

Programs & Activities February 2019

River Forest Medical Campus, 7411 W. Lake St., River Forest, IL 60305

Please call to register at 844-794-4301

Screenings & Support

Surgical Weight Loss Options Info Session

Monday, February 4th, 6:30 – 8:00 pm

River Forest Medical Campus

Building A, Community Room-1100

(Please call 708-763-NEWU to register)

Aging & Disability Resource Program Consultations

Oak Park & River Forest Townships Senior Services

Thursday, February 7th & 21st, 10:00 am – 12:30 pm

River Forest Medical Campus

Building A, Community Room Office-1104

We're Moving On, Breast Cancer Support Group

"Cooking up Wellness"

Bonnie Brock, RD—Wellness House

Thursday, February 14, 2:30-4:00 pm

River Forest Medical Campus

Building A, Community Room Office-1104

You're Not Alone! Surgical Weight Loss Support Group

Monday, February 18th 6:00 – 7:00 pm

River Forest Medical Campus

Building A, Community Room-1100

(Please call 708-763-NEWU to register)

Cancer Support Group

Thursday, February 21st, 2:30 pm

River Forest Medical Campus

Building A, Community Room-1100

Health Education

Nutrition Series

"Happy, Healthy Heart"

Jennifer Allington, MS, RDN, LDN

Tuesday, February 19th, 5:00-6:00 pm

River Forest Medical Campus

Building A, Community Room-1100

Exercise

Community Yoga

Every Monday and Wednesday at 9 am

Fridays – February 1st, 8th, and 15th at 9 am

Friday – February 22nd at 12 pm

River Forest Medical Campus

Building A, Community Room-1100

Yoga for Cancer Survivors (ONLY)

Every Wednesday — 10:15 am

River Forest Medical Campus

Building A, Community Room-1100

Beginner's Yoga-February through April

Every Thursday

5:00-5:45 pm

River Forest Medical Campus

Building A, Community Room-1100

Building Balance with Paul

**Registration for all sections
Closed until April-June Session**