>
<td>Knitting Club (In-Person) 4:30pm-5:30pm</td>
<td>Knitting Club (In-Person) 4:30pm-5:30pm</td>
<td>Knitting Club (In-Person) 4:30pm-5:30pm</td>
</tr>
<tr>
<td></td>
<td>Stress Relief Yoga (Hybrid) 5:30pm-6:30pm</td>
<td>Stress Relief Yoga (Hybrid) 5:30pm-6:30pm</td>
<td>Stress Relief Yoga (Hybrid) 5:30pm-6:30pm</td>
<td>Stress Relief Yoga (Hybrid) 5:30pm-6:30pm</td>
</tr>
<tr>
<td>15</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
<td>Friday</td>
</tr>
<tr>
<td>--------------------------------------------</td>
<td>----------------------------------------------</td>
<td>----------------------------------------------</td>
<td>-----------------------------------------------</td>
<td>----------------------------------------------</td>
</tr>
<tr>
<td>Water Aerobics 11:00am-12:00pm</td>
<td>Qigong (Virtual) 2:30pm-3:30pm</td>
<td></td>
<td>Exercise for Cancer (Virtual) 9:00pm - 10:00pm</td>
<td>Reflexology 10:00am-1:00pm</td>
</tr>
<tr>
<td>Exercise for Cancer (Virtual) 9:00pm - 10:00pm</td>
<td>Qigong (Virtual) 2:30pm-3:30pm</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Massage Therapy 10:00am-12:20pm (By Appt. Only)</td>
<td>No Chair Yoga</td>
<td>Gentle Yoga (Hybrid) 5:30pm-6:30pm</td>
<td>Reflexology 10:00am-1:00pm</td>
<td>No Exercise for Cancer (Virtual)</td>
</tr>
<tr>
<td>Cardio Strength Training (In-Person) LGH Fitness Center 11:30am - 12:30pm</td>
<td>Music Therapy 1:00pm-2:00pm</td>
<td></td>
<td></td>
<td>Drug Therapy 10:00am-1:00pm</td>
</tr>
<tr>
<td>Lock Kick Foot Better 1:00pm-3:00pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Knitting Club (In-Person) 4:30pm-5:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stress Relief Yoga (Hybrid) 5:30pm-6:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>12</th>
<th>13</th>
<th>14</th>
<th>15</th>
<th>16</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga for the Nervous System (In-Person) 10:00am-11:00am</td>
<td>Chair Yoga (Hybrid) 9:45am – 10:30am</td>
<td>Gentle Yoga (Hybrid) 5:30pm-6:30pm</td>
<td>Reflexology 10:00am-1:00pm</td>
<td>Exercise for Cancer (Virtual) 9:00pm - 10:00pm</td>
</tr>
<tr>
<td>Cardio Strength Training (In-Person) LGH Fitness Center 11:30am - 12:30pm</td>
<td>Chair Yoga (In-Person) 10:45am - 11:30am</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stress Relief Yoga (Hybrid) 5:30pm-6:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>19</th>
<th>20</th>
<th>21</th>
<th>22</th>
<th>23</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga for the Nervous System (In-Person) 10:00am-11:00am</td>
<td>Chair Yoga (Hybrid) 9:45am – 10:30am</td>
<td>Massage Therapy 10:00am-12:20pm (By Appt. Only)</td>
<td>Reflexology 10:00am-1:00pm</td>
<td>Exercise for Cancer (Virtual) 9:00pm - 10:00pm</td>
</tr>
<tr>
<td>Cardio Strength Training (In-Person) LGH Fitness Center 11:30am - 12:30pm</td>
<td>Chair Yoga (In-Person) 10:45am - 11:30am</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Knitting Club (In-Person) 4:30pm-5:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stress Relief Yoga (Hybrid) 5:30pm-6:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>26</th>
<th>27</th>
<th>28</th>
<th>29</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga for the Nervous System (In-Person) 10:00am-11:00am</td>
<td>Chair Yoga (Hybrid) 9:45am – 10:30am</td>
<td>Art Therapy (In-person) 10:00am-11:30am</td>
<td>Reflexology 10:00am-1:00pm</td>
<td></td>
</tr>
<tr>
<td>Cardio Strength Training (In-Person) LGH Fitness Center 11:30am - 12:30pm</td>
<td>Chair Yoga (In-Person) 10:45am - 11:30am</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stress Relief Yoga (Hybrid) 5:30pm-6:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>36</th>
<th>37</th>
<th>38</th>
<th>39</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga for the Nervous System (In-Person) 10:00am-11:00am</td>
<td>Chair Yoga (Hybrid) 9:45am – 10:30am</td>
<td>Art Therapy (In-person) 10:00am-11:30am</td>
<td>Reflexology 10:00am-1:00pm</td>
<td></td>
</tr>
<tr>
<td>Cardio Strength Training (In-Person) LGH Fitness Center 11:30am - 12:30pm</td>
