

# TLC Programs & Events

NEW YEARS Day – January 1st  
The Center is closed

## 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, January 2nd, 9th, 16th, 23rd and 30th – 9:15 – 10:15 AM

NIGHT CLASS: Thursday, January 3rd, 10th, 17th, 24th and 31st – 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, January 8th, 6:00 – 7:45 PM

## COOKING DEMONSTRATION

Please join us for a nutritious and delicious cooking demonstration with great recipes you will be able to sample. Reserve your seat. RSVP to Laura at 618-236-1000

Monday January 14th – Noon to 1:00PM

## ESTHER THE COMFORT DOG VISIT

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

Tuesday January 15th – 1:00 – 3:00 PM

## GOT YOUR SIX SUPPORT DOG VISIT

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

Tuesday January 22nd – 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](mailto:laura@thecancercenter.com) and ask to be added or removed from the email list.



at Cancer Treatment Center  
4000 North Illinois  
Swansea, IL 62226  
RETURN SERVICE REQUESTED



at Cancer Treatment Center

## January Program Calendar

The TLC is devoted to assisting anyone whose life has been touched by cancer.

RSVP to (618) 236-1000  
[www.thecancercenter.com](http://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, January 8th, 15th, 22nd and 29th – 12:00 to 1:00 PM**

### EVENING YOGA for Wellness

**Tuesdays, January 8th, 15th, 22nd and 29th 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 January 2nd, 9th, 16th, 23rd and 30th – 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.

# Therapeutic Learning Center/Programs for January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All programs and events will be held at The Cancer Treatment Center, 4000 N. Illinois Swansea, IL. Enter the building at the PET/CT Imaging doors. If you wish to RSVP for a program or to have your name added or removed from the mailing list, please contact Laura at 236-1000 See program details on back of calendar		1 <b>NEW YEARS DAY</b> The Center is closed	2 <b>MOVEMENT FOR LIFE BODY CONDITIONING</b> 9:15 to 10:15AM RSVP <b>TAI CHI</b> Noon to 1PM	3 <b>MOVEMENT FOR LIFE BODY CONDITIONING</b> 5:30 to 6:30PM RSVP	4	5
6	7 <b>YOGA</b> 12:00 to 1:00PM	8 <b>SEATED YOGA</b> 12:00 to 1:00 PM <b>EVENING YOGA</b> 5:30 to 6:30 PM <b>HOPE BLOOMS SUPPORT GROUP</b> 6:00 to 8:30 PM	9 <b>MOVEMENT FOR LIFE BODY CONDITIONING</b> 9:15 to 10:15AM RSVP <b>TAI CHI</b> Noon to 1PM	10 <b>MOVEMENT FOR LIFE BODY CONDITIONING</b> 5:30 to 6:30PM RSVP	11 <b>VOLUNTEERS NEEDED:</b> We are looking for volunteers 1.) to sew cancer caps and 2.) to drive cancer patients to and from cancer treatment. Contact Laura at 618-236-1000 if you are interested in these volunteer opportunities.	12
13	14 <b>COOKING DEMONSTRATION</b> 12:00 to 1:00PM <b>YOGA</b> 1:00 to 2:00PM	15 <b>SEATED YOGA</b> 12:00 to 1:00PM <b>ESTER THE COMFORT DOG</b> 1:00 to 3:00PM <b>EVENING YOGA</b> 5:30 to 6:30PM	16 <b>MOVEMENT FOR LIFE BODY CONDITIONING</b> 9:15 to 10:15AM RSVP <b>TAI CHI</b> Noon to 1PM	17 <b>MOVEMENT FOR LIFE BODY CONDITIONING</b> 5:30 to 6:30PM RSVP	18 <b>DO YOU NEED A RIDE TO YOUR CANCER TREATMENTS?</b> Did you know the American Cancer Society Road To Recovery Program provides free rides to and from treatment to cancer patients? Call 1.800.277.2345 or visit <a href="http://www.cancer.org/roadtorecovery">www.cancer.org/roadtorecovery</a> for more information.	19
20	21 <b>YOGA</b> 12:00 to 1:00PM	22 <b>SEATED YOGA</b> 12:00 to 1:00PM <b>GOT YOUR SIX SUPPORT DOG VISIT</b> 1:00 to 3:00PM <b>EVENING YOGA</b> 5:30 to 6:30PM	23 <b>MOVEMENT FOR LIFE BODY CONDITIONING</b> 9:15 to 10:15AM RSVP <b>TAI CHI</b> Noon to 1PM	24 <b>MOVEMENT FOR LIFE BODY CONDITIONING</b> 5:30 to 6:30PM RSVP	25 <b>PLEASE CONSIDER A DONATION:</b> of nutritional supplements, like Boost Plus & Ensure Plus to the TLC Nutrition Assistance Program for Cancer Patients. Some patients are in need of this but cannot afford these during cancer treatments. See Laura, RD, for details.	26
27	28 <b>YOGA</b> 12:00 to 1:00PM	29 <b>SEATED YOGA</b> 12:00 to 1:00PM <b>EVENING YOGA</b> 5:30 to 6:30PM	30 <b>MOVEMENT FOR LIFE BODY CONDITIONING</b> 9:15 to 10:15AM RSVP <b>TAI CHI</b> Noon to 1PM	31 <b>MOVEMENT FOR LIFE BODY CONDITIONING</b> 5:30 to 6:30PM RSVP		<b>TLC CANCER ASSISTANCE</b> Free wigs/turbans/nutritional supplements for cancer patients in financial need in Madison and St. Clair Counties. (Donations accepted)

## Support & Assistance

### GENERAL CANCER SUPPORT GROUPS

**Cancer Support & Inspiration**  
1605 Lincoln Knolls Dr., Edwardsville.  
1st Monday of the Month at 6:30pm  
Contact: Jeri Lampman, 531-3183

### Women's Support Group Meeting:

603 W. Delmar, Alton, IL 62002. A support group for women cancer patients or survivors with all types of cancers. Meets the first Saturday of the month from 2:00-3:30pm. Contact: Carol at 618-467-0640 or [carol@robertasloveladies.com](mailto:carol@robertasloveladies.com).

### CANCER COMPANIONS

A Christian Cancer Support Group series for cancer patients and their loved ones available at Cornerstone Church in Shiloh, Emmanuel Lutheran in Okawville, Good Shepard Lutheran in Collinsville. For more info visit [www.cancer-companions.org](http://www.cancer-companions.org).

### BREAST CANCER SUPPORT GROUPS

**Hope Blooms Breast Cancer Support Group**  
Hope Blooms will be held at the Cancer Treatment Center program room every 2nd Tuesday of the month from 6:00 pm to 7:45 pm. Enter the building at the PET/CT Imaging doors (Suite A). For more information contact Kim W. at 257-5958.