

Through supportive care and education, the Center seeks to improve the emotional and physical well-being of people affected by cancer. Our presenters, teachers, and practitioners are all professionals in their fields and provide evidence-based services and programs.

As part of its mission to assist everyone touched by cancer, CWC offers all programming **free** of charge.

How to Register for Programs + Events

1 web

Visit our website at www.cancerwellness.org.

2 call

Call our main number (847) 509-9595 during regular business hours.

3 walk-in

Visit our Northbrook location and stop by the front desk.

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Program Guide

CANCER WELLNESS CENTER

Featured Speakers

Online Registration Required

Managing Cancer-Related Pain

Tuesday, October 30, 6:00 - 7:30 p.m.



Judith Paice, PhD, RN

Judith Paice, PhD, RN, Northwestern University; Feinberg School of Medicine

Cancer-related pain can occur at any time before, during and after treatment. Fortunately, many effective therapies are available. Clear and consistent

communication between people with cancer and their oncology team is essential to obtain optimal relief. Types of pain syndromes, along with pharmacologic and non-pharmacologic therapies to relieve pain, will be discussed during this interactive session.

Understanding Breast Cancer: Updates on Surgical and Radiation Treatment

Tuesday, November 27, 6:00 - 7:30 p.m.



Joy Coleman, MD



Denise Monahan, MD

Joy Coleman, MD; Denise Monahan, MD, Northwestern Medicine

Join us for this presentation featuring Dr. Joy Coleman, radiation

oncologist and Dr. Denise Monahan, breast cancer surgeon, who will give an overview of breast cancer, including information on diagnosis, staging, and updates on what's new in breast cancer surgery and radiation treatment. Time for Q & A with the physicians will be provided.

Advances in Prostate Cancer

Thursday, December 6, 6:00 - 7:30 p.m.



Daniel Shevrin, MD

Daniel Shevrin, MD, NorthShore University HealthSystem

Join Dr. Daniel Shevrin, Medical Director of Kellogg Cancer Center at NorthShore Glenbrook Hospital, as he discusses current treatment options, managing side effects and the latest research on prostate cancer.

Pancreatic Cancer Networking Group: Q & A with the Oncology Nurse and Dietitian

Thursday, December 13, 5:30 - 7:00 p.m.



Lori Bumbaco, RDN

Lori Bumbaco, RDN, CSO, LDN, Oncology Dietitian; Theresa Peters, RN, BSN, HN-BC, NorthShore University HealthSystem

Patients are sometimes confronted with an overwhelming amount of information, and are uncertain about what or who to believe. Spend an hour with experienced oncology clinicians, including a nurse and dietitian to help answer questions about pancreatic cancer with reliable information. Participants will be asked to submit questions ahead of time for the clinicians to adequately provide the most up-to-date recommendations from the evidence. Send questions to Lori Bumbaco at lbumbaco@cancerwellness.org.

New to the Center?

Contact Katie Hull, LCSW, Clinical Intake Associate, to get connected to programs and services. Katie can be reached Monday through Wednesday at (847) 509-8183.

Lectures + Workshops Online registration required

All classes held at CWC unless otherwise noted

To REGISTER visit www.cancerwellness.org where you will find detailed class descriptions and information.

Lecture and workshop topics provide a wide array of educational and experiential opportunities. All topics are selected to help those with cancer and their loved ones successfully navigate the varied challenges that cancer presents.

Cancer Survivorship for Multiple Myeloma: Optimizing Your Wellness

Wednesday, October 3, 7:00 - 8:30 p.m.
Dinner will be served at 6:30 p.m.

Melanie Smerillo MSN, RN, PHN, Clinical Nurse Educator

When living with Multiple Myeloma, knowing the next steps in your course of action is crucial. During this presentation, Melanie will discuss the importance of developing an individualized guideline for monitoring and maintaining a patient's health during treatment and outline how to develop a care plan specific to your treatment needs. Open to patients and their loved ones. *Made possible through Takeda Pharmaceuticals International Co.*

Healthcare Choices in Retirement

Tuesday, October 9, 6:00 - 7:30 p.m.

Lori Martin, CLTC, Envision Benefit Specialists

Join us for this informational presentation about the changing Medicare landscape and healthcare choices in retirement. Gain a real understanding of how Medicare works, legislative updates and benefit trends, and current and anticipated future costs. Leave with the planning tools you need to make beneficial choices for your future healthcare needs.

Lymphedema: Minimize Your Risk After Cancer Surgery

Thursday, October 11, 6:00 - 7:30 p.m.

Adriana Ossa-Cruz, DPT, CLT, NorthShore University HealthSystem

Lymphedema can develop after a surgical procedure, such as mastectomy or pelvic surgery, which interferes with lymphatic drainage. Radiation therapy to lymph node areas may also cause or increase lymphedema development. A licensed physical therapist will discuss the lymphatic system, lymphedema management, and daily life precautions to minimize the chance of flare up. Participants will be educated on how to incorporate risk reduction practices into their lifestyle to reduce fear of engaging in normal activities of daily living, such as travel and exercise.

Finding Peace With Serious Illness

Tuesday, October 16, 6:00 - 7:30 p.m.

Carl Jerome, Mindfulness and Meditation Teacher, North Shore Dharma and Meditation Center

Mindfulness offers a roadmap to follow that addresses the stress we experience when diagnosed with serious illness. This class will explore the thought behind living peacefully even when we face great challenges. The students will be introduced

to breath meditation. This meditation can help reduce physical and psychological discomfort and replace it with comfort and peacefulness.

