

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

### Virtual: The Role of Pelvic Floor Rehabilitation in Women's Cancer Survivorship

**Wednesday, June 14, 12:00 - 1:00 pm**

Pelvic floor therapy is a critical tool in managing these effects and improving one's quality of life. Join physical therapist, Sonali Karnik, to learn about pelvic floor therapy, how it's used to improve long-term effects of cancer, and treatment options in PT rehabilitation.

### Virtual: Ask the Dietitian

**Friday, June 2, 1:00 – 1:30 pm**

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

**Theme:** "What to buy at the grocery store?"

### Connecting Through Knitting

**Monday, June 5 & 26, 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!

### Virtual: Bi-Weekly Writing Lab

**Monday, June 5 & 26, 11:00 am – 12:30 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.

### Hiking for Health & Happiness

**Monday, June 5, 11:00 am – 12:00 pm**

Join us at Ryerson Wood Forest Preserve at the Brushwood Center for a nature meditation followed by a two-mile hike. Wear comfortable hiking or running shoes, bring a water bottle and dress for the weather.

### Advance Healthcare Directives

**Tuesday, June 6, 6:00 – 7:15 pm**

Join Caroline Folkl and Shannon Hogan from St. Croix Hospice to learn about advanced care planning. They will discuss advance health care directives and the role of family, loved ones and healthcare providers in decision-making. This program will be available in person at CWC or virtually on Zoom.

### Yoga for Better Sleep

**Tuesday, June 6, 7:30 – 8:30 pm**

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

### Acupuncture Clinic

**Wednesday, June 7, 10:30 – 11:30 am**

Acupuncture is the insertion of single use sterile needles at specific acupoints on the body to promote healing, reduce pain and alleviate stress. This is a great opportunity to see what acupuncture is all about and ask any questions to discover if this is the right healing modality for you. Mini treatment will be offered.

### **Virtual: CWC Staff Chat Series**

**Wednesday, June 7, 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:** Behavior Change and Nutrition with Lori Bumbaco, Board-Certified Specialist in Oncology Nutrition

### **Pain Management through Mind/Body Awareness and Somatic Movement**

**Wednesday, June 7, 14, 21 & 28 and July 5, 12, 19 & 26, 4:00 - 5:00 pm**

BodyMind healing approaches includes gentle movement experiments, body awareness techniques, breathing, meditation, embodiment, the principles of aikido, mindfulness, as well as many somatic movement & education skills. Previous attendance at any of Rich Sims' level one courses is required.

### **Zentangle**

**Thursday, June 8 & 22, 10:00 – 11:15 am**

Zentangle is 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.

### **Community Labyrinth Walk**

**Thursday, June 8, 11:30 am – 12:15 pm**

Walking a labyrinth involves the creative and intuitive mind (right brain) and can be calming and balancing. Join us as we walk the labyrinth together. We will meet inside the Center for a brief discussion and some optional journaling prior to walking.

### **Making Nourish Bowls from the Farm Market**

**Monday, June 12, 11:00 am -12:00 pm**

Are you looking for healthier low-stress meals? Nourish bowls are for you! In this program, the dietitian will demonstrate an example of a Nourish Bowl and each participant will have a chance to fill their own bowl with cancer protective, delicious ingredients.

### **Nature-Based Stress Reduction Class at the Botanic Gardens**

**Tuesday, June 13, 9:30 - 10:30 am**

A nature-based stress reduction class will be held at the Chicago Botanic Gardens in Glencoe, IL, where our clinical extern, Caroline Campbell, will guide you through a light walking meditation and journal reflection.

### **Men's Hiking for Health & Happiness**

**Wednesday, June 14, 2:00 - 3:00 pm**

Join us at Ryerson Wood Forest Preserve at the Brushwood Center for a nature meditation followed by a two-mile hike. 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.

