



**Franciscan Skemp Cancer Center Presents**  
*2010 Pathway to Wellness*  
**Thursdays, 5:30 – 7:00 PM**

**Programs are offered at no charge, and are located in the Franciscan Skemp Cancer Center, lower level of the Center for Advanced Medicine and Surgery, unless otherwise noted. A light lunch will be provided.**

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| Thursday, January 21                              | Kindle Your Spirit through Cancer Stories of Prayer, Inspiration & Hope<br><i>Presented by Cancer Center Chaplain Beth Prairie</i>   |
| Thursday, February 18                             | Integrative Therapies Fair: Experience a sampling of Massage, Reiki, Healing Touch and Aromatherapy<br><i>Presented by FSH staff and volunteers</i>  |
| Thursday, March 18                                | Supporting Wellness with Self-Expression through Art<br><i>Presented by Dolores Marusarz, artist and teacher</i>   |
| Thursday, April 15                                | Caregiver Appreciation Night<br><i>Presented by Cancer Center Support Team</i>   |
| Thursday, May 20<br><i>(Marycrest Auditorium)</i> | Moving into Wellness through NIA - a holistic fitness and lifestyle practice which enhances physical, mental, emotional and spiritual well-being through movement<br><i>Presented by Lisa Radtke, certified NIA instructor</i> |
| Thursday, June 24                                 | Laughing through the Tough Times<br><i>Presented by Sue Newman, MSW, and Deb Olson, Health Promotion Consultant</i>  |
| Thursday, July 22<br><i>Marycrest Auditorium</i>  | Garden of Eatin': Healthy Eating for Wellness and Cancer Prevention<br><i>Presented by Sue Leifer, RD</i>  |
| Thursday, August 19                               | Fun, Food, and Fellowship at Myrick Park with Cancer Center Team   |
| Thursday, September 23                            | Foster Creativity and Wellness through Dried Flower Arrangements...enjoy making wreathes and bouquets<br><i>Presented by Marti Runyon, RN, Cancer Guide</i>  |
| Thursday, October 21                              | Restorative Yoga for Persons Living with Cancer<br><i>Presented by Emily Walburn, CMT</i>  |
| Thursday, November 18                             | Thriving Through the Holidays<br><i>Presented by Cancer Center Support Team</i>  |

**To register for these programs, contact Marti Runyon, Cancer Guide, (608) 392-7647 Toll-free, (800) 362-5454, ext. 2-7647, or register with the Cancer Center Front Desk**



**FSH Employees eligible for 5 You Matter Points per session.**