Counting Sheep and Other Tips for Sleep

Wednesday, October 17, 11:00 a.m. - 12:00 p.m.

Katie Salyer, PsyD, Licensed Clinical Psychologist

Are you tired of not sleeping? Cancer and stress can interfere with sleep at a time when rest and relaxation are most important for healing. Join us to learn basic sleep hygiene tips and specific strategies for individuals struggling to sleep due to treatment or stress related side effects.

Treatment's Done... Now What?

Wednesday, October 24, 6:30 - 8:00 p.m.

Priscilla Andrews, MA, LCPC

Join us as we discuss the common concerns that arise when treatment has ended, and strategies for coping with the transition to being post-treatment. Open to both survivors and their loved ones. This program is ideal for individuals who are approaching the end of treatment, as well as those who have already completed treatment.

Who Cares for the Caregiver?

Wednesday, November 7, 6:00 - 7:30 p.m.

Donna Oldenburg, MA, LPC, NCC, Clinical Associate

There are 2.8 million people caring for a loved one with cancer, at least half of whom identify themselves as highly stressed. Caregiver stress often manifests itself in depression, anxiety, physical illnesses, substance abuse, and diminished quality of life. This presentation will include information on PTSD in caregivers, stress reduction techniques to manage caregiver distress, and the healing power of gratitude. Also, learn about the preliminary findings from an exciting new caregiver study conducted by Cancer Wellness Center and Northwestern University.

Life Matters Series: Navigating the End-of-Life Process

Mary F. Mulcahy, MD, Co-founder of Life Matters Media; Randi Belisomo, DBE, Co-founder of Life Matters Media

In this series, Dr. Mulcahy and Randi Belisomo will facilitate an interactive discussion on enhancing comfort and confidence in end-of-life decision making and care. Regardless of your state of health or illness, or whether you are a patient or caregiver, you will benefit from this approach to advance care planning.

Securing Your Care Preferences: Where Do Advance Directives Fit In?

Thursday, October 4, 6:30 - 8:00 p.m.

Caring Options: Palliative Care, Hospice, Comfort and Dignity

Thursday, October 25, 6:30 - 8:00 p.m.

Final Matter: Organ and Medical Donations, Other Options for Disposition

Thursday, November 1, 6:30 - 8:00 p.m.

Lectures + Workshops Online registration required

Connecting the Family

Costumes, Candy, and Yoga

Tuesday, October 30, 5:00 - 6:00 p.m.

*Sari Ticker, PsyD, Licensed Clinical Psychologist;
Vicki Marchio, RYT*

Join us for a fun night of Halloween-inspired family yoga dressed up in your favorite costume. Prizes will be given for best costumes! Family Yoga is a soothing blend of deep, slow moving stretches with supported restorative work, followed by restful meditation. The class is designed to help melt away tension, decrease feelings of stress, as well as increase a sense of calmness and peacefulness in the family. **The program is intended for kids ages 5-18 and their families.**

Game Night – Let's Play!

Monday, November 5, 5:00 - 6:00 p.m.

You're invited for a night of fun for CWC's first children's game night. It's your chance to take a break from life stressors and play a variety of different games with other kids who are also impacted by a cancer diagnosis in the family. No experience required. **Program is intended for kids only, ages 6-12.**

Festive Holiday Fun

Tuesday, December 4, 5:30 - 7:00 p.m.

Our holiday program is a wonderful way to get familiar with the Center, meet other families, and enjoy a variety of activities including making gingerbread houses and other art projects. **Program is open to families with kids ages 5-12.**

Nutrition Programming

Eat to Beat Malignancy and Cooking Demonstration

Thursday, October 18, 6:00 - 8:00 p.m.

*Carol A. Rosenberg, MD, FACP, Director, Living in the Future (LIFE) Cancer Survivorship Program, NorthShore University HealthSystem;
Oehme Soule, RDN*

LIFE program director Carol Rosenberg, MD, FACP, and dietitian and culinarian Oehme Soule, RDN will present the tasty components that form a healthy diet for cancer survivors. The presentation includes the science behind nutritional guidelines; strategies for weight management and physical activity; and a cooking demonstration/tasting in our demonstration kitchen. *This program is supported by the Myra Rubenstein Weis Health Resource Center.*

Celebrating Wellness with Nutritious Holiday Swaps

Thursday, November 29, 6:00 - 7:30 p.m.

Lori Bumbaco, RDN, CSO, LDN, Oncology Dietitian

The holiday season will soon be here, and food temptations will be lurking everywhere. Holiday gatherings often revolve around food, and for many of us is a time of the year that we fall off track with our healthy eating plans. The dietitian will present strategies about how to savor traditional favorites while exploring different ways to include cancer protective nutrition in your choices. Participants will learn and sample choices in order to build a healthy holiday plate.

Therapy Dog Meet and Greet

**Wednesday, November 7,
10:45 - 11:30 a.m.**

Join us for an informal meet and greet with certified therapy dogs from Rainbow Animal Assisted Therapy. There will be plenty of opportunity for hands-on interaction with the dogs, and to watch them show off their skills.

Men's Retreat

**Wednesday, November 14,
10:00 a.m. - 2:00 p.m.**

Evan Byer, PsyD, Licensed Clinical Psychologist

Join us for a day of hiking, art, and togetherness. The retreat will be a space for men to connect more fully with themselves and others in hopes of feeling spiritually refreshed. A light, healthy lunch will be provided. Please wear comfortable clothes and appropriate outerwear for the hike. This program is for male survivors only and is limited to 10 people. Please register soon. **The retreat will be held at Brushwood Center in Ryerson Woods, 21850 N. Riverwoods Road, Riverwoods, IL**

Look Good Feel Better

Monday, November 19, 5:30 - 7:30 p.m.

