

LivingWell names new program director

LivingWell Cancer Resource Center, a complementary cancer resource center in the Fox Valley, has announced the appointment of Jillian Smallwood as program director.

Smallwood will be responsible for oversight of the 30 programs provided by LivingWell, as well as work with a staff of five program personnel and dozens of professional volunteers. She will also oversee the planning, development, implementation and oversight of all programs and services offered at LivingWell.

Prior to starting at Living-Well, Smallwood worked with the American Cancer Society, where she was responsible for patient services for cancer survivors through partnership agreements with health care and other service providers.

All programs and services at LivingWell, an affiliate of Delnor-Community Health System, are offered free of charge.

Appointment

President George W. Bush has nominated Gary D. Glenn, a Distinguished Teaching Professor at Northern Illinois University, to serve on the National Council for the Humanities.

The council is as an advisory board to the National Endowment for the Humanities.

Glenn's nomination requires Senate confirmation and has been referred for confirmation to the Senate Committee on Health Education, Labor and Pensions.

A resident of DeKalb, Glenn has taught a wide array of political science courses over more than four decades at NIU, where he has earned a reputation for being among the university's top teachers. He was recipient of the Excellence in Undergraduate Teaching Award, the Great Professor Award bestowed by the Honors Program and a presidential teaching professorship, the university's top recognition for excellence in the classroom.

While Glenn retired last year, he continues teaching and working with students, especially on theses and dissertations.

Opening

Taj of India Restaurant has opened at 1554 E. Main St., St. Charles.

The restaurant has been in the food service industry for 15 years -- in Aurora for 10 years, Lombard for five years and now in St. Charles.

Owner is Pritpal Singh.

It is open seven days a week, offering about 75 vegetarian and nonvegetarian dishes from northern India, which are made to according the taste of customers. For more information, call (630) 377-0116.

Advancement

William Templin, AIA, of Geneva, partner with Dahlquist and Lutzow Architects Ltd., has been designated a Leadership in Energy and Environmental Design Accredited Professional (LEED-AP) by the United States Green Building Council.

The council promotes the design, construction and operation of buildings that are environmentally responsible, profitable and healthy places to live and work.

Templin earned an associate's degree from Harper College and began work as a draftsman at D L in 1988. He began studies at the University of Illinois at Chicago in the fall of 1991 and continued working at D L. He graduated from UIC in 1995 and earned his architecture license in 1996. He became a partner at D L in 2005.

D L is a full-service architectural firm with offices in Elgin and Hinsdale.

If you have news tips or column items, call (847) 888-7753 or send e-mail to npetersen@scn1.com

Exercise:

1. Hope to see the day: the first day Wang Yang to the limit, to see when to close to the lower chest, repeated 10 times.
2. Rotation, the first left or right, slowly rotating to see to maximize Xianbei (not excessive force). 10 consecutive times.
3. Zeque about: the left-to-right should slow Zeque, ears and around his shoulders, the shoulders of the body to remain intact, repeat about 10 times.
4. With the first right to left circle used to do, every move in one direction to the limit and try to straighten the neck muscles, repeat about 10 times.

Self-care cervical spondylosis tempered by a number of means, have not appropriate, and can not play the purpose of consolidation, but also lead to disease recurrence, the campaign must pay attention to the following points;

- 1, slow movement, the slow movement as far as possible, to prevent dizziness and headache.
- 2, Song, movement, and neck muscles must be relaxed, try not forced to muscle joints. Be stretch, and promote blood circulation and speeding up rehabilitation.
- 3, static and exclude ideas and personal considerations and concentrate on practice, Yiranzide the physical and mental health of a good adjustment.
- 4, David Carse, continually training, three times a day, each should do what we are capable, self-care massage after practice, such as Nieyinie, click wind pool, Dazhui, Jianjingjue, will be satisfied with the results.

Neck conservation including:

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About the Author

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The health of the uterus, ovaries and thickness of the endometrium within the uterus can be determined using transvaginal.

Source: <http://www.productsherbal.com>