

The Cancer Wellness Center offers programs and services to cancer patients and their loved ones. All classes and programs are free of charge.

Upcoming Events

Fuel for the Future: Good Nutrition for the Lung Cancer Community with Cancer Wellness and LUNGeVity

Wednesday, March 8, 5:30 – 6:30 pm

Oncology Dietitian Lori Bumbaco will share valuable information and tips about how good nutrition can help you live well through cancer treatment and beyond. Hear about additional support resources and programs from Cancer Wellness Center and LUNGeVity Foundation for patients and caregivers. Watch a live cooking demo and participate in a Q&A with Lori to help you build confidence in the kitchen.

Stress Management through Mind/Body Awareness and Somatic Movement

Wednesdays, March 1, 8, 15, 22, 29 and April 5, 4:00 - 5:00 pm

Learn BodyMind approaches which include gentle movement experiments, body awareness, breathing, meditation, and the principles of the non-violent art of aikido. Attendance at all sessions is recommended but not an absolute necessity.

Virtual: Ask the Dietitian

Friday, March 3, 1:00 – 1:30 pm

Do you have questions about diet, nutrition, or other food-related concerns? Join us for a quick session for an opportunity to learn from our Board-Certified Specialist in Oncology Nutrition.

Theme: Nutrition After Cancer Treatment

Connecting Through Knitting

Monday, March 6 & 20, 10:00 am - 12:00 pm

Drop in and join other participants who enjoy the art of knitting. Knitting can be a relaxing hobby that reduces stress and keeps one centered in the present moment. No experience necessary!

Bi-Weekly Writing Lab

Monday, March 6 & 20, 11:00 am – 12:00 pm

Creative and journalistic writing can both heal and calm the mind. As you explore new possibilities and realities by putting pen to paper, you are free to be as goofy or serious as you would like to be while improving this craft and your communicative abilities.

Skincare & Makeup Session

Monday, March 6, 11:00 am – 12:00 pm

A licensed esthetician will teach you how to tackle skin changes and challenges during and after cancer treatment. While your skin goes through a lot during treatments there are tips for getting that glow back. **Bring along your makeup for specific questions.*

Hiking for Health & Happiness

Monday, March 6, 11:00 am – 12:00 pm

Join us at the Middlefork Savannah in Lake Forest for a nature meditation followed by a two-mile hike. Please arrive no later than 11:00 am, wear comfortable hiking or running shoes, bring a water bottle and dress for the weather.

Men's Hiking for Health & Happiness

Wednesday, March 8, 3:00 – 4:00 pm

Join us at the Middlefork Savannah in Lake Forest for a nature meditation followed by a two-mile hike. Please arrive no later than 3:00 pm, wear comfortable hiking or running shoes, bring a water bottle and dress for the weather. *This program is funded in part by a donation from Astellas.*

In-person:  Virtual: 

Zentangle

Thursday, March 9 & 23, 10:00 - 11:15 am

Join us at the Cancer Wellness Center for Zentangle, an easy-to-learn, meditative and fun way to create art by drawing structured patterns. No art experience required. It is a journey of relaxing creativity.

Virtual: The Importance of Exercise in Cancer Survivorship

Thursday, March 9, 6:00 – 7:00 pm

ReVital Cancer Rehabilitation Therapist, Karyn Holtz, will discuss why following a routine exercise plan can help manage any late and lasting effects of cancer treatment and help you improve your quality of life.

Virtual Twistshop: The Color Green

Tuesday, March 14, 6:00 - 7:00 pm

Join Art Therapist, Mignon Dupepe as we use art materials and processes to explore the psychology of the color green towards a new understanding of personal resilience, growth, and renewal. *In partnership with Twist Out Cancer.*

Virtual: CWC Staff Chat Series

Wednesday, March 15, 12:15 - 1:00 pm

Join Priscilla Andrews, MA, LCPC, Clinical Manager, as she engages in a monthly thought-provoking conversation with her fellow Clinical Team members.

Topic: Pediatric Cancer and the Family with Elyssa Siegel, CCLS and Stephanie Aaron, MA, LCSW

Virtual: Yoga for Better Sleep

Tuesday, March 21, 7:00 - 8:00 pm

People impacted with cancer can particularly benefit from improved sleep quality when utilizing yoga prior to going to bed. Join us from the comfort of your home for a relaxing bedtime yoga routine.

