

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: Treatment Advancements in Blood Cancer

**Wednesday, October 25, 6:30 – 7:30 pm**

Join Dr. Anand Patel, board-certified hematologist-oncologist at UChicago Medicine, to learn about the latest advancements in treatment of blood cancer. In this lecture, Dr. Patel will review advances in the management of blood cancers including leukemia, myeloid malignancies, lymphoma, and multiple myeloma with a focus on immunotherapies and CAR-T cell therapies.

In collaboration with The Leukemia & Lymphoma Society.

### Virtual: Bi-Weekly Writing Lab

**Monday, October 2, 16 & 30, 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: Prostate Cancer - Protection on Your Plate

**Monday, October 2, 1:00 – 2:00 pm**

Research supports that a plant-based eating pattern may reduce the risk of recurrence and progression of disease in men who already have prostate cancer. Join Lori, our oncology dietitian, to learn about how to design a cancer protective diet.

### Virtual: Yoga for Anxiety

**Tuesday, October 3, 6:00 – 7:15 pm**

Yoga has been shown to improve cancer-related anxiety, depression and stress. Join us for a 75-minute workshop which will explain how yoga benefits people with cancer-related stress. Then put your knowledge to work for a guided yoga practice. Wear comfortable clothes and be ready to breathe and move.

### Introduction to Mahjong

**Thursday, October 5, 12, 19 & 26 and November 2 & 9, 2:00 – 3:30 pm**

Join us in-person for a 6-week session to learn and play the game of Mahjong. The first two sessions will be focused on teaching the rules and nature of the game. After learning how to play participants are encouraged to join our ongoing class!

### Virtual: Ask the Dietitian – Macronutrients - Carbs, Proteins & Fats

**Friday, October 6, 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.

### 3rd Ear Healing Music Meditation

**Tuesday, October 10, 4:00 – 5:30 pm**

Join us for an unforgettable musical meditation with Preston Klik. Relax your body, heart, and mind as you are gently transported by the delicate healing sounds of exotic world-music instruments. Participants will embody peace and take a much-needed vacation from everyday life, while diving deep into the inner worlds of their own imagination.

In-person:  Virtual: 

### Acupuncture Clinic

**Wednesday, October 11, 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 – Health Literacy with William Jerard Coleman

**Wednesday, October 11, 12:15 – 1:00 pm**

Priscilla Andrews, MA, LCPC, Clinical Manager, engages in monthly thought-provoking conversation with her fellow Clinical Team members and community partners. Join Priscilla and William Jerard Coleman, Founder and Executive Director at North Chicago Think Tank, as they talk about the importance of health literacy in underserved and vulnerable communities.

### Men's Hiking for Health & Happiness

**Wednesday, October 11, 2:00 – 3:00 pm**

Join us at River Trail Nature Center in Northbrook, 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)

### Waukegan: Entendiendo la etapa posterior del tratamiento de cancer

**Wednesday, October 11, 5:30 – 6:30 pm**

Escuche esta plática para discutir y entender la etapa posterior al tratamiento de cáncer, así como los retos que esta implica y como enfrentarlos. Este programa es ideal para personas que estan por terminar su tratamiento, aquellos que lo han terminado, así como para sus seres queridos.

### Zentangle

**Thursday, October 12 & 26, 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.

### Stress Management through Mind/Body Awareness & Somatic Movement

**Thursday, October 12, 19 & 26 and November 9, 16 & 30, and December 7, 4:00 – 5:00 pm**

Our emotional and physical wellbeing are intricately connected. Not only do our minds affect our bodies, but our bodies can also be used in positive healing approaches throughout our cancer journeys. You'll learn to use your Body and Mind together in open, caring, powerful ways to improve your emotional, mental and physical wellbeing.

### Creating Lotus Flowers

**Friday, October 13, 10:00 am – 12:00 pm**

Lotus flowers are associated with the human soul, gods and goddesses, and are featured in ancient stories and legends. In this class, participants will create a beautiful lotus flower from locally sourced, reclaimed plastic drill gauges.

### Hiking for Health & Happiness

**Monday, October 16, 11:00 am – 12:00 pm**

Join us at Ryerson Wood Forest Preserve 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.

### Therapy Dogs Meet and Greet

**Tuesday, October 17, 4:30 – 5:30 pm**

Join us for an informal meet and greet with certified therapy dogs from Rainbow Animal Assisted Therapy. Enjoy hands-on interaction with the dogs and watch them show off their skills.

In-person:  Virtual: 

### **Virtual: Managing Cancer-Related Pain**

**Tuesday, October 17, 6:00 – 7:00 pm**

Join Karyn Holtz, PT, MHS, CLT as she discusses one of the most frequently reported side effects of cancer treatment – pain. She shares many ways that you can take control of your pain and regain quality of life.

### **Wholeness and Healing through Art**

**Monday, October 23, 10:45 am – 12:15 pm**

Join meditation teacher Patti Vick, MFA, founder of Color Wheel Mindfulness, and connect with your inner flow and natural creativity. Using cray-pas and watercolors, we will create images through play, experimentation, and follow what brings us energy and satisfaction.

