



## Let's Walk this Journey Together! Mind & Body - *Fitness & Physical Wellness*

The Cancer Support Center believes medical oncology care coupled with our comprehensive integrated psychosocial and wellness care programs can greatly enhance and improve a cancer patient or survivors quality of life and their ability to fully stand up to their cancer and partner with their medical team. Even now during the COVID19 pandemic, The Center stands together with cancer survivors and their families using a combination of virtual/online/telehealth oncology support and wellness programs. **Always free of charge**, we offer programming in five areas - Counseling/Stress Management, Fitness/Physical Wellness, Nutrition & Diet, Education and Networking, and Body Image. Here is how we strengthen your body & improves wellness:

### Fitness & Physical Wellness

You may be experiencing pain or inflammation that is restricting your physical ability. Maybe your current symptoms are limiting your movement, stability and balance. Experts have found that moderate exercise or simple movement provides positive health benefits for patients living with cancer.

At The Center, we know how important it is for you to stay active and fit but working at your own pace. We offer a wide variety of physical activities that can reduce pain and inflammation, reduce stress and anxiety, improve your mobility and balance, keep your muscles strong and blood flowing. Here are a few FREE OF CHARGE classes you can participate in, virtually:

- Gentle Yoga, Tuesdays 12:30 – 1:30pm
- Moves that Matter, Tuesdays 2:30 – 3:15pm
  - Chair Yoga, Thursdays 2 – 3pm
- Zumba Gold, Monday & Friday mornings

Visit our website at [www.cancersupportcenter.org](http://www.cancersupportcenter.org) or call 708-798-9171 to register for these classes. Email Jan, our program navigator at [jplanis@cancersupportcenter.org](mailto:jplanis@cancersupportcenter.org) to help you determine the next, best step!

Here are the days & times that each CSC office is open for in-person information and staffed with a licensed therapist for walk-in support:

Homewood CSC – 2028 Elm Road	Mokena CSC – 19645 S. LaGrange Rd
Mondays: 9-12	Mondays: 12-3
Tuesdays: 12-3	Tuesdays: 9-12
Thursdays: 9-12	Thursdays: 9-12

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

