





Upcoming Events

 In-Person
 Hybrid
 Virtual

Introduction to Mahjong: 4-Week Series

THURSDAY, SEPTEMBER 4, 11, 18, 25, 2:00 – 3:30 PM

 IN-PERSON

Join us for a 4-week series to learn and play this exciting game. Perfect for beginners, this class will guide you through the fundamentals of the Mahjong. In the first two classes, we'll cover the rules, strategies, and the unique nature of Mahjong. By the end of the series, you'll be ready to join our ongoing weekly drop-in group, where you can practice and enjoy the game with fellow enthusiasts.

Ask The Dietitian: Snacks and Snacking

FRIDAY, SEPTEMBER 5, 1:00 – 1:45 PM CST

 VIRTUAL

Do you have questions about diet, nutrition, or food-related concerns? Join us each month to explore a variety of topics with our Board-Certified Specialist in Oncology Nutrition.

Grief Walk

MONDAY, SEPTEMBER 8, 10:30 – 11:30 AM

 IN-PERSON

Join the group at Captain Daniel Wright Woods Forest Preserve for a brief nature meditation followed by a two-mile hike along with others who have a shared understanding of grief and loss. Wear comfortable hiking or running shoes and dress for the weather.

Zen-Extended

MONDAY, SEPTEMBER 8, 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.



Finding Strength in Movement: Role of Exercise in Cancer Prevention, Treatment, and Survivorship

THURSDAY, SEPTEMBER 25, 6:00 – 7:00 PM

 VIRTUAL

Research shows that regular exercise and movement can be a meaningful way to support physical and emotional well-being when navigating a cancer diagnosis.

Join Sara Reynolds and Maggie Keller, Integrative Oncology Nurse Practitioners at Endeavor Health, to learn about the role of exercise in cancer care. In this lecture, they will review physical activity recommendations tailored for individuals affected by cancer, discuss the benefits of exercise, and present research on how regular movement can lower the risk of developing several types of cancer. The session will also explore how exercise can support patients during treatment by helping to manage side effects and improve quality of life.

This educational lecture will be a kick-off to **Wellness in Action**, an initiative promoting movement-based activities to support wellbeing for individuals impacted by cancer. Open to those newly diagnosed, in and post treatment, as well as their loved ones.

SCAN QR
CODE TO
REGISTER



Caring for a Parent with Cancer

MONDAY, SEPTEMBER 8, 6:00 – 7:00 PM CST

 **VIRTUAL**

This virtual program aims to improve existing communication strategies while acknowledging the challenges of balancing one's emotions and maintaining other responsibilities. Join us to gain the knowledge and practical tools that can help you support your parent and yourself.

Mindful Self-Compassion: 10-Week Series

TUESDAY, SEPTEMBER 9, 16, 30, OCTOBER 7, 14, 21, 28, NOVEMBER 4, 11, 18, 10:00 – 11:00 AM CST

 **VIRTUAL**

In this series, you will explore evidence-based practices to integrate mindful self-compassion into your daily life through both formal and informal practices. This class is designed for those who wish to start or deepen their mindful self-compassion journey, with the support of a like-minded community.

Yin Yoga

TUESDAY, SEPTEMBER 9, 10:30 – 11:30 AM CST

 **HYBRID**

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.

Men's Hike

TUESDAY, SEPTEMBER 9, 11:00 AM – 12:00 PM

 **IN-PERSON**

Join the group at Ryerson Woods Forest Preserve - Brushwood Center for a brief nature meditation followed by a two-mile hike. Wear comfortable hiking or running shoes and dress for the weather. (This hike is reserved for any male participant - those diagnosed, caregiving or bereaved.)

Therapy Dog Meet and Greet


TUESDAY, SEPTEMBER 9, 4:00 – 5:00 PM

 **IN-PERSON**

Join us for a relaxing and enjoyable meet and greet with certified therapy dogs from Rainbow Animal Assisted Therapy. This informal monthly program offers you the opportunity to interact with the dogs, learn about their training, and watch them show you their special skills.

Beauty Within: Self-Care, Skincare and Makeup

WEDNESDAY, SEPTEMBER 10, 10:30 AM – 12:30 PM

 **IN-PERSON**

Learn the essentials of self-care, skincare, and makeup. In this workshop, we will explore the fundamentals of skincare routines, the science behind healthy skin, and makeup techniques to enhance your natural beauty.

Nature Hike

MONDAY, SEPTEMBER 15, 11:00 AM – 12:00 PM

 **IN-PERSON**

Join the group at Ryerson Woods Forest Preserve - Brushwood Center for a brief nature meditation followed by a two-mile hike. Wear comfortable hiking or running shoes and dress for the weather.

Prostate Cancer: Protection on Your Plate

MONDAY, SEPTEMBER 15, 2:00 – 3:00 PM CST

 **VIRTUAL**

Join Lori Bumbaco, our oncology dietitian, as she discusses the latest research supporting the benefits of a plant-based diet in managing prostate cancer. Empower yourself with practical knowledge to create a personalized cancer-protective diet for yourself or your loved one.

