Upcoming Events

**Virtual: Ask the Dietitian – Digestive Issues**
Friday, August 4, 1:00 – 1:30 pm
Do you have questions about diet, nutrition, or other food-related concerns? Join us to learn more about different topics each month from our Board-Certified Specialist in Oncology Nutrition.

**Connecting Through Knitting**
Monday, August 7 & 21, 10:00 am – 12:00 pm
Drop in and join other participants who enjoy the art of knitting. This 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, August 7 & 21, 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.

**Men’s Hiking for Health & Happiness**
Monday, August 7, 3:00 - 4:00 pm
Join us at Ryerson Woods Forest Preserve at the Brushwood Center in Riverwoods, 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. (This hike is reserved for any male participant - those diagnosed, caregiving or bereaved)

**Virtual: CWC Staff Chat Series – Cancer and Careers**
Wednesday, August 9, 12:15 - 1:00 pm
Priscilla Andrews, MA, LCPC, Clinical Manager, engages in a monthly thought-provoking conversation with her fellow Clinical Team members and community partners.

Join Priscilla for her discussion with Anita Jenke, Executive Director of CTCC (Career Transitions Center, Chicago) as they discuss the process of returning to the workforce or making career transitions.

**Zentangle**
Thursday, August 10 & 24, 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**
Monday, August 21, 3:00 – 4:00 pm
Join us at Captain Daniel Wright Woods in Mettawa, 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.
Therapy Dog Meet and Greet  📅
Tuesday, August 22, 4:30 - 5:30 pm
Join us for an informal meet and greet with certified therapy dogs from Rainbow Animal Assisted Therapy.

Virtual: Proteínas vegetales/Plant based proteins 🌿
Miércoles 23 de agosto de 6:00 - 6:45 pm
Venga a informarse sobre cuáles son y porque son importantes las proteínas vegetales. Después de participar en esta plática usted podrá incorporar en su dieta nuevos alimentos saludables. Posteriormente habrá preguntas y respuestas.

Community Labyrinth Walk 🧿
Thursday, August 24, 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.

Caminata guiada por la salud y el bienestar 🧿
Miércoles 30 de agosto de 9:30 -10:30 am
Mantenerse activo puede ser de gran beneficio para mantenerse 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 al 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, 2:00 – 3:30 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.
## Wellness Classes

* Hybrid: In-Person/Virtual

<table>
<thead>
<tr>
<th>Times</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| 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 |                             |                             | Strength & Conditioning*    |                                               |                                             |
| 5:30 – 6:30 pm | ALGH: Stress Relief Yoga*   |                             | ALGH: Gentle Yoga*         |                                               |                                             |
| 6:30 – 7:30 pm | Yoga Suave*                |                             |                             |                                               |                                             |
| 7:00 – 7:30 pm |                             |                             |                             | Clase de Reducción de Estrés                 |                                             |

### The CWC Studio: Wig Services
**Friday, August 4, 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

---

**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**
3rd Tuesday of the Month, 5:00 – 6:30 pm
*Gina Baldacci, 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**

**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**

---

Cancer Wellness Center
Barbara Kassel Brotman House

215 Revere Drive, Northbrook, IL 60062