

Programs & Activities January 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, January 7th, 6:30 – 8:00 pm

River Forest Medical Campus

Building A, Community Room-1100

(Please call 708-763-NEWU to register)

We're Moving On, Breast Cancer Support Group

Holiday Party Pot-Luck

Sunday, January 13, 1:00—3:00 pm

River Forest Medical Campus

Building B, 2nd Floor

Aging & Disability Resource Program Consultations

Oak Park & River Forest Townships Senior Services

Thursday, January 3rd & 17th, 10:00 am – 12:30 pm

River Forest Medical Campus

Building A, Community Room Office-1104

You're Not Alone! Surgical Weight Loss Support Group

Monday, January 21st, 6 – 7 pm

River Forest Medical Campus

Building A, Community Room-1100

(Please call 708-763-NEWU to register)

Cancer Support Group

Thursday, January 17th, 2:30 pm

River Forest Medical Campus

Building A, Community Room-1100

Health Education

Food for Thought- Nutrition Series

"Foods that Fight Cancer"

Lucy Mullen, RN, BS

Tuesday, January 15th, 11:30 am-12:30 pm

River Forest Medical Campus

Building A, Community Room-1100

Exercise

Community Yoga

Every Monday and Wednesday at 9 am

Fridays – January 4th, 11th, and 18th at 9 am

Friday – January 25th 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

Building Balance with Paul

No classes on January 1st

Registration for all sections will be for January 1 through March 30. No registrations will be allowed after the initial registration period. Online registration <https://www.westsuburbanmc.com/about-us/classes-events#list&topic=COME>

Building Balance with Paul

RFMC Class 1—January through March Session

Every Tuesday & Thursday — 8:30 am

River Forest Medical Campus

Building A, Community Room-1100

RFMC Class 2 - Modified Class—Jan through March

Every Tuesday — 9:20 am

River Forest Medical Campus

Building A, Community Room-1100

RFMC Class 3— January through March Session

Every Tuesday & Thursday — 1 pm

River Forest Medical Campus

Building A, Community Room-1100

All programs are free unless otherwise noted*