### **Virtual: La genética del cáncer/ Cancer Genetics**

**Miércoles 14 de junio 6:00 - 6:45 pm**

En esta plática el Dr. Villamar dará información sobre la genética del cáncer. Posteriormente habrá preguntas y respuestas.

### **Women's Nature Retreat: A Day of Relaxation and Renewal**

**Thursday, June 15, 10:00 am - 3:00 pm**

We invite women with a cancer diagnosis (at any stage of diagnosis/treatment/5 years post-treatment) to enjoy a day of relaxation, introspection, and renewal in Ryerson Wood Forest Preserve in Riverwoods, IL. A light, healthy lunch is provided. Please wear comfortable clothes for yoga and appropriate outerwear for the weather.

In-person:  Virtual: 

### Virtual: Introduction to Mindfulness

**Tuesday, June 20 & 27, July 11, 18 & 25, and August 1, 10:45 am - 12:00 pm**

In this 6-week foundations course we will engage in evidence-based mindfulness practices to learn how to incorporate mindfulness into our daily lives through formal and informal practice. This class is for beginners and those wishing to renew or deepen their practice in community.

### Therapy Dog Meet and Greet

**Tuesday, June 20, 4:30 - 5:30 pm**

Join us for an informal meet and greet with certified therapy dogs from Rainbow Animal Assisted Therapy.

### Virtual: Navigating Grief and Cancer

**Wednesday, June 21, 6:00 - 7:00 pm**

Grief can be a difficult experience for many people, especially because learning how to navigate cancer-related grief and trauma is such an emotional process. This presentation will discuss strategies that help individuals understand and cope with the difficult thoughts, feelings and grief that can arise from a cancer diagnosis and assist attendees to find ways to experience acceptance and joy throughout their diagnosis.

### Kintsugi - A Healing Journey

**Monday, June 26, 10:30 - 11:45 am**

Experience this beautiful art practice that represents the journey of healing. During this workshop, we will break a bowl then lovingly put it back together with gold. While our bowls are in the process of drying, we will participate in a guided meditation designed to bring ease into your body.

### Mahjong at CWC

**Thursdays, 3:00 - 4:30 pm**

Join other participants every week for a game of Mahjong! Mahjong can help with cognitive functioning and memory and provides many social benefits. Must have previous experience.

In-person:  Virtual: 

### New Group: Adult Caregiver Support Group

The Adult Child Caregiver Support Group enables participants to proactively process their experiences and the emotions associated with the diagnosis. Participants can expect to have space for examining the relational dynamics and history between parent and child while acknowledging the many ways that cancer can affect one's family. Can attend every or most meetings in-person meetings, twice monthly Wednesdays from 6:00 - 7:00 pm

**For more information or to join this group, Contact our Intake Line at (847) 562-4981**

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

# Wellness Classes

\* Hybrid: In-Person/Virtual

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

**The CWC Studio: Wig Services**  
**Friday, June 16, 9:00 am - 3:00 pm**  
 A limited number of appointments are available for a free wig and wig-fitting at the CWC studio.

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## Support Services

### **Counseling Services**

Individual  
Couples  
Family  
Parent Consultation  
Child/Teen  
Nutrition

### **Support Groups**

#### **Cancer Support Groups at any stage of treatment/post-treatment:**

Young Women to age 50  
Women age 50+  
Young Men to age 55  
Men age 55+  
Young Adults ages 20-40 (Co-Ed Group)  
Parents with Cancer Diagnosis  
Pre-Teens/Teens with Cancer

#### **Groups for Spouse, Partner, Family:**

Significant Others/Caregivers  
Adult Child Caregivers  
Parents of Children with Cancer

#### **Bereavement Groups:**

Spousal Loss  
Young Widows/Widowers  
Family Loss

### **Multiple Myeloma Networking Group**

1<sup>st</sup> 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**

1<sup>st</sup> Thursday of the Month, 5:30 – 7:00 pm

*Roslyn Turner, LCSW*

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](mailto:nbarquin@cancerwellness.org)**

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

