Ask the Dietitian:
Beyond The Table - Sustainable Nutrition
FRIDAY, MARCH 1, 1:00 – 1:45 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.

Mastering Your Skincare & Makeup Routine
TUESDAY, MARCH 5, 10:30 AM – 12:30 PM

Join Rosie Dow, Esthetician and Professional Makeup Artist, to learn 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.

Therapy Dog Meet and Greet
TUESDAY, MARCH 12, 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.

Men’s Hiking for Health & Happiness
WEDNESDAY, MARCH 13, 1:00 – 2:00 PM

Join us at Ryerson Woods 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. (This hike is reserved for any male participant – those diagnosed, caregiving or bereaved)

Women’s Hiking for Health & Happiness
WEDNESDAY, MARCH 13, 1:00 – 2:00 PM

Join us at Ryerson Woods 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. (This hike is reserved for any female participant – those diagnosed, caregiving or bereaved)

Maple Syrup Tapping 101
WEDNESDAY, MARCH 13, 2:00 – 3:00 PM

Join us at Ryerson Woods Forest Preserve in Riverwoods, IL to learn the decades old tradition of maple tapping. Participants will learn the science behind how the Lake County Forest Preserve staff turn sap into real maple syrup.

Introduction to Tea: A Beginners Journey
WEDNESDAY, MARCH 13
12:00 – 1:00 PM

Join us to learn the basics of tea production, tea culture, and explore similarities and differences in these four types of teas: White, Green, Oolong, and Black. Participants will learn proper tea preparation, the dos and don’ts of tasting, and how to get the maximum amount of satisfaction from every sip.

SCAN QR CODE TO REGISTER

The Cancer Wellness Center offers programs and services to cancer patients and their loved ones. All classes and programs are free of charge.

215 Revere Drive, Northbrook, IL 60062  |  847.509.9595  |  Register at: www.cancerwellness.org  |  MARCH 2024
Navigating Grief with Expressive Arts  
**WEDNESDAY, MARCH 13 & 20, 4:00 – 5:30 PM**

Join our expressive arts-focused networking group designed for individuals who have lost a loved one to cancer. During each session, participants will engage in a selected expressive arts activity as well as have time to discuss their experiences, stressors, and share positive coping and self-care strategies.

Expressive Arts Networking Group for Caregivers  
**WEDNESDAY, MARCH 13 & 20, 6:00 – 7:30 PM**

This networking group is for caregivers and supporters of loved ones who have been diagnosed with cancer. During each group, participants will engage in expressive arts as well as have time to discuss their experiences, stressors, and share positive coping and self-care strategies.

Managing Grief: A Mind/Body Awareness and Somatic Movement Exploration  
**THURSDAY, MARCH 14, 21, APRIL 4, 11, 18, 25, MAY 2 & 9, 4:00 – 5:00 PM**

During our 8-week series, we’ll explore grief and how this often-experienced emotion arises during cancer, whether you’re a patient, caregiver, or someone who’s lost a loved one to cancer. You’ll learn practical Body/Mind approaches that are designed to be used throughout your day, including gentle movements, body awareness techniques, breathing, meditation, embodiment, the principles of aikido, mindfulness, and more.

Chemo-Brain and How to Adapt to Cognitive Changes During Chemotherapy  
**THURSDAY, MARCH 14, 6:00 – 7:00 PM**

Have you gone through chemotherapy, expecting to go through it, or know someone else who has? Join us to learn about ‘chemo-brain’, a commonly occurring side effect of chemotherapy that presents itself through cognitive impairment, attention and concentration difficulties, and new problems with memory.

Yoga for Better Sleep  
**MONDAY, MARCH 18, 8:00 – 9:00 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 for a relaxing bedtime yoga routine.

Kintsugi – A Healing Journey  
**TUESDAY, MARCH 19, 11:00 AM – 12:15 PM**

Experience this beautiful workshop that represents the journey of healing. During this workshop, we will break a bowl and 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.

Yin Yoga  
**THURSDAY, MARCH 21, 10:00 – 11:00 AM**

Yin is a slow-paced and gentle style of yoga that works with very basic asanas (postures) that are held for longer periods of time than in other styles. It helps to mobilize, stretch, and hydrate the body’s extensive fascial network.

Loss of an Adult Child Support Group  
**WEDNESDAY, TWICE MONTHLY 1:00 – 2:00 PM**

The Loss of an Adult Child Support Group offers the opportunity to meet twice a month with other bereaved parents who lost an adult child to cancer. The group strives to create a supportive environment for individuals to share their grief and emotions while fostering mutual understanding and empathy.

Eligibility
- Individuals who have experienced the death of an adult child to cancer.
- Can attend twice monthly, in-person group sessions on Wednesdays from 1:00 to 2:00 pm.

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

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

If you have interest in any of our support groups, contact our Intake Line at (847) 562-4981.

NOW RECRUITING

NOW RECRUITING

NOW RECRUITING
Hiking for Health & Happiness
MONDAY, MARCH 25, 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.

Zen – Extended
MONDAY, MARCH 25, 1:00 – 4:00 PM

Master the art of Zentangle in this extended meditative workshop. We will be creating a tile that is slightly more involved than what is done in a typical class. You must have attended a minimum of (6) Zentangle classes at CWC in order to participate. Light snacks will be provided.

Wellness Newsletter
In this newsletter, we invite you to embark on a journey of self-discovery and holistic well-being. Here, you’ll find articles, blogs and various wellness-themed content about mindfulness, exercise, yoga, writing, and expressive arts.

Nutrition Newsletter
Sign up below to our monthly nutrition updates newsletter!

Oncology dietitian approved recipes, cooking videos, nutrition advice and more, straight to your inbox!

The CWC Studio:
Wig Services
WEDNESDAY, MARCH 6
9:00 AM – 3:00 PM

A limited number of appointments are available for a free wig and wig-fitting at the CWC studio.

Arts and Rec
AYA TAKE Chicago
4 APRIL
SARABANDE CHICAGO
6:00-10:00PM

A CELEBRATION OF AYA AWARENESS FOR THOSE WHO HAVE OR HAD CANCER BETWEEN THE AGES OF 15 - 39 AND THEIR SUPPORTERS. MORE INFORMATION TO COME!
### Wellness Classes

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**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.

**Yoga Suave** es la yoga que utiliza posturas físicas, trabajo de respiración y meditación para devolver la mente y el cuerpo a un estado de equilibrio.

**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.

**Zentangle** an easy-to-learn, meditative and fun way to create art by drawing structured patterns

**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](http://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+
- 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
- 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

Nora Barquin, LCSW
(847) 562-4980
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

215 Revere Drive, Northbrook, IL 60062  |  847.509.9595  |  Register at: www.cancerwellness.org  |  MARCH 2024