Christine Pusateri, Licensed Cosmetologist
Learn to overcome the appearance-related side effects of cancer treatment. Workshop includes instruction in skin care and makeup application, a free makeup tool kit filled with cosmetics, and practical tips and instruction on wigs, head coverings and nail care. *The program is co-sponsored by the American Cancer Society, the Personal Care Products Council Foundation, and the Professional Beauty Association.*

For cancer patients and first time participants only.

CWC Book Club

Tuesday, December 4, 1:00 - 2:00 p.m.

Priscilla Andrews, MA, LCPC

Please join us for book club where one of our staff members will lead a discussion on a nonfiction or fiction book that addresses relevant questions and thoughts for cancer survivors and caregivers. Participants are asked to check their local library, or purchase the book. A limited number of books will be available in our library for check-out. Our December book will be **Gilead** by Marilynne Robinson.

Young Adult Social

Thursday, December 13, 6:00 - 8:00 p.m.

Often young adult cancer survivors are left in the dark when it comes to utilizing specific resources and opportunities. Join us for a young adult meet and greet, where we'll aim to make connections and have a little fun! The event is open to all young adult cancer survivors (ages 20 - 40) and their families. Food and drinks will be provided! *Supported by The Lisa Klitzky Foundation.*

Mind Body Health Workshops

Online registration
required

All
classes
held at the
Cancer
Wellness
Center

Please VISIT

www.cancerwellness.org
where you will find detailed
class descriptions and
information.

Mind Body Health classes provide a holistic approach to a healthy lifestyle for those whose life has been impacted by a cancer diagnosis. These classes strengthen the body and mind to encourage peaceful living during times of stress.

Connecting through Knitting

**Monday, October 1 & 15, November 5 & 19,
December 3, 10:00 a.m. - 12:00 p.m.**

Knitting can be a relaxing hobby that reduces stress and keeps one centered in the present moment. No experience necessary.

Introduction to Feldenkrais

**Wednesdays, October 3, 10, 17,
2:00 - 3:00 p.m.**

Sarah Leibov, Certified Feldenkrais ATM Instructor; Julia Sierks, Certified Feldenkrais ATM Instructor

In Feldenkrais Awareness Through Movement (ATM) lessons, students will explore small, comfortable movements that can translate to improvements in mobility. Class is appropriate for all ages, and involve sitting or lying comfortably on the floor. Common benefits include increased relaxation, improved posture and flexibility, and pain relief.

Walking the Sacred Path

**Sunday, October 14, 1:00 - 5:00 p.m.
Guided walks begin at 1:00, 2:00,
and 3:30 p.m.**

Victoria Marchio, RYT

The labyrinth is a simple walking path used to quiet the mind. It is a path of reflection and contemplation. It can be symbolic of our life journey. Consisting of seven-circuit concentric circles, it is a single path leading to the center and back out. Come experience the walk and receive what is there for you and connect with your spiritual self. Program will be held at Bernard Weinger JCC, Marvin Lustbader Center, 300 Revere Drive, Northbrook, IL.

Qigong

**Fridays, October 19, November 16,
December 14, 11:00 a.m. - 12:00 p.m.**

Sharon Rosman, LCSW, Certified Meditation and Qigong instructor

Qigong is an ancient Chinese meditative movement practice with numerous health benefits. It combines slow and gentle movements with deep breathing. This class will begin with a 10 minute seated meditation, followed by a brief 5 minute warm-up. We will then practice our Qigong movements for 30 minutes, ending with an inspirational reading and group discussion. Please wear loose, comfortable clothing.

Walking Meditation at Botanic Garden

**Monday, October 22,
10:30 a.m. - 12:00 p.m.**

Kimberly Matthews, MA, LCPC

Join us for a sensory/nature meditation walk at the Chicago Botanic Garden on Lake Cook Road. Meet in the Visitor Center lobby and wear comfortable walking shoes and dress for the weather. If you are not a Garden member, the gatehouse will allow free entry to those attending the class.

Hiking for Health & Happiness

Friday, November 2, 10:30 a.m. - 12:00 p.m.

Kimberly Matthews, MA, LCPC

Research demonstrates that outdoor exercise, such as hiking, offers health and well-being benefits. Join us at the Brushwood Center, Ryerson Woods in Riverwoods for a nature meditation followed by a two mile hike (with options to shorten the hike at various points). Please arrive no later than 10:30 a.m., wear comfortable hiking or running shoes, bring a water bottle and dress for the weather. Hike will be canceled in the event of rain.

Tranquility Base

Thursday, November 8, 6:30 - 7:30 p.m.

Preston Klik, Temple Synphorium

Using delicate, exotic, world-music instruments, Preston creates a quiet and ethereal sacred space, allowing attendees to touch heavenly solace. Preston uses his Shruti Pump Box, Mondolina, Swarmandal-tanpura, Cherub Harp, Crystal Bowls, Native Flute, Melodica, Japanese Chimes, Ocean Drum, etc to conjure a dream-scape with ease and grace.

Healing Through Sound with Crystal Bowls and Voice

Wednesday, December 5, 1:00 - 2:00 p.m.

