



## Community Program



# Taking Care of Yourself During Treatment

**Presented by Dr. Stuart Pinkwater, PsyD**

Dr. Pinkwater will give practical information to assist people undergoing cancer treatment. He will discuss the importance of self care for both the patient and family members, including nutrition, exercise, meditation, support groups and often counseling. Dr. Pinkwater serves as a consulting clinical director and program director of cancer wellness centers and hospitals in the Chicago area. He has spent the last 14 years at the Cancer Wellness Center in Northbrook.

**Rescheduled for Thursday November 10, 2011**

**7:00 pm – 8:30 pm**

Healing Pathways is located in the lower level of Westminster Church on the corner of Bell School and Spring Creek. 2821 North Bell School Road. For questions please contact Healing pathways at (815) 395-5649 or visit our website at

[www.healingpathwayscsrc.org](http://www.healingpathwayscsrc.org)