Kintsugi: A Healing Journey

MONDAY, SEPTEMBER 22, 1:00 – 2:15 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.

Stand-Up Comedy Workshop: There's Something Funny About Having Cancer 7-Week Series

MONDAY, SEPTEMBER 29, OCTOBER 6, 13, 20, 27, NOVEMBER 3, 10, 6:00 – 8:00 PM

 **IN-PERSON**

During the workshop, we'll review professional comedians' sets in which they talk about difficult topics, including cancer, and review joke structure and types of jokes. You'll have an opportunity to write and practice your own sets while receiving feedback from your peers throughout the workshop to help you hone and perfect your set. Following the workshop, participants will be invited (though not required) to perform their sets at a final event hosted by the Cancer Wellness Center at 28Mile in Highwood on November 11th.

Life After Cancer: Navigating Survivorship

TUESDAY, SEPTEMBER 30, 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, MA, LCPC, Clinical Director, on the importance of care in survivorship. Participants will then have the opportunity to attend various breakout sessions based on their interests. Doors open at 5:30 pm. A light dinner will be served from 5:30 – 6:00 pm.

Individualized Services

To schedule appointments for these services, contact the Center at 847.509.9595



The CWC Studio: Wig Services

WEDNESDAY, SEPTEMBER 17, 9:00 AM – 5:00 PM

A limited number of appointments are available for a free wig and wig-fitting at the CWC Studio. A variety of high-quality, synthetic wigs of many hair colors and textures are available. These services will be provided by professionals from Hair Response. The wigs and services are provided FREE of charge.

To qualify for these services, you must meet BOTH of the following criteria:

- You are in active cancer treatment AND are losing or have lost your hair as a result of the treatment.

Please call 847.509.9595 for an appointment.

Sneak Peek



Understanding Clinical Trials: Facts, Myths, and the Power of Informed Choice

TUESDAY, OCTOBER 7, 6:00 – 7:00 PM

 VIRTUAL

Join Medical Oncologist, Dr. Chavez Mac Gregor, for an informative webinar designed to demystify clinical trials and empower individuals affected by cancer to make informed decisions about participation. This lecture will provide a clear overview of what clinical trials are, explore the potential benefits and drawbacks, and address common misconceptions that often surround the topic.

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WELLNESS NEWSLETTER























NUTRITION NEWSLETTER



PROGRAM NEWSLETTER

Wellness Classes

 In-Person
 Hybrid
 Virtual

MON	TUE	WED	THU	FRI	SAT
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 Vinyasa Yoga 	9:00 - 10:00 AM Park Ridge: Strength & Conditioning 	
10:00 AM - 12:00 PM Connecting Through Knitting (September 29) 	10:00 - 11:30 AM Canasta at CWC 	10:45 - 11:45 AM Strength & Conditioning 	10:30 AM - 12:00 PM Zentangle (September 4 & 18) 	10:00 - 11:00 AM Gentle Yoga 	
10:45 AM - 11:45 AM 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 AM - 12:30 PM Bi-Weekly Writing Lab (September 8 & 22) 					
1:00 - 1:30 PM Stress Reduction Class 					
5:30 - 6:30 PM Park Ridge: Stress Relief Yoga 					

Learn More

To read more about our Wellness Classes and to register, scan the QR code, visit www.cancerwellness.org or call our main line at 847.509.9595.



CWC Groups

For more information or to join these groups, contact our Intake Line at 847.562.4981

Multiple Myeloma Networking Group

1ST WEDNESDAY OF THE MONTH, VIRTUAL, 7:00 – 8:30 PM CST
MICHELE HERNANDEZ, LCSW

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 THURSDAY OF THE MONTH, VIRTUAL, 6:00 – 7:30 PM CST
MARK LIVSHOTS, MA, LPC

Supported by the Rolfe Pancreatic Cancer Foundation. Open to patients, families, and their loved ones.

Men's Discussion Group

2ND MONDAY OF THE MONTH, IN-PERSON, 2:00 – 3:00 PM
4TH MONDAY OF THE MONTH, VIRTUAL, 2:00 – 3:00 PM CST
MARK LIVSHOTS, MA, LPC

This group is to share information related to navigating a cancer diagnosis, specifically for men.

Young Adult Co-Ed Discussion Group

2ND THURSDAY OF THE MONTH, VIRTUAL, 7:00 – 8:00 PM CST
DOMINIQUE JAMES, MS, LCPC

Group for young adults ages 20 to 40 with a cancer diagnosis, in-treatment or post-treatment. Opportunity for peer support and information sharing related to having cancer at a young age.

Early Stage Breast Cancer Support Group

2ND AND 4TH MONDAY OF THE MONTH, IN-PERSON, 1:00 – 2:30 PM
MICHELE HERNANDEZ, LCSW AND HEIDI BROCKSTEIN, LCSW

This early stage breast cancer short-term group will give participants the opportunity to share and discuss how breast cancer has affected them and in the process allow members to feel less alone.