Marian McNair of Cellular Harmonies

In this class, a vibrational environment created by crystal bowls and Marian's voice will help reduce stress, promote deep relaxation and support the natural healing process. Participants relax on a mat on the floor using blanket and bolster supports while in the midst of a peaceful environment.

Expressive Arts

Everyone Has a Story: Why Your Life Experience is Worth Sharing

**Tuesday, October 16,
11:00 a.m. - 12:00 p.m.**

Nora Kerr, Founder of Memoir for Me

Nora Kerr will take you through an interactive presentation on the importance of sharing life stories across generations. Leave inspired and ready to tell your life story! Open to cancer survivors, caregivers and family members.

Introduction To Music Therapy: Techniques & Strategies For Healthy Coping

Tuesday, November 13, 1:00 - 2:30 p.m.

Caitlin Broderick, MT-BC, NMT, NICU-MT, HPMT, Expressive Healthcare Solutions/Northwestern Medicine

Music Therapy is a powerful tool in the management of pain and anxiety. Music can also help improve our overall mood. Learn about Music Therapy, practice stress management techniques, and personally experience what Music Therapy can offer you!

An Introduction to Jin Shin Jyutsu

**Thursday, October 18, November 15,
December 13, 10:30 a.m. - 12:00 p.m.**

*Laurie Perkins, RMT, Integrative Healer;
Julie Segall, LicAc, DiplCH*

Jin Shin Jyutsu is an ancient Japanese Healing Art which harmonizes body, mind, and spirit. It uses light touch on 26 specific locations called Energy Locks on each side of the body. Practitioners will introduce various hand placements to deal with the most common issues that arise from cancer treatment.

Mind Body Health Classes

Call (847) 509-9595
to register

T'ai Chi Chih

Wednesdays, 9:45 - 10:30 a.m.

Donna McElhose, ATTC

Joy Through Movement is a meditative mindfulness practice that circulates and balances one's energy (chi). With daily practice, one may experience many benefits such as inner peace, calm, increased energy, flexibility, improved coordination and balance. Those completely new to T'ai Chi Chih should plan to arrive at 9:30 a.m. for a brief 15-minute introduction.

Exercise for Cancer

Wednesdays, 11:30 a.m. - 12:30 p.m.

Barbara Shapiro, CPT, NASM, CES

Students will learn strategies and techniques that will build strength and flexibility to bodies de-conditioned by cancer treatment. All levels of fitness are welcome. Wear gym shoes and comfortable clothing.

Introduction to T'ai Chi Chih

Wednesday, October 24, 9:30 - 10:30 a.m.

Donna McElhose, ATTC

This one-time class for brand new students will cover the basic footwork, terms used, etc. and allow time to practice and ask questions. After this introductory workshop, participants will be informed and prepared to join the ongoing class.

Stay Strong And Mahj On

Thursday, October 11 & 25, November 8,
December 13, 1:00 - 2:30 p.m.

Experienced players, join us for a game of Mah Jongg! Mahj can help with cognitive functioning and memory in addition to providing many social benefits. Mah Jongg experience is required. Mahj sets will be provided but participants should bring their own cards. *Program supported by the Stay Strong And Mahj On Foundation.*

Yoga Classes

Gentle Yoga

Yoga uses physical postures, breath work and meditation to bring mind and body back into a balanced state. These classes are for all levels of fitness and can be practiced in a chair, if necessary. *Wear comfortable clothing to all yoga classes.*

Mondays

9:30 - 10:30 a.m.

Zoe Rose Wolf, E-RYT;

Sherri Mariani, RYT

Tuesdays

9:30 - 10:30 a.m.

Deborah Kronenberger, MA, LCPC

Wednesdays

9:30 - 10:30 a.m.

Victoria Marchio, RYT

Wednesdays

5:30 - 6:30 p.m.

Betsy Murphy, RN, RYT

Thursdays

9:30 - 10:30 a.m.

Carolyn V. Kirschner, MD;

Britta Eumann, RYT

Fridays

9:30 - 10:30 a.m.

Victoria Marchio, RYT

Meditation and Mindfulness

Stress Reduction Through Mindfulness

Mondays, November 5, 12, 26; December 3, 10, 17,
4:00 - 5:00 p.m.

Deborah Kronenberger, MA, LCPC

Mindfulness is a way of thinking that has the potential to reduce stress and change the way you view challenges. In this class you will be introduced to this evidence based approach and will learn mindfulness basics through instruction, experiential exercises and discussion. Attendance at all sessions is recommended as class follows a structured progression.

Meditation

Mondays, 10:30 - 11:15 a.m.

Zoe Rose Wolf, E-RYT; Sherri Mariani, RYT

Meditation is a practice of concentrated focus upon a sound, object, visualization, the breath, movement, or attention in order to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal and spiritual growth. Meditation produces a state of deep relaxation and a sense of balance or equanimity which reduces anxiety and depression.

Sitting Together: Continuing and Building Your Mindfulness Practice with Others

Tuesdays, 10:45 - 11:30 a.m.

Deborah Kronenberger, MA, LCPC

This class will help students deepen and continue their mindfulness practice after they have taken an introduction to mindfulness course. Class will be discussion-based and explore mindfulness topics. Each class will begin with meditation.

Stress Reduction Class

Thursdays, 10:30 - 11:15 a.m.

Alex DiChiara, MA, Clinical Extern

In this class, participants will be guided through a variety of research-based stress reduction strategies. Each week, there will be a focus on different tools and techniques including progressive muscle relaxation, guided imagery, breathing, meditation, and various mindfulness exercises.

