




Upcoming Events

-  In-Person
-  Hybrid
-  Virtual

Men's Social: Cooking Night

WEDNESDAY, MAY 1, 6:00 – 7:30 PM

 IN-PERSON

Learn how to cook and discover some healthy dishes from a culinary expert. Participants will have the opportunity to meet, mix, and mingle with other male participants, and participate in a cooking demonstration. Food and refreshments will be provided.

Ask the Dietitian: Plant Based Food Choices

FRIDAY, MAY 3, 1:00 – 1:45 PM – PART 1

FRIDAY, MAY 17, 1:00 – 1:45 PM – PART 2

 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.

Men's Hiking for Health & Happiness

MONDAY, MAY 6, 10:30 – 11:30 AM

 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)

Wholeness & Healing Through Art

MONDAY, MAY 6, 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

TUESDAY, MAY 7, 11:00 AM – 12:00 PM


 HYBRID

Yoga Nidra, or yogic sleep as it is commonly known, is an immensely powerful yoga technique and one of the easiest practices to develop and maintain. In this yoga nidra class, you will begin with gentle breath-centered movements to loosen the body and then be guided in yoga nidra during the second half of the class.



Evening of Survivorship

TUESDAY, MAY 28, 6:00 – 8:30 PM

 IN-PERSON

Join us for an evening of exploring cancer survivorship. The evening will begin at 6:00 pm with welcoming remarks from Priscilla Andrews on the importance of care in survivorship. Participants will then have the opportunity to attend various breakout sessions based on their interest.

Doors open at 5:30 pm



SCAN QR CODE
TO REGISTER

Mastering Your Skincare & Makeup Routine

THURSDAY, MAY 9, 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.

Grief Walk

MONDAY, MAY 13, 10:00 – 11:00 AM

 IN-PERSON

Join us at Middlefork Savanna in Lake Forest, IL on a 2-mile outdoor path as we decrease grief-related rumination through nature and meditation. Please wear appropriate shoes and attire for the weather.

Making Nourish Bowls

MONDAY, MAY 13, 2:00 – 3:30 PM

 IN-PERSON

Are you looking for healthier, low-stress meals? Nourish bowls are for you! Each participant will have a chance to fill their own bowl with cancer-protective, delicious ingredients.

Therapy Dog Meet and Greet

TUESDAY, MAY 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.

Teddy Bear Clinic

SATURDAY, MAY 18, 10:00 – 11:00 AM

 IN-PERSON

Join us for our first Teddy Bear Clinic! Teddy bear clinics are a fun way to provide children the opportunity to play doctor in a safe environment. In this program, parents/caregivers and children will use a range of supplies both medical and household items add to wonder of medical play.

Hike the 606

MONDAY, MAY 20, 10:30 – 11:30 AM

 IN-PERSON

Join us on the Bloomingdale Trail of The 606 on the northwest side of Chicago 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.

Acupuncture Clinic

WEDNESDAY, MAY 22, 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 treatments will be offered.

Managing Cancer-Related Pain

WEDNESDAY, MAY 22, 12:00 – 1:00 PM

 VIRTUAL

Join Dr. Judith Paice for an informative lecture to learn about pain management, effective treatments, and lifestyle approaches to alleviate discomfort and support your quality of life.

Restorative Yoga and Reiki Workshop

THURSDAY, MAY 23, 9:30 – 10:30 AM

 IN-PERSON

Students will be led through classic restorative yoga poses which help create natural alignment in the body. While in these poses, students will be receiving hands-on Reiki, a form of energy therapy that enhances the natural healing system of the body and creates a sense of well-being.

The Endocannabinoid System, Plant Medicine, and Cancer Care.

THURSDAY, MAY 30, 12:00 – 1:00 PM

 VIRTUAL

Join us to learn about plant medicine and their endocannabinoid system to reduce symptoms and improve their quality of life. Program is open to those impacted by cancer and their caregivers.



The CWC Studio: Wig Services

WEDNESDAY, MAY 29

9:00 AM – 3:00 PM

A limited number of appointments are available for a free wig and wig-fitting at the CWC studio. These services will be provided by professionals from Hair Response.

NOW RECRUITING

Young Adult Co-Ed Support Group

1ST AND 3RD THURSDAY, 7:00 – 8:30 PM




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 20–40) navigating the cancer experience who are in-treatment or post-treatment
- Can attend virtual group sessions the 1st and 3rd Thursday of each month, 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

 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: Strength & Conditioning 
10:00 - 12:00 PM Connecting Through Knitting (May 6 & 20) 	10:00 - 11:30 AM Canasta at CWC 	10:45 - 11:45 AM Strength & Conditioning 	10:00 - 11:15 AM Zentangle (May 2 & 16) 	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 (May 13) 		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.

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.

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

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

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 main line 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 ages 20-40
- Pre-Teens/Teens
- Meaning-Centered Group

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 opportunities for peer support and information sharing related to the physical aspects of living with multiple myeloma. Open to patients, families, and their loved ones.

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 our Intake Coordinator

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

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