<td>Chair Yoga (In-Person) 10:45am - 11:30am</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stress Relief Yoga (Hybrid) 5:30pm-6:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Thursday</td>
<td>Friday</td>
</tr>
<tr>
<td>---------------------------------------------</td>
<td>----------------------------------------------</td>
<td>----------------------------------------------</td>
<td>-----------------------------------------------</td>
<td>---------------------------------------------</td>
</tr>
<tr>
<td>Yoga for the Nervous System (In-Person)</td>
<td></td>
<td></td>
<td>Exercise for Cancer (Virtual)</td>
<td>1</td>
</tr>
<tr>
<td>10:00am-11:00am</td>
<td></td>
<td></td>
<td>9:00pm – 10:00pm</td>
<td></td>
</tr>
<tr>
<td>Cardio Strength Training (In-Person)</td>
<td></td>
<td></td>
<td>Reflexology</td>
<td>10:00am-1:00pm</td>
</tr>
<tr>
<td>LGH Fitness Center</td>
<td></td>
<td></td>
<td>Breast Cancer Support Group (Virtual)</td>
<td>2:00pm – 3:00pm</td>
</tr>
<tr>
<td>11:30am – 12:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Knitting Club (In-Person)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:30pm-5:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stress Relief Yoga (Hybrid)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30pm-6:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chair Yoga (Hybrid)</td>
<td>Gentle Yoga (Hybrid)</td>
<td>Art Therapy (In-person)</td>
<td>Exercise for Cancer (Virtual)</td>
<td></td>
</tr>
<tr>
<td>9:45am – 10:30am</td>
<td>5:30pm-6:30pm</td>
<td>10:00am-11:30am</td>
<td>9:00pm – 10:00pm</td>
<td></td>
</tr>
<tr>
<td>Chair Yoga (In-Person)</td>
<td></td>
<td>Water Aerobics</td>
<td>Reflexology</td>
<td>10:00am-1:00pm</td>
</tr>
<tr>
<td>10:45am - 11:30am</td>
<td></td>
<td>11:00am-12:00pm</td>
<td>10:00am - 10:00pm</td>
<td></td>
</tr>
<tr>
<td>Yoga for the Nervous System (In-Person)</td>
<td></td>
<td></td>
<td>No Qigong</td>
<td>10:00am-1:00pm</td>
</tr>
<tr>
<td>10:00am-11:00am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No Cardio Strength</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Massage Therapy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00am-12:20pm (Appt. Only)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Knitting Club (In-Person)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:30pm-5:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stress Relief Yoga (Hybrid)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30pm-6:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chair Yoga (Hybrid)</td>
<td>Gentle Yoga (Hybrid)</td>
<td>Art Therapy (In-person)</td>
<td>Exercise for Cancer (Virtual)</td>
<td></td>
</tr>
<tr>
<td>9:45am – 10:30am</td>
<td>5:30pm-6:30pm</td>
<td>10:00am-11:30am</td>
<td>9:00pm – 10:00pm</td>
<td></td>
</tr>
<tr>
<td>Chair Yoga (In-Person)</td>
<td></td>
<td>Water Aerobics</td>
<td>Reflexology</td>
<td>10:00am-1:00pm</td>
</tr>
<tr>
<td>10:45am - 11:30am</td>
<td></td>
<td>11:00am-12:00pm</td>
<td>10:00am - 10:00pm</td>
<td></td>
</tr>
<tr>
<td>Yoga for the Nervous System (In-Person)</td>
<td></td>
<td></td>
<td>No Qigong</td>
<td>10:00am-1:00pm</td>
</tr>
<tr>
<td>10:00am-11:00am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No Cardio Strength</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Music Therapy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00pm-2:00pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yoga for the Nervous System (In-Person)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00am-11:00am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No Cardio Strength Training</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stress Relief Yoga (Hybrid)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30pm-6:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chair Yoga (Hybrid)</td>
<td>Gentle Yoga (Hybrid)</td>
<td>Art Therapy (In-person)</td>
<td>Exercise for Cancer (Virtual)</td>
<td></td>
</tr>
<tr>
<td>9:45am – 10:30am</td>
<td>5:30pm-6:30pm</td>
<td>10:00am-11:30am</td>
<td>9:00pm – 10:00pm</td>
<td></td>
</tr>
<tr>
<td>Chair Yoga (In-Person)</td>
<td></td>
<td>Water Aerobics</td>
<td>Reflexology</td>
<td>10:00am-1:00pm</td>
</tr>
<tr>
<td>10:45am - 11:30am</td>
<td></td>
<td>11:00am-12:00pm</td>