Support Services

All groups held at the Cancer Wellness Center

To be enrolled in **counseling** or a **support group** at the Cancer Wellness Center, please call **(847) 509-9595** to complete a brief and confidential screening interview.

Counseling

From initial diagnosis through treatment and beyond, the free counseling services provided at the Center help normalize the emotions and issues raised by a cancer diagnosis. The professional clinical staff, which is comprised of psychologists, counselors and social workers, provides people diagnosed with cancer and their loved ones with coping strategies and practical suggestions to help them better function and improve their overall quality of life. Counseling is available for:

- Individuals
- Couples
- Families
- Young Adults
- Children
- Adolescents

Bereavement counseling is also available to those who have lost a loved one to cancer.

Support Groups

Support groups provide patients, survivors and their loved ones with peer support to help them cope with the emotional adjustments demanded by the cancer experience. These therapeutic groups are professionally facilitated by the Center's clinical team.

For Patients:

- **Women's Group** (*now recruiting for daytime group*)
- **Young Women's Group** (*ages mid 30s – mid 50s*)
- **Men's Group**
- **Co-Ed Group** (*Grayslake*)
- **The Lisa Klitzky Young Adult Support Group** (*co-ed, ages 20 – 40*)
- **Weight Loss for Wellness**

For Caregivers:

- **Significant Other Group**
- **Courageous Caregiver**

For Bereaved:

- **Spousal Bereavement Group**
- **Family Loss Bereavement Group** (*for loss of parent, adult sibling or close family member*)

Nutritional Counseling

The Center's oncology dietitian provides nutrition recommendations tailored to the unique needs of the individual. Individual appointments available for those who are currently in treatment or are within two years post-treatment.

Networking Groups

These monthly discussion groups provide an opportunity to share information with others living with a similar diagnosis. The group provides peer-to-peer information sharing related to the physical aspects of living with the diagnosis. Networking groups are professionally facilitated and meet monthly on a drop-in basis. **No registration is required.**

Multiple Myeloma

1st Wednesday monthly, 7:00 - 8:30 p.m.

Priscilla Andrews, MA, LCPC

For patients and their families.

On October 3 there will be a featured presentation in lieu of group. See page 2 for details.

Ovarian Cancer

2nd Wednesday monthly, 7:00 - 8:30 p.m.

No group December 12

Priscilla Andrews, MA, LCPC

For patients only.

Pancreatic Cancer

2nd Thursday monthly, 5:30 - 7:00 p.m.

Evan Byer, PsyD, Licensed Clinical Psychologist

For patients and their families.

Supported by the Rolfe Pancreatic Cancer Foundation.

On December 13 there will be a featured presentation in lieu of group. See page 1 for details.

Coping with Tamoxifen and Aromatase Inhibitors Networking Group

3rd Wednesday monthly, 7:00 - 8:30 p.m.

No group November 21 & December 19

Priscilla Andrews, MA, LCPC

For patients only.

Group will be hosting Lori Bumbaco for a nutrition talk on October 17.

Journeys Bereavement Group

1st Tuesday monthly, 7:00 - 8:30 p.m.

CWC Staff

Spousal loss (1+ years).

Personalized Programs

These programs have been created to address the specific needs and concerns that people experience at different points after a cancer diagnosis. Participants will meet one-on-one with a counselor to learn tips for successfully navigating a cancer diagnosis, techniques for managing stress, and strategies for coping with the emotional impact of a cancer diagnosis. Call (847) 509-9595 to learn more about these programs and to complete a brief intake interview.

Short-term Consultations

Newly Diagnosed Consultation

This two-session consultation, intended for individuals who are about to or have recently started treatment, will provide useful tips and tools for adjusting to a new cancer diagnosis.

Post Treatment Consultation

This six-session consultation, intended for individuals who have recently finished treatment, will provide useful tips and tools for adjusting to life following cancer treatment.

Caregiver Consultation

This two-session consultation is for primary caregivers of an individual who is newly diagnosed and/or in treatment. Caregivers will learn what to expect during the cancer journey for themselves as caregivers and also for the individual with cancer. Topics include navigating the healthcare system, managing stress and coping with changes at home.

Couples Consultation

This two-session consultation is intended to address the changes that commonly occur in a relationship during cancer treatment. Couples meet privately with a counselor.

Parent Consultation

This two-session consultation is intended for parents who have cancer, or who have a child living with cancer. Parents will learn how a cancer diagnosis can affect the family, and will gain useful strategies for adjusting to new family routines and roles.

When Treatment is No Longer an Option

Guidance for those considering ending treatment or for those where no further treatment is available. Participants will meet one-on-one with a counselor to talk through, and be educated about, options at this point in a cancer diagnosis.

Now Recruiting

Spirituality Group

In this committed, topic driven group, participants will explore spiritual philosophy and practices, meaning making and personal growth. For more information, please call the Center at (847) 509-9595.

Courageous Caregiver

Courageous Caregiver is a unique six-week program providing education and stress reduction strategies to those actively caring for a spouse or partner with cancer. The group is limited to 12 participants. Group will be held on Wednesdays. For more information or to register, please contact Donna Oldenburg, MA, LPC, NCC, Clinical Associate, at (847) 562-4990, or doldenburg@cancerwellness.org.

new

Couples Series: Reclaiming your Relationship After Cancer Treatment

Cancer has a way of robbing our relationships of fun and romance. While couples may find themselves feeling emotionally closer during cancer treatment, the opportunities for regular non-cancer focused activities become less available. This six-week series will help couples navigate the changes their relationship has undergone during cancer treatment and will facilitate a return to relationship-centered activities. This series will begin in October. Couples are asked to participate in all six sessions. If you are interested or would like more information please contact Megan McMahon, PhD at (847) 562-4978 or mmcmahon@cancerwellness.org.

