

# WELLNESS **YOU** NIVERSITY



**Learn how to transform  
into the best YOU!**

**Join us for an 8 week Wellness Series**

Presented by The Christ Hospital Oncology Services



## **FALL:**

September through November  
Wednesdays at 5:30pm, Thursdays at Noon



## **WINTER:**

January through March  
Wednesdays at 5:30pm, Thursdays at Noon



## **SPRING :**

March through May  
Wednesdays at 5:30pm, Thursdays at Noon



## **SUMMER:**

June through August, Thursdays at Noon



**IT'S TIME TO  
PUT YOU  
AT THE TOP  
OF THE LIST!**

Offered in the  
Activity Room  
of the Cancer Center  
Level D, Heart Tower



### **SPACE IS LIMITED.**

Request information from your provider to join  
or call Sarah Heffron, Oncology Dietitian,  
at **513-585-4340**.

There is no cost for patients receiving care  
through The Christ Hospital Oncology Services.

