

## Programs & Activities May 2019

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

*Please call to register at 844-794-4301*

### Screenings & Support

#### **Aging & Disability Resource Program Consultations**

#### **Oak Park & River Forest Townships Senior Services**

Thursday, May 2<sup>nd</sup> & 16<sup>th</sup>, 10:00 am – 12:30 pm

River Forest Medical Campus

Building A, Community Room Office-1104

#### **Surgical Weight Loss Options Info Session**

Monday, May 6<sup>th</sup>, 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**

Thursday, May 9<sup>th</sup>, 2:30-4:00 pm

River Forest Medical Campus

Building A, Community Room Office-1104

#### **Cancer Support Group**

Thursday, May 16<sup>th</sup>, 2:30 pm

River Forest Medical Campus

Building A, Community Room-1100

#### **You're Not Alone! Surgical Weight Loss Support Group**

Monday, May 20<sup>th</sup> 6:00 – 7:00 pm

River Forest Medical Campus

Building A, Community Room-1100

**(Please call 708-763-NEWU to register)**

### Health Education

#### **Nutrition Series**

*"Mediterranean Diet: Tasty Foods for a Longer Life"*

Jennifer Allington, MS RDN LDN

Tuesday, May 21<sup>st</sup>, 11:30 am– 12:30 pm

RFMC, Building A, Community Room-1100

### Exercise

#### **Community Yoga**

Every Monday and Wednesday at 9 am

Fridays – May 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> and 31<sup>st</sup> at 9 am

Friday – May 24<sup>th</sup> at 12 pm

RFMC, Building A, Community Room-1100

#### **Yoga for Cancer Survivors (ONLY)**

Every Wednesday — 10:15 am

RFMC, Building A, Community Room-1100

#### **Beginner's Yoga-March through May**

**Registration closed until June through August session.**

#### **Building Balance with Paul**

**Registration closed until July through September session.**