Weight Loss For Wellness

Deborah Kronenberger MA, LCPC; Lori Bumbaco, RDN, CSO, LDN

Weight gain is an often overlooked result of cancer treatment. In weekly meetings, group members will be guided by a licensed clinical therapist, and a registered dietitian who is a board certified specialist in oncology nutrition. Regular exercise demonstrations will reinforce the physical activity component of weight loss. This program is open to anyone who has completed treatment within the last two years. Participants must commit to attend the program for six months. Call (847) 509-9595 to learn more about this program and complete a brief intake interview. Groups available starting in January at Advocate Lutheran General Hospital in Park Ridge and at Cancer Wellness Center in Northbrook.

Services by Appointment

All services are located at the Cancer Wellness Center

To schedule an appointment for individual wellness services, please call (847) 509-9595 to complete a Wellness Evaluation. **Prior to the first appointment, participants must review services guidelines and complete required paperwork.**

Massage

Eddi Perlis, LMT

Studies of massage for cancer patients suggest massage can decrease stress, anxiety, depression, pain, and fatigue. Many health care professionals recognize massage as a useful, non-invasive addition to standard medical treatment. Thirty-minute, fully-clothed, individual appointments.

Craniosacral Massage

Susan Levine, LMT

Craniosacral massage is a light touch approach that releases tensions deep in the body to relieve pain and dysfunction while improving whole body health and performance. Participants are fully clothed and relax on a comfortable padded table. The therapist begins by gently holding parts of the head, back, feet and sacrum, and then applies delicate manual techniques to release the problem areas and improve the form and function of the central nervous system. Forty-minute individual appointments.

REIKI: Energy Healing

Laura Pryzby, RMT; Veronique Frede, RMT; Sharon Rosman, LCSW, Certified Cancer Reiki Specialist

By using hands to direct energy, Reiki practitioners strengthen the flow of energy to help decrease pain, ease muscle tension, speed healing, improve sleep, and generally enhance the body's ability to heal itself. Reiki promotes relaxation, decreases stress and anxiety, and increases a person's general sense of well-being. Thirty-minute individual appointments.

Thai Bodywork for Relaxation

Britta Eumann, RYT, Thai Bodywork Practitioner

Thai body work is done fully clothed on a mat on the floor. It is an interactive whole-body treatment that combines gentle passive stretching and movement of joints with several touch techniques and work along lines of the body. The relaxing effects of Thai bodywork are achieved without harsh physical force but through efficient use of movement, conscious touch, breathing and rhythm. Please wear comfortable clothing that does not restrict movement (long yoga pants and a long sleeved t-shirt are ideal).

Services for Patients in Active Treatment Only

Oncology Facial

Melissa Bryson, Certified Oncology Esthetician, Licensed Medical Esthetician

During this facial, a Licensed Medical Esthetician will provide comfort, help reduce stress, and help restore health and beauty to the skin. Thirty-five minute individual appointments. This service is reserved for patients who are currently in treatment.

Make-Up/Beauty Session

Rosie Dow, Professional Make-up Artist

This one-on-one session will help you with beauty and makeup tips to deal with the appearance-related side effects of cancer treatment. Sessions will be 45 minutes and participants should bring their own makeup to use during the session. This service is reserved for patients who are currently in treatment.

Reflexology

Michele C. Melnick, BSN, Certified Reflexologist; Renee Settels, Certified Reflexologist

Reflexology is a treatment that uses pressure on specific areas of the feet which are linked to various organs and parts of the body. By stimulating these reflex points, reflexologists improve health and well-being through reducing pain and anxiety. Thirty-minute individual appointments. This service is reserved for patients who are currently in treatment.

Individual Acupuncture

Cynthia Funai, LAc, DiplAc, DiplCH, MSOM

A limited number of individual acupuncture appointments are available for patients currently in treatment.



Grayslake Campus

Classes
held at
Grayslake
Campus

To **REGISTER** visit
www.cancerwellness.org
where you will find detailed
class descriptions and
information.

Wildwood Presbyterian Church
18630 W. Old Gages Lake Road, Grayslake, IL 60030
The Grayslake Campus hours are Tuesdays, 3:00 - 7:00 p.m.
Call (847) 509-9595 for more information.

The Grayslake location will be closed Tuesday, December 25 and January 1.

Lectures + Workshops

Online Registration Required

Chemotherapy-Induced Peripheral Neuropathy

Tuesday, October 23, 6:30 - 7:30 p.m.

Tara Alaichamy, PT, DPT, CLT Lead
Rehabilitation Therapist, Cancer Treatment
Centers of America

Chemo-induced peripheral neuropathy (CIPN) is a common side effect of chemotherapy that can cause pain, annoyance, fine motor skills, and gait deficits. In this presentation, you will learn what CIPN is and interventions to improve quality of life.

Healing through Sound with Crystal Bowls and Voice

Tuesday, October 30, 1:00 - 2:00 p.m.

Marian McNair of Cellular Harmonies

In this class, a vibrational environment created by crystal bowls and Marian's voice will help reduce stress, promote deep relaxation and support the natural healing process. Participants relax on a mat on the floor using blanket and bolster supports while in the midst of a peaceful environment.

Restorative Yoga & Reiki Workshop

Tuesday, November 13, 5:00 - 6:30 p.m.