<td>10:00am - 10:00pm</td>
<td></td>
</tr>
<tr>
<td>Yoga for the Nervous System (In-Person)</td>
<td></td>
<td></td>
<td>No Qigong</td>
<td>10:00am-1:00pm</td>
</tr>
<tr>
<td>10:00am-11:00am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No Cardio Strength</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Music Therapy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00pm-2:00pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yoga for the Nervous System (In-Person)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00am-11:00am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No Cardio Strength Training</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stress Relief Yoga (Hybrid)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30pm-6:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chair Yoga (Hybrid)</td>
<td>Gentle Yoga (Hybrid)</td>
<td>Art Therapy (In-person)</td>
<td>Exercise for Cancer (Virtual)</td>
<td></td>
</tr>
<tr>
<td>9:45am – 10:30am</td>
<td>5:30pm-6:30pm</td>
<td>10:00am-11:30am</td>
<td>9:00pm – 10:00pm</td>
<td></td>
</tr>
<tr>
<td>Chair Yoga (In-Person)</td>
<td></td>
<td>Water Aerobics</td>
<td>Reflexology</td>
<td>10:00am-1:00pm</td>
</tr>
<tr>
<td>10:45am - 11:30am</td>
<td></td>
<td>11:00am-12:00pm</td>
<td>10:00am - 10:00pm</td>
<td></td>
</tr>
<tr>
<td>Yoga for the Nervous System (In-Person)</td>
<td></td>
<td></td>
<td>No Qigong</td>
<td>10:00am-1:00pm</td>
</tr>
<tr>
<td>10:00am-11:00am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No Cardio Strength Training</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Massage Therapy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00am-12:20pm (Appt. Only)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yoga for the Nervous System (In-Person)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00am-11:00am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No Cardio Strength Training</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Massage Therapy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00am-12:20pm (Appt. Only)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yoga for the Nervous System (In-Person)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00am-11:00am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No Cardio Strength Training</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Massage Therapy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00am-12:20pm (Appt. Only)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yoga for the Nervous System (In-Person)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00am-11:00am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No Cardio Strength Training</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Massage Therapy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00am-12:20pm (Appt. Only)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yoga for the Nervous System (In-Person)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00am-11:00am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No Cardio Strength Training</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Massage Therapy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00am-12:20pm (Appt. Only)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yoga for the Nervous System (In-Person)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00am-11:00am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No Cardio Strength Training</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Massage Therapy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00am-12:20pm (Appt. Only)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yoga for the Nervous System (In-Person)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00am-11:00am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No Cardio Strength Training</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Massage Therapy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00am-12:20pm (Appt. Only)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yoga for the Nervous System (In-Person)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00am-11:00am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No