

LivingWell Mindful Movement and Fitness

**Starting
Wednesday, July 11**

**Northwestern Medicine Prentice Women's Hospital • 250 E. Superior, Chicago, IL
3rd Floor • Class Room R**

EVERY WEDNESDAY

- 2:00-2:45pm Movement for Circulation, Lymphedema and Neuropathy
- 2:45-3:00pm Relaxation and Meditation
- 3:15-4:00pm Fitness for Cancer Recovery
- 4:00pm Wellness Consultations by appointment

All classes are free of charge

Class Descriptions

Movement for Circulation, Lymphedema and Neuropathy

The lymphatic system needs help moving fluid through the body. These movements can decrease lymphedema and increase circulation. Class includes activities to help stimulate receptors of the hands and feet.

Fitness for Cancer Recovery

Exercise targeted to manage the side effects of cancer treatment including osteoporosis, neuropathy, lymphedema and pelvic floor weakness. Learn safe ways to strengthen muscles, increase balance, and address tingling and pain.

All classes can be performed seated. if desired.



For new participants, an individual consultation to help determine the appropriate wellness programs for you are encouraged. Contact our wellness associate, Sheri Minnick, MS, ERYT, at 630.262.1111 or sminnick@livingwellcrc.org. TTY for the hearing impaired 630.933.4833.

Please call 630.262.1111 to register. TTY for the hearing impaired 630.208.4399.

LivingWell Cancer Resource Center is located at 442 Williamsburg Avenue, Geneva, IL. All programs and services are provided at no cost to cancer patients and their families



livingwellcrc.org