



Monthly Programs for those with a cancer diagnosis, survivors, & caregivers

MONDAY

Gynecological Cancer Support Group | 3:30p | Illinois CancerCare | 8940 Wood Sage Rd., Peoria

Breath of Joy Yoga | 5:15p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

Tai Ji for Life | 6:30p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

Aerobics | 9a | UnityPoint Health-Methodist Wellness Center | 900 Main St., Ste. 010, Peoria

Cancer Caregiver Support Group* | 5p | Illinois CancerCare | 8940 Wood Sage Rd., Peoria
*First Tuesday of the Month only

Mindfulness Meditation | 5:15p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

TUESDAY

WEDNESDAY

Yoga with Jean | 11a | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

Oncology Support Group | 1p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

Tai Ji for Life for Beginners | 6:30p | Hult Center for Healthy Living | 5215 N. Knoxville Ave., Peoria

Restorative Yoga with Marcy | 5:30p | Hult Center for Healthy Living | 5215 N. Knoxville Ave.

THURSDAY

FRIDAY

Living Strong | 9a | UnityPoint Health-Methodist Wellness Center | 900 Main St., Ste. 010, Peoria

Counseling & Support Groups

Cancer Support Groups- For persons with cancer or who have had cancer and their caregivers, facilitated by our licensed counselor. Please call Kitty at 309.243.3461.

Kids Konected- For children ages 5-18 whose parent, grandparent or caregiver has or had cancer. To register for this free group, please call 309.672.5785.

Prostate Support Group "Us TOO Prostate"- Call George Melton at 309.691.6523 for dates and times.

Nutrition

Meet with our Registered Dietitians to find out how you can get the proper nutrition to help you maintain energy and strength. Our dietitians can help you manage your nutrition-related side effects from cancer and chemo treatments. Individual consultations are FREE and tailored to your particular needs and preferences. Call 309-243-3464 to set up an appointment.

Therapeutic Services

Individual Healing Touch Session- By appointment only on the 2nd Thursday of each month at 8:30a and 9:15a. Please call 309.692.6650 to schedule your appointment.

Massage Therapy- By appointment only. Massages are \$35 per hour for those in "active" treatment and \$45 per hour for those not in active treatment and caregivers. Our experienced team of massage therapists have all received specialized training in oncology massage to deliver safe, comfort-oriented massages to all affected by cancer and its treatments. Please call 309.692.6650 to schedule your appointment.

Mindfulness Meditation- Every Tuesday at 5:15p. A very simple form of meditation, so you don't need any previous experience.

Reflexology- By appointment only on the 3rd Thursday of each month at 8:30a and 9:15a. Call 309.692.6650 to schedule an appointment.

Healthy Living Classes

Aerobics- Gentle Exercise with low impact. All levels welcome.

Aqua Survivor- An aqua class at Landmark Recreation Center, 3225 N. Dries Ln., Peoria.

Tai Ji for Life for Beginners - Ancient art of meditative movement.

Tai Ji for Life of Learning - An advanced level of the art form with more in-depth understanding and practice.

Breath of Joy Yoga – A registered yoga teacher, Marcy brings her experience as a cancer survivor to the class.

Yoga with Jean- All levels welcome.

Living Strong- Strength training class. All levels welcome.

Restorative Yoga - Gently open body, heart and mind with breath and movement in this yoga class. Beginner friendly.