





Upcoming Events

 In-person
 Hybrid
 Virtual



Introduction to Tea: A Beginners Journey

WEDNESDAY, MARCH 13
12:00 – 1:00 PM

 IN-PERSON

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

Ask the Dietitian: Beyond The Table – Sustainable Nutrition


FRIDAY, MARCH 1, 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.

Mastering Your Skincare & Makeup Routine

TUESDAY, MARCH 5, 10:30 AM – 12:30 PM

 IN-PERSON

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

 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.

Men's Hiking for Health & Happiness

WEDNESDAY, MARCH 13, 1:00 – 2:00 PM

 IN-PERSON

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

 IN-PERSON

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

 IN-PERSON

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.

Navigating Grief with Expressive Arts

WEDNESDAY, MARCH 13 & 20,
4:00 – 5:30 PM

👤 IN-PERSON

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

👤 IN-PERSON

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

👤 IN-PERSON

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

📶 VIRTUAL

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

📶 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.

Kintsugi – A Healing Journey

TUESDAY, MARCH 19, 11:00 AM – 12:15 PM

👤 IN-PERSON

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

👤 IN-PERSON

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.

NOW RECRUITING

Loss of an Adult Child

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.

Hiking for Health & Happiness

MONDAY, MARCH 25, 10:00 – 11:00 AM

👤 IN-PERSON

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

👤 IN-PERSON

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.



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.

JOIN OUR NEWSLETTERS!

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.

SIGN UP TO RECEIVE OUR
WELLNESS INFORMATION



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!

SIGN UP TO RECEIVE OUR
NUTRITION INFORMATION



SAVE THE DATE

Arts and Rec




AYAs 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

 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 (March 4 & 18) 	1:00 - 2:00 PM Canasta at CWC 	10:45 - 11:45 AM Strength & Conditioning 	10:00 - 11:15 AM Zentangle (March 7 & 21) 	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 	2:00 - 3:30 PM Mahjong at CWC 	10:15 - 11:15 AM Waukegan: Gentle Yoga 
11:00 - 12:30 PM Bi-Weekly Writing Lab (March 4 & 18) 		6:30 - 7:30 PM Waukegan: Yoga Suave 	7:00 - 7:30 PM Clase de Reducción de Estrés 	
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.

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.

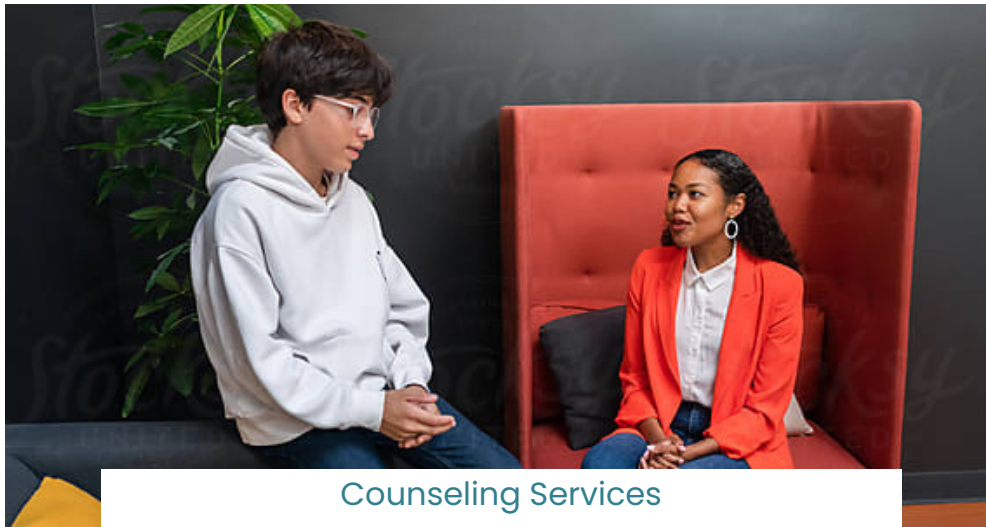
Zentangle an easy-to-learn, meditative and fun way to create art by drawing structured patterns

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** 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+
- 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

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