Cardio Strength Training</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Massage Therapy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00am-12:20pm (Appt. Only)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yoga for the Nervous System (In-Person)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00am-11:00am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No Cardio Strength Training</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Massage Therapy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00am-12:20pm (Appt. Only)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yoga for the Nervous System (In-Person)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00am-11:00am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No Cardio Strength Training</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Massage Therapy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00am-12:20pm (Appt. Only)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**March 2024**
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td><strong>Closed</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Chair Yoga (Hybrid)</strong> 9:45am – 10:30am</td>
<td><strong>Gentle Yoga (Hybrid)</strong> 5:30pm-6:30pm</td>
<td><strong>Reflexology</strong> 10:00am-1:00pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Chair Yoga (In-Person)</strong> 10:45am - 11:30am</td>
<td><strong>Healthier Habits Program (Virtual)</strong> 6:00pm-7:00pm</td>
<td><strong>No Water Aerobics</strong></td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td><strong>Yoga for the Nervous System (In-Person)</strong> 10:00am-11:00am</td>
<td><strong>Massage Therapy</strong> 10:00am-12:20pm (Appt. Only)</td>
<td><strong>Cardio Strength Training (In-Person) LGH Fitness Center 11:30am – 12:30pm</strong></td>
<td><strong>Knitting Club (In-Person) 4:30pm-5:30pm</strong></td>
<td><strong>Stress Relief Yoga (Hybrid) 5:30pm-6:30pm</strong></td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td><strong>Chair Yoga (Hybrid)</strong> 9:45am – 10:30am</td>
<td><strong>Gentle Yoga (Hybrid)</strong> 5:30pm-6:30pm</td>
<td><strong>Massage Therapy</strong> 10:00am-12:20pm (Appt. Only)</td>
<td><strong>Art Therapy (In-person)</strong> 10:00am-11:30am</td>
<td><strong>Exercise for Cancer (Virtual)</strong> 9:00pm – 10:00pm</td>
</tr>
<tr>
<td></td>
<td><strong>Chair Yoga (In-Person)</strong> 10:45am - 11:30am</td>
<td><strong>Healthier Habits Program (Virtual)</strong> 6:00pm-7:00pm</td>
<td><strong>Reflexology</strong> 10:00am-1:00pm</td>
<td><strong>Reflexology</strong> 10:00am-1:00pm</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td><strong>Yoga for the Nervous System (In-Person)</strong> 10:00am-11:00am</td>
<td><strong>Cardio Strength Training (In-Person) LGH Fitness Center 11:30am – 12:30pm</strong></td>
<td><strong>Book Therapy Discussion (Virtual)</strong> 7:00pm-8:00pm</td>
<td><strong>Reflexology</strong> 10:00am-1:00pm</td>
<td><strong>Exercise for Cancer (Virtual)</strong> 9:00pm – 10:00pm</td>
</tr>
<tr>
<td></td>
<td><strong>Chair Yoga (Hybrid)</strong> 9:45am – 10:30am</td>
<td><strong>Art Therapy (In-person)</strong> 10:00am-11:30am</td>
<td><strong>Water Aerobics</strong> 11:00am-12:00pm</td>
<td><strong>Reflexology</strong> 10:00am-1:00pm</td>
</tr>
<tr>
<td></td>
<td><strong>Chair Yoga (In-Person)</strong> 10:45am - 11:30am</td>
<td><strong>Gentle Yoga (Hybrid)</strong> 5:30pm-6:30pm</td>
<td><strong>Healthier Habits Program (Virtual)</strong> 6:00pm-7:00pm</td>
<td><strong>Cancer Support Group</strong> 2:00pm – 3:00pm</td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Visit: 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 (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**
Methods of Mindfulness (Online): **8C44**
Nutrition Classes: **8C96**
Nutrition Cooking Classes: **8C97**
Exercise for Cancer (Online): **8C47**
Art Therapy (In-Person): **8C93**
Qigong (Online): **8C33**
Knitting Club (In-person): **8C34**
Music Therapy (In-Person): **8C35**
Cancer Support Group (Virtual): **8C25**
Breast Cancer Support Group (Virtual): **8C19**

In Partnership With