### **Managing Side Effects: Cording after Breast Cancer Treatment**

**Tuesday, October 24, 6:00 – 7:00 pm**

Axillary web syndrome, also known as cording, is when scar tissue forms around vessels in the armpit or down the arm, making the vessels stiff and tight, and reducing mobility in the shoulder and armpit area. Join Karyn Holtz, PT, MHS, CLT to learn more about cording and treatment options provided.

### **Yoga for Better Sleep**

**Tuesday, October 24, 7:00 – 8:00 pm**

Studies have demonstrated that yoga can be beneficial in managing sleep difficulties and insomnia. 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 or in-person for a relaxing bedtime yoga routine.

### **Halloween at CWC**

**Saturday, October 28, 10:30 am – 12:00 pm**

Join us for a morning filled with family fun activities such as pumpkin decorating, scavenger hunt, trick-or-treating, labyrinth walks, skeleton yoga, and Halloween themed snacks. We encourage all kids (and kids at heart) to join us in costume!

### **Virtual - Balance: Finding Comfort in the Face of Adversity**

**Monday, October 30, 6:00 - 7:00 pm**

In this program, Father Pacella will discuss how one's fear towards mortality and health serve as a motivator in finding purpose and meaning. Join us for this presentation and conversation spanning philosophy, spirituality, survivorship, and means of coping.

In-person:  Virtual: 

### **Now Recruiting: Courage to Quit ®**

If quitting smoking is your goal, RHA's Courage to Quit® program can help you get there. Whether you have tried to quit smoking in the past or are thinking about it for the first time, this program will help you develop the skills you need to make this life change. Courage to Quit® sessions help you make a personal quit-smoking plan, identify your triggers to smoke and gain new skills to deal with those triggers. You will learn about quit-smoking medication options and strategies to prevent relapse and build your confidence to start your new tobacco-free life.

#### Details

- Tuesday, October 17, 24 & 31, and November 7, 14 & 28 (No group November 21st)
- First session: Tuesday, October 17, 3:30 – 5:00 pm
- Subsequent sessions: 4:00 – 5:00 pm
- Program will be held in-person at 215 Revere Drive, Northbrook, IL 60062

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

### **Now Recruiting: Parents of Children with Cancer Support Group** **Thursdays from 11:00 – 12:30 pm**

This group provides the opportunity to connect with other parents who are navigating parenthood and relationships, while also caring for a child with cancer. The group allows space for processing and normalizing emotions, experiences, questions and challenges.

#### Eligibility

- Parents of pediatric/school-aged children who have a cancer diagnosis (in-treatment or post-treatment)
- Can attend virtual group sessions on Thursdays, starting September 7 from 11:00 am - 12:30 pm

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

### **Now Recruiting: Spirituality Discussion Group**

The Spirituality Discussion Group offers the opportunity to examine various readings, lectures, exercises, and film as a means of expanding our knowledge of the connection between our emotional and spiritual states. The materials discussed will span across all practices of spirituality or religion with the hope of adopting and adapting newfound wisdom in our everyday lives. This groups meet for 6 weeks with a two-week break before resuming. Participants can re-enroll or conclude participation at that time.

#### Eligibility

- Open to patients/survivors, caregivers, and bereaved participants.

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

### **Now Recruiting: Co-Ed Young Adult Support Group** **1st and 3rd Thursday from 7:00 – 8:00 pm, starting October 5**

This group provides a safe and understanding space to connect with peers who comprehend the rollercoaster of emotions, uncertainties, and unique challenges that come with being a young adult navigating the cancer experience. This group allows space for processing and normalizing emotions, addressing the distinctive hurdles faced by young adults, discussing independence, questions and challenges. Your journey is important, and our support group is here to walk it with you!

#### Eligibility

- Young Adults (ages 18-40) navigating the cancer experience who are in-treatment or post-treatment
- Can attend virtual group sessions the 1st and 3rd Thursday of each month, starting October 5 from 7:00 PM - 8:30 PM

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

## 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>10:15 - 11:15 am</b>		Canasta at CWC (10:00 – 11:30 am)			Waukegan Library: Gentle Yoga
<b>10:45 - 11:45 am</b>	Healing with Energy Through Reiki	Strength & Conditioning*			
<b>2:00 – 3:30 pm</b>				Mahjong at CWC	
<b>5:30 - 6:30 pm</b>	<i>ALGH: Stress Relief Yoga*</i>		<i>ALGH: Gentle Yoga*</i>		
<b>6:30 – 7:30 pm</b>	Yoga Suave (Waukegan Public Library)				
<b>7:00 – 7:30 pm</b>				Clase de Reducción de Estrés	

### The CWC Studio: Wig Services

**Friday, October 13, 9:00 am - 3:00 pm**

The CWC Studio offers services that provide solutions for hair loss occurring as the result of a cancer treatment. Services include wig selection, fitting & styling, head shaving and a wig care tutorial.

**Please call (847) 509-9595 for an appointment and to confirm eligibility.**

**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.**

215 Revere Drive, Northbrook, IL 60062

## 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**

3<sup>rd</sup> 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](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)**



215 Revere Drive, Northbrook, IL 60062