

TLC Programs & Events

MOVEMENT FOR LIFE

A therapeutic exercise and movement program with music, designed to help you thrive! This class is open to everyone. The program improves overall wellness, range-of-motion, balance, strength and endurance, as well as emotional well-being and self-image. It can help you also lose weight.

DAY CLASS Wednesday, November 7th, 14th, 21st and 28th – 9:15 – 10:15 AM
NIGHT CLASS: Thursday, November 1st, 8th, 15th and 29th – 5:30 – 6:30 PM

WHEN AUGUST LEAVES YOU HUNGRY...Cooking

Demonstration Presented by Saint Louis University interns. Learn how to cook healthy and delicious food for cold fall weather. The recipes are easy and budget friendly. You will also learn useful cooking tips. Contact Laura at laurah@thecancercenter.com by November 1st to sign up. **Monday November 12th – 11AM to 12PM**

HOPE BLOOMS BREAST CANCER SUPPORT GROUP

Hope Blooms will be held at the Cancer Treatment Center program room every 2nd Tuesday of the month. Enter the building at the PET/CT Imaging doors (Suite A). For more information contact Kim W. at 257-5958. **Tuesday, November 13th, 6:00 – 7:45 PM**

ESTHER THE COMFORT DOG VISIT

Esther the comfort dog will be visiting in the Radiation Therapy main lobby.

Thursday November 15th, 1:00 – 3:00 PM

HEAD AND NECK SUPPORT GROUP

This support group is a place for Head and Neck Cancer patients, their families & caregivers to connect with each other, obtain helpful information and gain support from each other. The next group will meet on Friday, November 16 from 12:00pm - 1:00pm at The Orthopedic and Neurosciences Center (first floor conference room), 4700 Memorial Drive, Belleville, IL. For more information contact Heather at (618) 767-3936 or Hlazarides@memhosp.com or Memorial Hospital's Speech Therapy Dept. at (618) 257-5255.

LOOK GOOD GOOD...FEEL BETTER®

For women undergoing cancer treatment. Cosmetologists teach participants how to use make-up and to cope with appearance-related side effects. Each participant will receive a complementary make-up kit valued at \$350 and learn to care for and use wigs, scarves, turbans and hats. **RSVP. Tuesday November 20th, 2:00 – 4:30 PM**

GOT YOUR SIX SUPPORT DOG VISIT

These support dogs will be visiting in the Radiation Therapy main lobby.

Tuesday November 27th – 1:00 – 3:00 PM

Please Help Us GO GREEN!
If you wish to have your name added or removed from our e-mailing list, please call 236-1000 or email Laura at laura@thecancercenter.com and ask to be added or removed from the email list.

Therapeutic Learning Center
at Cancer Treatment Center
4000 North Illinois
Swansea, IL 62226
RETURN SERVICE REQUESTED

Therapeutic Learning Center

at Cancer Treatment Center

November 2018 Program Calendar

The TLC is devoted to assisting anyone whose life has been touched by cancer.

RSVP to (618) 236-1000
www.thecancercenter.com

Wellness Programs

YOGA for Wellness

Want to relax, relieve stress and improve your endurance, strength and flexibility? Yoga can enrich your life.

Every Monday 12:00 to 1:00PM

SEATED YOGA for Wellness

A gentle Yoga class that anyone can do! This class will ease you into the world of Yoga.

**Tuesdays, November 6th, 13th, 20th and 27th
12:00 to 1:00 PM**

EVENING YOGA for Wellness

**Tuesdays, November 6th, 13th, 20th and 27th
5:30 to 6:30 PM**

TAI CHI for Wellness

Learn movements that are gentle, slow and are designed to enhance better health, de-stress and provide awareness of mind, body and spirit.

Wednesdays November 7th, 14th 21st and 28th – Noon to 1:00 PM

All Welcome

All Programs will be held in the PET/ CT
Imaging Center Room

TLC Programs are free and open to the public, however if you are not a cancer survivor or cancer caregiver please consider a donation to the TLC to help us continue to offer wellness programs in the future.