


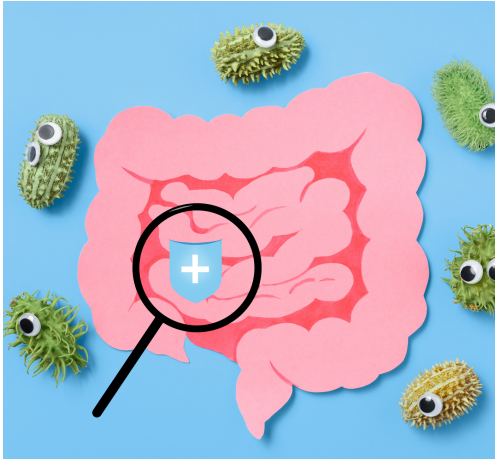


Upcoming Events

-  In-person
-  Hybrid
-  Virtual



Exploring the Gut and Microbiome

MONDAY, FEBRUARY 12
6:00 – 7:00 PM

 VIRTUAL

The human microbiome contains trillions of bacteria that have implications in health and disease. Learn how different nutrients in our diet influence our digestive health and have implications for wellness.



SCAN QR CODE
TO REGISTER

Ask the Dietitian: Food and Nutrition Trends

FRIDAY, FEBRUARY 2, 1:00 – 1:45 PM

 VIRTUAL

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.

Introduction to Knitting

MONDAY, FEBRUARY 5 & 19,

10:00 am – 12:00 pm

 IN-PERSON

Embark on a creative journey and discover the timeless art of knitting. Whether you've never held knitting needles before or you're looking to refresh your skills, this class is the perfect starting point. All levels welcome.

Introduction to American Canasta

TUESDAY, FEBRUARY 6, 10:00 – 11:30 AM

 IN-PERSON

Join us for a four-week session to learn American canasta, a fun and versatile card game. Playing card games, like canasta, can help improve cognitive functioning and memory. Card decks will be provided.

February 6, 13, 20 & 27

Zentangle

THURSDAY, FEBRUARY 8 & 22,

10:00 – 11:15 AM

 IN-PERSON

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, FEBRUARY 12, 1:00 – 2:00 PM

 IN-PERSON

Join us at Middlefork Savanna 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.

Therapy Dog Meet and Greet

WEDNESDAY, FEBRUARY 14, 4:30 – 5:30 PM

 IN-PERSON

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.

Wholeness & Healing Through Art

THURSDAY, FEBRUARY 15,
11:00 AM – 12:30 PM

 IN-PERSON

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.

Yoga Nidra

FRIDAY, FEBRUARY 16, 10:00 – 11:00 AM

 IN-PERSON

Yoga Nidra is an immensely powerful yoga technique and one of the easiest practices to develop and maintain. Resting comfortably in savasana (corpse pose), this systematic guided practice will take you on a journey of the self, leaving you with a sense of wholeness.

Yoga for Better Sleep

MONDAY, FEBRUARY 19, 8:00 – 9:00 PM

 VIRTUAL

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 for a relaxing bedtime yoga routine.

What is Lymphedema? Understand Your Risk After Surgery & Tips for Lifestyle Balance

WEDNESDAY, FEBRUARY 21, 6:00 – 7:00 PM

 VIRTUAL

Stephanie Dizon, a licensed occupational therapist with advanced specialty training in lymphedema management, will help you become familiar with the causes of lymphedema and what the lymphatic system does for the body. She will give information on the personal risk factors that may put one at higher risk for developing lymphedema after cancer treatment.

Waukegan Library: Family Yoga

THURSDAY, FEBRUARY 22, 5:00 – 6:00 PM

 IN-PERSON

Family Yoga is a practice that includes yoga poses, breathing, a short meditation and creative expression to end. All levels are welcome. Come and enjoy this time together moving, breathing, and just being in a calming and welcoming environment.

Advance Care Planning: Make Your Wishes Known

TUESDAY, FEBRUARY 27, 12:30 – 1:30 PM

 HYBRID

This workshop will encourage participants to consider their wishes for their medical care in the future, in emergency situations, and for end-of-life care; and ensure those wishes are legally documented. This is a hybrid program offered virtually on Zoom and in-person at 215 Revere Drive, Northbrook, IL 60062

Acupuncture Clinic

WEDNESDAY, FEBRUARY 28,

10:30 – 11:30 AM

 IN-PERSON

Acupuncture is the insertion of single use sterile needles at specific acupoints on the body to promote healing, reduce pain and alleviate stress. Mini treatment will be offered.



The CWC Studio: Wig Services

FRIDAY, FEBRUARY 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. Contact our Intake Line at (847) 562-4981 for an appointment and to confirm eligibility.