¿Cómo lidiar con el insomnio relacionado con el cancer? /How to deal with insomnia related to cancer?

Miércoles 22 de marzo de 4:00 – 4:45 pm

Acompañe a la Dra. Asvat mientras habla sobre las causas de la fatiga relacionada con el cáncer y ofrece estrategias para manejar la fatiga y mejorar su calidad de vida. Luego de la presentación tendremos una sesión de preguntas y respuestas.

Introduction to Mahjong

Thursday, March 30, April 6, 13 and 20, 2:45 - 4:15 pm

Join us in-person for a four-week session to learn and play the game of Mahjong. Mahjong sets and cards will be provided. *Program supported by the Stay Strong And Mahj On Foundation.*

In-person:  Virtual: 

New Service: In-Home Child Life Session

CWC is now offering a 1-time, in-house visit with our certified child life specialist, Elyssa Siegel, to prepare children whose homes have hospice medical equipment. Elyssa will provide a child life session in which she will help answer questions kids may have. She will also offer developmentally appropriate information and the opportunity to interact with the equipment to help normalize the environment.

For more information or to request this service, Contact our Intake Line at (847) 562-4981

To learn more and to register for Programs and Classes visit www.cancerwellness.org or call our mainline number at (847) 509-9595.

Wellness Classes

* Hybrid: In-Person/Virtual

Times	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 – 10:30 am	Gentle Yoga*	Chair Yoga*	Gentle Yoga*	Gentle Yoga	ALGH: Exercise for Cancer Patients (9:00-10:00) Gentle Yoga (10:00-11:00)
10:45 - 11:45 am	Healing with Energy Through Reiki				
11:30 - 12:30 pm		Breathe-in for Strength & Calm (11:00 – 11:30 am)	Strength & Conditioning*		
1:00 – 2:00 pm		Stress Reduction Class (1:15 - 2:00 pm)			
5:30 - 6:30 pm	ALGH: Stress Relief Yoga*		ALGH: Gentle Yoga*		
6:00 – 7:00 pm	Yoga Suave				
7:00 – 7:30 pm				Clase de Reducción de Estrés	

The CWC Studio: Wig Services
Friday, March 3, 9:00 am - 12:00 pm
 A limited number of appointments are available for a free wig and wig-fitting at the CWC studio.

To learn more and to register for Programs and Classes visit www.cancerwellness.org or call our mainline number at (847) 509-9595.



Support Services

Counseling Services

Individual
Couples
Family
Parent Consultation
Child/Teen
Nutrition

Support Groups

Significant Other/Caregiver Group
Adult Child Caregiver Group
Young Women's Cancer Survivor Group
Women's Cancer Survivor Group
Cancer Survivor Group
Young Adult Cancer Survivor Group
Men's Cancer Survivor Group
Co-Ed Cancer Support Group
(Spanish)**
Spousal Bereavement Group
Parenting with Cancer Group
Young Widow/Widowers Group
Weight Loss for Wellness

Multiple Myeloma Networking Group

1st Wednesday of the Month, 7:00 – 8:30 pm

Priscilla Andrews, MA, LCPC

This group provides peer-to-peer information sharing related to the physical aspects of living with Multiple Myeloma.

Pancreatic Cancer Networking Group

1st Thursday of the Month, 5:30 – 7:00 pm

Roslyn Turner, LCSW, Northwestern Memorial Hospital

This group provides opportunities for peer support and information sharing. Group is supported by the Rolfe Pancreatic Cancer Foundation. Open to patients, families and their loved ones.

**For more information or to register for Support Services,
contact CWC at (847) 562-4981.**

**** For more information or to register for services in Spanish, contact Nora Barquin, LCSW, at (847) 562-4980 or nbarquin@cancerwellness.org**

**** Para más información o para registrarse para servicios de Terapias Virtuales o el Grupo de Soporte Mixto en español, póngase en contacto con Nora Barquin, LCSW, al (847) 562-4980 o nbarquin@cancerwellness.org**

