

## 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, October 3rd, 10th, 17th, 24th and 31st – 9:15 – 10:15 AM

**NIGHT CLASS:** Thursday, October 4th, 11th, 18th and 25th – 5:30 – 6:30 PM

### 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, October 9th, 6:00 – 7:45 PM**

### 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 October 16th, 2:00 – 4:30 PM**

### ESTHER THE COMFORT DOG VISIT

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

**Tuesday October 16th, 1:00 – 3:00 PM**

### GOT YOUR SIX SUPPORT DOG VISIT

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

**Tuesday October 23rd – 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

## October 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, October 2nd, 9th, 16th, 23rd and 30th – 12:00 to 1:00 PM**

### EVENING YOGA for Wellness

**Tuesdays, October 2nd, 9th, 16th, 23rd and 30th – 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 October 3rd, 10th, 17th 24th and 31st – 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.