JOIN US!

Pediatric Cancer Meet Up

SATURDAY, FEBRUARY 17,

11:00 AM – 12:30 PM

Join our Child Life Specialist, Elyssa Siegel, for lunch and an opportunity to socialize with other kids in treatment/post treatment. This group is purely social and designed to create connections with other kids.

Eligibility:

- Open to school-aged children who have a cancer diagnosis (newly diagnosed, in-treatment or post-treatment)

For more information, please contact our Child Life Specialist at esiegel@cancerwellness.org.

To register for this meet up, visit www.cancerwellness.org




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

-  In-person
-  Hybrid
-  Virtual

MON	TUE	WED	THU	FRI
9:30 - 10:30 AM Gentle Yoga 	9:30 - 10:15 AM Chair Yoga 	9:30 - 10:30 AM Gentle Yoga 	9:30 - 10:30 AM Gentle Yoga 	9:00 - 10:00 AM Park Ridge: Exercise for Cancer Patients 
10:00 - 12:00 PM Connecting Through Knitting (February 5 & 19) 	1:00 - 2:00 PM Canasta at CWC 	10:45 - 11:45 AM Strength & Conditioning 	2:00 - 3:30 PM Mahjong at CWC 	10:00 - 11:00 AM Gentle Yoga 
10:45 - 11:45 PM Healing With Energy Through Reiki 		5:30 - 6:30 PM Park Ridge: Gentle Yoga 	7:00 - 7:30 PM Clase de Reducción de Estrés 	10:15 - 11:15 AM Waukegan: Gentle Yoga 
11:00 - 12:30 PM Bi-Weekly Writing Lab (February 5 & 19) 				
5:30 - 6:30 PM Park Ridge: Stress Relief Yoga 				

Gentle Yoga uses physical postures, breath work and meditation to bring your mind and body back into a balanced state.

Healing With Energy Through Reiki allows you to experience Reiki energy through a guided group healing meditation and breathwork, helping to reduce stress and promote relaxation.

Stress Relief Yoga is focused on quiet stillness, strength, flexibility, alignment, and balance.

Strength and Conditioning utilizes strategies and techniques that will help you build strength and flexibility. Using equipment such as bands and weights is encouraged.

Chair Yoga is a gentle class that incorporates breathing exercises, stretching, yoga postures, and final relaxation, all while using a stable chair.

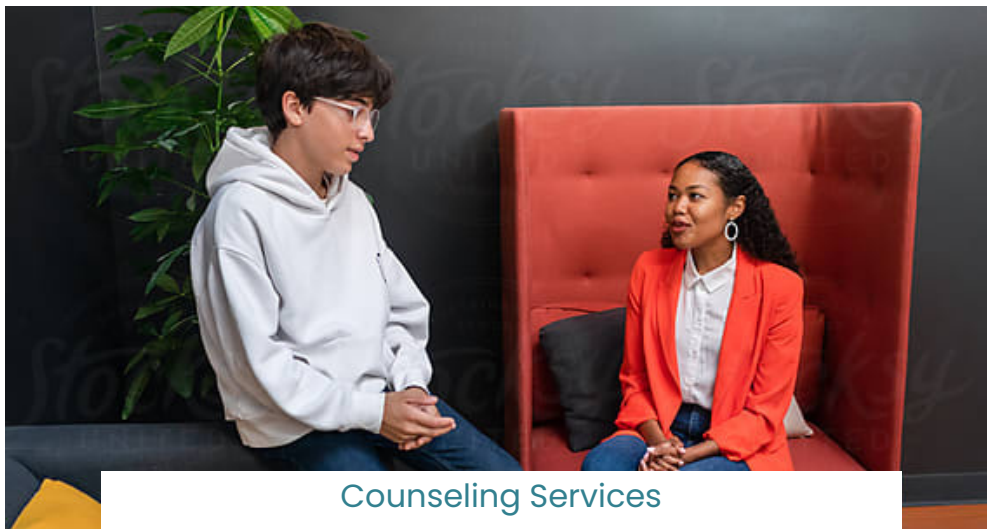
Exercise for Cancer Patients is designed for those in treatment or post treatment. The class focuses on improving strength, stamina, and flexibility.

Bi-Weekly Writing Lab is where 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.

Connecting Through Knitting 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!

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

Support Services



Counseling Services

- Individual
- Family
- Child/Teen
- Couples
- Parent Consultation
- 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 Group ages 20-40
- 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
- Loss of an Adult Child

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, contact

Alana Lebovitz, MSW

(847) 562-4981

alebovitz@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

(847) 562-4980

nbarquin@cancerwellness.org