

Therapeutic Learning Center / Programs for October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 YOGA 12:00 to 1:00PM	2 SEATED YOGA 12:00 to 1:00PM EVENING YOGA 5:30 to 6:30PM	3 MOVEMENT FOR LIFE BODY CONDITIONING 9:15 to 10:15AM RSVP TAI CHI Noon to 1PM	4 MOVEMENT FOR LIFE BODY CONDITIONING 5:30 to 6:30PM RSVP	5 VOLUNTEERS NEEDED: We are looking for volunteers 1.) to sew cancer caps and 2.) to drive cancer patients to and from cancer treatment. Contact Laura at 618-236-1000 if you are interested in these volunteer opportunities.	
7	8 YOGA 12:00 to 1:00PM	9 SEATED YOGA 12:00 to 1:00 PM EVENING YOGA 5:30 to 6:30 PM HOPE BLOOMS SUPPORT GROUP 6:00 to 8:30 PM	10 MOVEMENT FOR LIFE BODY CONDITIONING 9:15 to 10:15AM RSVP TAI CHI Noon to 1PM	11 MOVEMENT FOR LIFE BODY CONDITIONING 5:30 to 6:30PM RSVP	12 DO YOU NEED A RIDE TO YOUR CANCER TREATMENTS? Did you know the American Cancer Society Road To Recovery Program provides free rides to and from treatment to cancer patients? Call 1.800.277.2345 or visit www.cancer.org/roadtorecovery for more information.	
14	15 YOGA 12:00 to 1:00PM	16 SEATED YOGA 12:00 to 1:00PM ESTER THE COMFORT DOG 1:00 to 3:00PM LOOK GOOD FEEL BETTER 2:00 to 4:30PM Evening YOGA 5:30 to 6:30PM	17 MOVEMENT FOR LIFE BODY CONDITIONING 9:15 to 10:15AM RSVP TAI CHI Noon to 1PM	18 MOVEMENT FOR LIFE BODY CONDITIONING 5:30 to 6:30PM RSVP	19 PLEASE CONSIDER A DONATION: of nutritional supplements, like Boost Plus & Ensure Plus to the TLC Nutrition Assistance Program for Cancer Patients. Some patients are in need of this but cannot afford these during cancer treatments. See Laura, RD, for details.	
21	22 YOGA 12:00 to 1:00PM	23 SEATED YOGA 12:00 to 1:00PM GOT YOUR SIX SUPPORT DOG VISIT 1:00 to 3:00PM EVENING YOGA 5:30 to 6:30PM	24 MOVEMENT FOR LIFE BODY CONDITIONING 9:15 to 10:15AM RSVP TAI CHI Noon to 1PM	25 MOVEMENT FOR LIFE BODY CONDITIONING 5:30 to 6:30PM RSVP	26	27
28	29 YOGA 12:00 to 1:00PM	30 SEATED YOGA 12:00 to 1:00PM EVENING YOGA 5:30 to 6:30PM	31 MOVEMENT FOR LIFE BODY CONDITIONING 9:15 to 10:15AM RSVP TAI CHI Noon to 1PM	All programs and events will be held at The Cancer Treatment Center.4000 N. Illinois Swansea, IL. Enter the building at the PET/CT Imaging doors. If you wish to RSVP for a program or to have your name added or removed from the mailing list, please contact Laura at 236-1000 See program details on back of calendar		TLC CANCER ASSISTANCE Free wigs/turbans/ nutritional supplements for cancer patients in financial need in Madison and St. Clair Counties. (Donations accepted)

Support & Assistance

GENERAL CANCER SUPPORT GROUPS

Cancer Support & Inspiration
1605 Lincoln Knolls Dr., Edwardsville.
1st Monday of the Month at 6:30pm
Contact: Jeri Lampman, 531-3183

Women's Support Group Meeting:
603 W. Delmar, Alton, IL 62002. A support group for women cancer patients or survivors with all types of cancers. Meets the first Saturday of the month from 2:00-3:30pm. Contact: Carol at 618-467-0640 or carol@robertaslovelyladies.com.

CANCER COMPANIONS

A Christian Cancer Support Group series for cancer patients and their loved ones available at Cornerstone Church in Shiloh, Emmanuel Lutheran in Okawville, Good Shepard Lutheran in Collinsville. For more info visit www.cancer-companions.org.

BREAST CANCER SUPPORT GROUPS

Hope Blooms Breast Cancer Support Group
Hope Blooms will be held at the Cancer Treatment Center program room every 2nd Tuesday of the month from 6:00 pm to 7:45 pm. Enter the building at the PET/CT Imaging doors (Suite A). For more information contact Kim W. at 257-5958.