



Phone Consultations & Zoom Meetings

Please call 708-798-9171 to schedule

We offer individual counseling and nutrition consultations:

Resource Navigation with one of
our Program Navigators

jplanis@cancersupportcenter.org

Individual Art Therapy
for all ages

kkopale@cancersupportcenter.org

Nutrition Consultation with
Chris Rosandich

crosandich@cancersupportcenter.org

Individual Therapy with one of
our clinicians for all ages

jkieffer@cancersupportcenter.org

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Weekly Fitness/Wellness Groups

www.cancersupportcenter.org

Virtual Zumba Gold w/ Lori • *Mondays 8-9 AM*

Virtual Meditation w/ Cecily • *Mondays 1-1:30 PM*

Gentle Yoga w/ Karen • *Tuesdays 12:30-1:30 PM*

Moves that Matter • *Tuesdays 2:30-3:15 PM*

Virtual Chair Yoga w/ Cecily • *Thursdays 2-3 PM*

JOHA Gentle Chair Yoga • *Fridays 1-2 PM*

2614 West Jefferson Street, Joliet, IL 60435

OFFERED IN-PERSON OR VIA ZOOM

The Cancer Support Center gives strength, guidance and support to anyone living with a cancer diagnosis, as well as to their loved ones.

Locations in Homewood & Mokena, Illinois