Upcoming Events

**Understanding the Role of Family History and Genetics on Cancer Risk**
*Virtual:*
**Monday, July 24, 6:00 – 7:00 pm**
Scott M. Weissman, MS, CGC will be discussing the impact of having a family history of cancer on an individual’s own risk of cancer, how genetic testing can help assess cancer risk for an individual and their family, and resources the Sarnoff Center provides to the Chicagoland Jewish community.

**Virtual: Networking: A powerful tool for stepping into your career**
*Virtual:*
**Thursday, July 6, 12:00 - 1:00 pm**
In this workshop, Connecting Champions will touch on discovering career paths, identifying professionals with which to network, using tools to connect with those people (such as LinkedIn), knowing what to ask, and activating your network. Sample blurbs and step-by-step instructions will be provided.

**Virtual: Ask the Dietitian**
*Virtual:*
**Friday, July 7, 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:** “Fruit in a cancer protective diet”

**Connecting Through Knitting**
*Virtual:*
**Monday, July 10 & 24, 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**
*Virtual:*
**Monday, June 10 & 24, 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.

**Virtual: Finding Medical Information on the Internet**
*Virtual:*
**Tuesday, July 11, 2:00 - 3:00 pm**
Upon receiving a cancer diagnosis, we often turn to the Internet to try and find information. It can be difficult to know how to find trustworthy information from reliable sites. Join us for a program that will give you reliable websites and skills to use when searching the internet.

**Virtual Twistshop: Sunrise & Morning Intentions**
*Virtual:*
**Tuesday, July 11, 6:00 - 7:00 pm**
“Virtual Twistshops” are wellness and art therapy focused workshops that promote healing, relaxation and emotional recovery through creative based intervention. This month we will use Mary Oliver’s poetry, art materials and processes to explore the sunrise meaning, metaphor and new appreciations for mindfully setting positive morning intentions towards improved well-being.

The Cancer Wellness Center offers programs and services to cancer patients and their loved ones. All classes and programs are free of charge.
Virtual: CWC Staff Chat Series
Wednesday, July 12, 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 and community partners.
**Topic:** The Role of Mindfulness in Cancer with Serena Jain, Mindfulness Specialist

Virtual: Los avances en cáncer de pulmón/ Updates in Lung Cancer
Miércoles 12 de julio de 6:00 - 6:45 pm
Venga a informarse por sobre los más recientes avances en el cáncer de pulmón.

Zentangle
Thursday, July 13 & 27, 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.

Hiking for Health & Happiness
Friday, July 14, 10:00 – 11:00 am
Join us at Fort Sheridan Forest Preserve in Lake Forest, IL 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.

Men’s Hiking for Health & Happiness
Monday, July 17, 3:00 - 4:00 pm
Join us at Fort Sheridan Forest Preserve in Lake Forest, IL 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.

Yoga for Kids
Monday, July 17, 6:30 – 7:15 pm
Join us at CWC for a 45-minute yoga session for kids ages 5-13! Yoga Therapist, Kim Eisendrath, will lead kids through a series of relaxation exercises and yoga poses to help bring focus and awareness to their bodies and the environment. No experience with yoga or relaxation techniques necessary. Wear something comfortable. Yoga supplies will be provided.

Skincare & Makeup Session
Tuesday, July 18, 10:30 am – 12:30 pm
In this session you will learn from a licensed esthetician 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. When you look good overall, you’ll feel better.

Virtual: Building Motivation: The Foundation for Positive Change
Tuesday, July 18 & 25, 2:00 - 3:30 pm
Hoping to make a positive change this summer? Join us for this 2-session program that will help you learn how to build and sustain the motivation necessary to enact positive changes in your life. Whether your goal is losing weight, changing a negative behavior or enhancing a healthy lifestyle, this program will help you develop achievable steps towards the goals you envision. For optimal benefit, participants should commit to attend both sessions.

Therapy Dog Meet and Greet
Tuesday, July 18, 4:30 - 5:30 pm
Join us for an informal meet and greet with certified therapy dogs from Rainbow Animal Assisted Therapy.
**Acupuncture Clinic** 🗓️
**Wednesday, July 26, 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.

**Caminata guiada por la salud y el bienestar 🗓️**
**Miércoles 26 de julio de 9:30 -10:00 am**
Mantenerse activo puede ser de gran beneficio para mantenese sano física y emocionalmente. Las investigaciones demuestran que el ejercicio al aire libre, como el senderismo y caminar, ofrecen beneficios para la salud y el bienestar. Únase a nosotros en el estacionamiento del Independence Grove Forest Preserve en el 16400 W Buckley Rd, en Libertyville para una meditación a el aire libre seguida de una caminata mientras disfruta de la vista del paisaje y la naturaleza. Esta actividad será de 9:30 am-10:30 am. Llegue antes de las 9:30 am, use zapatos cómodos para caminar o correr, traiga una botella de agua y vístase para el clima. Lo esperamos!

**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.

**Now Recruiting: Food and Fitness for Wellness**
**Tuesdays at 4:00 – 5:00 pm starting August 8**
Cancer and treatments can sometimes result in side effects that may make pursuing a healthy lifestyle difficult. For some individuals, weight gain from treatment might be an overlooked side effect creating unique challenges.

After completing cancer treatment, experts recommend good nutrition and physical activity for survivors to live longer and feel better. Our special program combines the expertise about the mind, body, and nutrition specific for cancer survivorship. Participants will be offered support from professionals and peers while navigating the best ways to modify habits and behaviors to improve their overall health and wellness.

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

**Recruiting: Specialty Support Groups**
In addition to our many cancer patient and family member support groups, we have specialty support groups for young adults with cancer, for adult children supporting parents through a diagnosis, and for young widows/widowers. We are recruiting for the following groups:

- Adult Child Caregiver Support Group
- Young Adult Cancer Support Group
- Young Widows/Widowers Bereavement Group

**If you have interest in any of our support groups, 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

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<td>9:30 – 10:30 am</td>
<td>Gentle Yoga*</td>
<td>Chair Yoga*</td>
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<td>ALGH: Exercise for Cancer Patients (9:00-10:00) and Gentle Yoga (10:00-11:00)</td>
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<td>10:45 - 11:45 am</td>
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<td>Strength &amp; Conditioning*</td>
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<td>1:00 – 2:00 pm</td>
<td>ALGH: Stress Reduction Class (1:15 - 2:00 pm)</td>
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<td>5:30 – 6:30 pm</td>
<td>ALGH: Stress Relief Yoga*</td>
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<td>7:00 – 7:30 pm</td>
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<td>Class de Reducción de Estrés</td>
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**The CWC Studio: Wig Services**

Friday, July 14, 9:00 am - 3:00 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](http://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

#### 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

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### 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**

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.

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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 del Apoyo Mixto en español, póngase en contacto con Nora Barquin, LCSW, al (847) 562-4980 o nbarquin@cancerwellness.org**