Spousal Loss Discussion Group

1ST WEDNESDAY OF THE MONTH, IN-PERSON, 3:00 – 4:15 PM
STEPHANIE AARON, LCSW

The Spousal Loss Discussion Group offers the opportunity to meet monthly with other bereaved partners and spouses for whom it has been over a year since the death of their loved one.

Brain Tumor Networking Group

1ST WEDNESDAY OF THE MONTH, IN-PERSON, 5:30 – 6:30 PM

Open to individuals diagnosed with a malignant brain tumor and their families and loved ones. Patients need not attend for family members and loved ones to participate. This group is sponsored by Team Schladt Foundation.

Body-Image Support Group

TUESDAYS, WEEKLY, IN-PERSON, 6:00 – 7:30 PM
MEGAN MCMAHON, PHD

This short-term group will focus on learning coping techniques for managing the emotional distress that results from body changes, finding support from others facing similar experiences, and establishing a more affirmative relationship with your body.

Newly Diagnosed Consultation

STEPHANIE AARON, LCSW AND MARK LIVSHOTS, MA, LPC

Designed for individuals recently diagnosed with cancer, this two-session consultation provides targeted support in processing your diagnosis, navigating the medical system, and addressing early emotional and logistical needs.

Together Toward Wellness Networking Group

2ND WEDNESDAY OF THE MONTH, VIRTUAL, 3:00 – 4:00 PM CST

This monthly drop-in group, guided by Oncology Dietitian Lori Bumbaco and Clinical Psychologist Gabrielle Wolk, will discuss living well with a cancer diagnosis. Topics will focus on practical ways to support your health and well-being, including healthy eating, movement, stress management, mindfulness, and sleep hygiene.

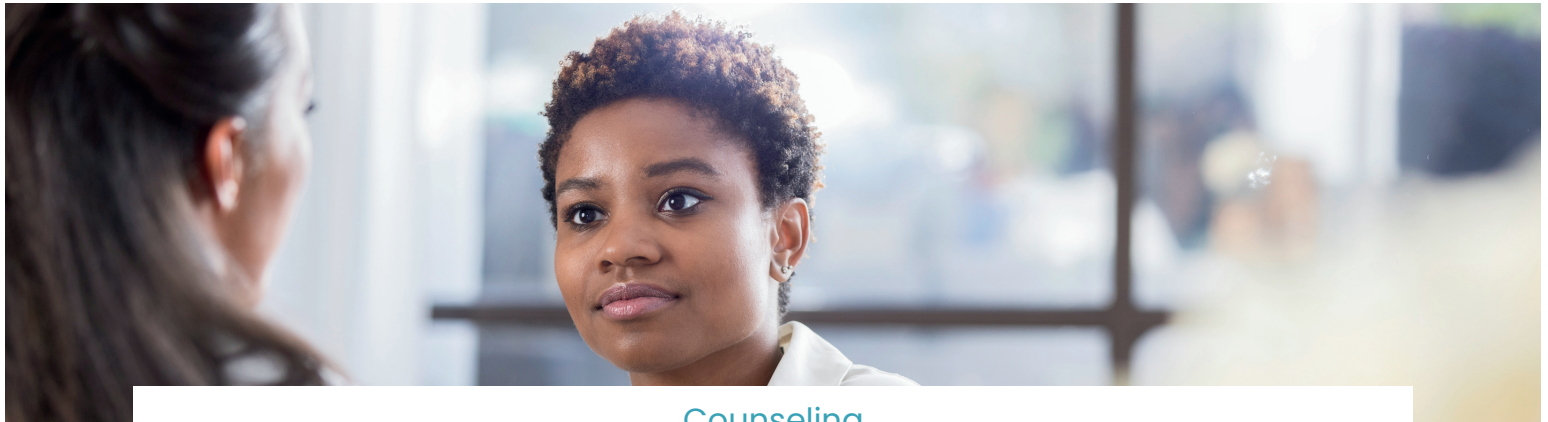
New Group!

Meaning-Centered Group for Cancer Patients: 8-Week Series

WEDNESDAY, WEEKLY, IN-PERSON, 10:30 AM – 12:30 PM

Starting September 24, this 8-week topic-driven discussion group aims to aid participants in their discovery, reconnection, maintenance, and enhancement of a sense of meaning in life while living with cancer. It will facilitate and optimize coping through a greater understanding of sources of meaning that can be used after a cancer diagnosis. Through the group experience, it will promote a supportive environment among participants faced with similar challenges.

Support Services



Counseling

- 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
- Pre-Teens/Teens
- Meaning-Centered Group

GROUPS FOR SPOUSE, PARTNER, FAMILY:

- Significant Others/Caregivers
- Adult Child Caregivers

BEREAVEMENT GROUPS:

- Spousal Loss

New to the Center? Start here

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

Nora Barquin, LCSW

(847) 562-4980

nbarquin@cancerwellness.org



Peer-to-Peer Support

BECOME OR RECEIVE A MENTOR ANGEL
WITH CANCER WELLNESS CENTER
& IMERMAN ANGELS

Become a Mentor:

Offer guidance and support, using your experiences to inspire hope.

Find a Mentor:

Imerman Angels connects you with a Mentor Angel who understands your experience.

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