Deborah A. Farmer, MBA, RMT;

Isabel Raci, E-RYT, CMT, Yoga Therapist

This restorative yoga class adds the relaxing and healing power of Reiki. Students will be led through gentle movements and classic restorative yoga poses which help create natural alignment in the body. The body will be fully supported in each pose allowing the muscles to relax while encouraging the release of tension. While in these poses, students will be receiving hands-on Reiki, a form of energy therapy that enhances the natural healing system of the body and creates a sense of well-being. The combination of Reiki and restorative poses offers healing and relaxation.

A Meaningful Look at Mindfulness

Tuesday, December 11, 6:30 - 7:30 p.m.

Carl Jerome, Mindfulness and Meditation
Teacher, North Shore Dharma and Meditation
Center

The meaning of "mindfulness" has greatly expanded compared to its ancient, Indian roots. It has, in a sense, become a generic marker for wellness, and it is used so loosely as to be almost meaningless. In this talk, we will take a look at what mindfulness is and how to use it in our everyday lives.

Classes for Mind Body Health

Call (847) 509-9595 to register

Yoga

Tuesdays, 5:00 - 6:00 p.m.

Isabel Raci, E-RYT, CMT, Yoga Therapist

A regular yoga practice increases flexibility, strength and balance in the mind and body for those de-conditioned by cancer treatments. Yoga uses physical postures, breath work and meditation to bring mind and body back into a balanced state. This class is gentle enough for all levels of fitness. Wear comfortable clothing.

Support Services

Call (847) 509-9595 for intake interview

Counseling

Counseling is available for individuals, children, couples and families impacted by cancer.

Nutritional Counseling

The Center's oncology dietitian provides nutrition recommendations tailored to the unique needs of the individual. Individual appointments available for those who are currently in treatment or are within two years post-treatment.

Weekly Co-Ed Cancer Survivor Support Group

Designed for the participant interested in a more in-depth exploration of the impact their cancer has upon them. This committed 90-minute group is open to men and women with a cancer diagnosis.

Services by Appointment

Call (847) 509-9595 for appointment

Make-Up/Beauty Session

Rosie Dow, Professional Make-up Artist

This one-on-one session will help you with beauty and makeup tips to deal with the appearance-related side effects of cancer treatment. Sessions will be 45 minutes and participants should bring their own makeup. This service is reserved for patients who are currently in treatment.

Massage

Sarah Trees, LMT

Studies of massage for cancer patients suggest massage can decrease stress, anxiety, depression, pain, and fatigue and is recognized as a useful, noninvasive addition to standard medical treatment. Thirty-minutes, fully-clothed, by appointment.

Reiki

Debbie Farmer, RMT

Reiki, a therapeutic energy healing practice, complements cancer treatments, balances treatment effects, and activates the body's natural healing abilities. Reiki is known to improve relaxation, improve sleep, reduce pain, support the immune system, reduce stress and improve our sense of well-being. Thirty minute individual appointments.

Personalized Yoga Therapy

Isabel Raci, E-RYT, CMT, Yoga Therapist

Meet with the yoga therapist individually for several sessions tailored to your individual needs. In these sessions, you will learn how movement, breathing, meditation and visualization can be integrated to promote healing, and reduce stress reduction, chronic pain and insomnia.

Hospital Collaborations

For more information, or to REGISTER, contact the facilities listed below.

The Cancer Wellness Center proudly partners with many local area hospitals and oncology practices to provide programming. All programs are staffed by the Cancer Wellness Center and, as always, are free of charge to those affected by cancer.

Cancer Institute Resource Center
801 South Milwaukee Ave
Libertyville

Programming generously supported by
 Advocate
Condell Medical Center

For more information or to register, please call (800) 323-8622

Gentle Yoga for Cancer

Mondays, 9:30 - 10:30 a.m. Class code: 5C23

Wednesdays, 9:30 - 10:30 a.m. Class code: 5C23

Thursdays, 6:30 - 7:30 p.m. Class code: 5C23

1st & 3rd Thursdays will include weights

Saturdays, 9:15 - 10:15 a.m. Class code: 5C23

T'ai Chi for Cancer

Tuesdays, 9:30 - 10:30 a.m. Class code: 5C22

Counseling

Thursdays, 2:00 - 7:30 p.m.

Individual, couples and family counseling is available to those diagnosed with cancer and their loved ones. For an appointment call (847) 562-4993.

Stress Reduction Through Mindfulness

Mondays, November 5, 12, 26; December 3, 10, 17, 10:45 - 11:45 a.m.

Deborah Kronenberger, MA, LCPC

Mindfulness is a way of thinking that has the potential to reduce stress and change the way you view challenges. In this class you will be introduced to this evidence based approach and will learn mindfulness basics through instruction, experiential exercises and discussion. Attendance at all sessions is recommended as class follows a structured progression.

Other Hospital Partners

 NorthShore
University HealthSystem

 Northwestern
Medicine

 Presence Health

Cancer Survivorship Center
1999 Dempster Street
Park Ridge

Programming generously supported by
 Advocate
Lutheran General Hospital

For more information or to register, please call (800) 323-8622
Cancer Survivorship Center main office: (847) 723-5691

Yoga for Cancer

Mondays, 6:00 - 7:00 p.m.

Tuesdays, 10:00 - 11:00 a.m.

Tuesdays, 6:00 - 7:00 p.m.

Wednesdays, 9:30 - 10:30 a.m.

Thursdays, 9:30 - 10:30 a.m.

Fridays, 9:30 - 10:30 a.m.

Exercise

Mondays, 1:00 - 2:00 p.m.

Tuesdays, 9:30 - 10:30 a.m.

Fridays, 1:00 - 2:00 p.m.

Core+

Wednesdays, 11:45 a.m. - 1:45 p.m.

Stress Reduction Through Mindfulness

Thursdays, November 8, 15, 29, December 6, 13, 20, 10:45 - 11:45 a.m.

Deborah Kronenberger, MA, LCPC

Mindfulness is a way of thinking that has the potential to reduce stress and change the way you view challenges. In this class you will be introduced to this evidence based approach and will learn mindfulness basics through instruction, experiential exercises and discussion. Attendance at all sessions is recommended as class follows a structured progression.

Mindful Yoga for the Holidays

Thursday, November 1, 9:00 - 11:00 a.m.

Deborah Kronenberger, MA, LCPC

The holidays can sometimes be a stressful time for people especially if they are navigating serious illness. In this workshop, students will learn techniques to help them stay calm and grounded during times of high reactivity. The basics of mindfulness will be introduced and students will experience a mindful yoga class which will incorporate breathing, physical practice and the philosophy behind mindful living for peaceful living.

Counseling

Individual, couples and family counseling is available to those diagnosed with cancer and their loved ones. For an appointment call (847) 723-5693.

Support Us!



Thank you for your ongoing support as we strive to improve the emotional and physical well-being of those facing cancer. In September, we held the Cancer Wellness Center's Better Together Benefit to raise awareness and needed funds to provide our programs and services **free of charge**. Yet, this event only provides a portion of the funds we need each year.

We invite you to work with us to strengthen the Center together. There is still a lot you can do this year to help:

- **Join the world for International "Giving Tuesday"** — On Tuesday, November 27th, make an online donation to Cancer Wellness Center on our website.
- **Contribute to our Annual Fund Appeal** — Nearly 100% of these donations are from individual donors, providing almost 5% of our operating budget.
- **Donate** by visiting cancerwellness.org. Whether it's \$25, \$250 or \$2500, every donation makes a difference!

Would you like to get more involved with the Center? Here are some ways to jump in:

- **Join an event committee** — Everyone is welcome! Work together with a community of supporters who ensure the success of our events, including our Stepping Up to Wellness Run/Walk, Golf Outing, and Better Together Benefit.
- **Captain a team for our "Stepping Up to Wellness" Run/Walk** held in April 2019. Experience this fun event and the powerful feeling of "togetherness".

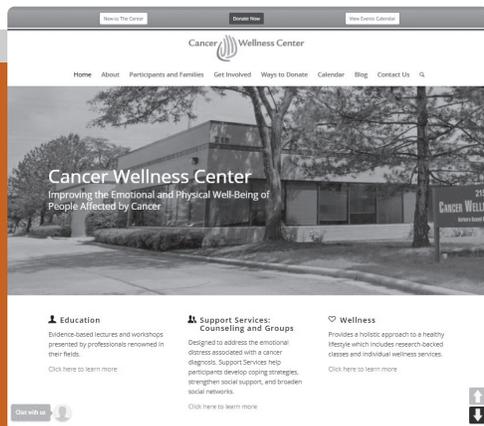
By working together, we can make life better for those living with cancer.

To learn more about supporting the Cancer Wellness Center, please contact Doris Downing, Senior Director of Donor Experience at d Downing@cancerwellness.org.

Nancy Bulzoni

Nancy Bulzoni
Executive Director

THANK YOU to our Champion Corporate Sponsors:



After months of hard work and support from our web developers at Ice Nine Online, we are excited to announce the launch of our new website! Our new site will offer user-friendly ability to register for programs and events, as well as, browse information about the Center. Make sure to check out our new blog which will feature articles by CWC Staff and guest contributors from the community.

www.cancerwellness.org

CANCER
WELLNESS
CENTER

Program Guide



(847) 509-9595

www.cancerwellness.org

Northbrook

215 Revere Drive
Northbrook, IL 60062

Hours

Monday: 9:00 a.m. - 5:00 p.m.

Tuesday-Thursday: 9:00 a.m. - 7:00 p.m.

Friday: 9:00 a.m. - 3:00 p.m.

Grayslake

Wildwood Presbyterian Church
18630 W. Old Gages Lake Rd.
Grayslake, IL 60030

Hours

Tuesdays: 3:00 - 7:00 p.m.

Support • Wellness • Education

Center Closings + News



- The Center's Northbrook location will be closed **November 22, 23; December 12, 24, 25, 31; January 1.**
- The Center will be closed at **3:00 p.m. on November 21.**

- The Center's Grayslake location will be closed **December 25 and January 1.**

Thank you to our generous program supporters:

Counseling services and support groups made possible in part by:

Harvey L. Miller Supporting Foundation
Charles & M.R. Shapiro Foundation
Butler Family Foundation
The Lisa Klitzky Foundation

Edmond and Alice Opler Foundation
L & E Anixter Foundation
Healthcare Foundation of Highland Park
New Trier Township
Rolfe Pancreatic Cancer Foundation

Cancer Wellness Center Grayslake made possible in part by:

Wildwood Presbyterian Church

Other general program supporters:

Elite Staffing, Inc.
MB Financial Bank

Republic Bank of Chicago
Lewis Floor & Home
The Coleman Foundation, Inc.
Consumer Financial Service Corp.
Gibraltar Business Capital
Robbins, Salomon, & Patt Ltd.