




Upcoming Events

 In-Person
 Hybrid
 Virtual

Ask The Dietitian: Processed Foods

FRIDAY, OCTOBER 3, 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.

Men's Hike

MONDAY, OCTOBER 6, 10:30 – 11:30 AM

 IN-PERSON

Join the group at Middlefork Savanna 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.)

Wellness in Action punch card program.

Prostate Cancer: Protection on Your Plate

MONDAY, OCTOBER 6, 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.

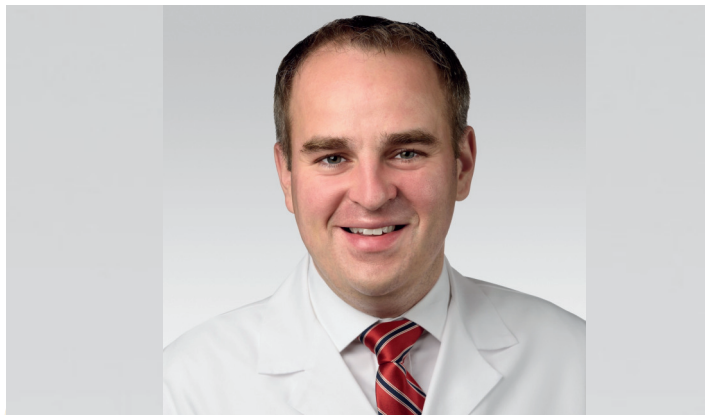
Introduction to American Canasta:

4-Week Series

TUESDAY, OCTOBER 7, 14, 21, 28, 10:00 – 11:30 AM

 IN-PERSON

Join us for a 4-week session to learn how to play American Canasta, a fun, engaging, and social card game that's perfect for players of all skill levels. Card decks will be provided



Precision Treatment: Understanding Proton Therapy

MONDAY, OCTOBER 13, 6:00 – 7:00 PM CST

 VIRTUAL

Join Dr. Neal Andruska, Northwestern Medicine Chicago Proton Center, for an informative session on proton therapy – a highly targeted form of radiation treatment designed to minimize exposure to healthy tissue.

Learn how it differs from traditional radiation, when it's used, and what patients can expect during treatment. The session will also explore its advantages and limitations, followed by a Q&A.

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REGISTER



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

TUESDAY, OCTOBER 7, 6:00 – 7:00 PM CST



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. Program is in partnership with Susan G. Komen.

Managing Grief: A Mind/Body Awareness and Somatic Movement Exploration: 8-Week Series

TUESDAY, OCTOBER 9, 23, 30, NOVEMBER 6, 13, 20, DECEMBER 4, 11, 4:00 – 5:15 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. Through a somatic lens, we'll examine how the mind influences the body and vice versa, we'll discuss how grief shows up in our bodies, affecting how we feel both physically and emotionally, and how to cope.

Nature Hike Extended: 4 ½ Miles

MONDAY, OCTOBER 13, 2:00 – 4:00 PM



Join the group at Skokie Lagoons for a brief nature meditation followed by a 4 ½ mile hike. Wear comfortable hiking or running shoes and dress for the weather.

Wellness in Action punch card program.

Wholeness and Healing Through Art: Mixed Media

TUESDAY, OCTOBER 14, 11:00 AM – 12:30 PM



Join meditation teacher Patti Vick, MFA, founder of Color Wheel Mindfulness, and connect with your inner flow and natural creativity. Each month, we'll focus on a different theme. This month, our exploration will center on drawing and using watercolors. This program is sponsored by Team Schladt Foundation.

SoundScape: A Restorative Sound Bath

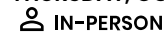
WEDNESDAY, OCTOBER 15, 1:00 – 2:00 PM



Join Sandra Merrill for a transformative sound healing and meditation experience. In this program, we will practice gratitude, meditation, and immerse ourselves in the soothing vibrations of a sound bath, designed to relax and restore your system to a state of ease.

Introduction to Pickleball

THURSDAY, OCTOBER 16, 11:00 AM – 12:00 PM



Introduction to Pickleball is a beginner-friendly session designed to help participants learn the basics of the game in a supportive, low-impact environment. This class focuses on fundamental skills, movement, and fun.

Wellness in Action punch card program.

Introduction to Mindfulness: 6-Week Series

THURSDAY, OCTOBER 16, 23, 30, NOVEMBER 6, 13, 20, 1:00 – 2:15 PM CST



In this 6-week foundations series, we will engage in evidence-based practices to learn how to incorporate mindfulness into our daily lives through formal and informal mindfulness practice. This class is for beginners and those wishing to renew or deepen their practice in community.

Achieving Balance and Stability

MONDAY, OCTOBER 20, 12:30 – 1:30 PM CST



Join Karyn Holtz, PT, MHS, CLT from ReVital Cancer Rehabilitation for a wellness class focused on improving balance, stability, and overall vitality. Whether you're recovering or simply looking to feel stronger and more grounded, this class offers personalized exercises to help you move with confidence and energy.

Wellness in Action punch card program.

Tumors and Treatment:

The Evolving Role of Genetics in Cancer Care

WEDNESDAY, OCTOBER 22, 6:30 – 7:30 PM CST



Join the Center and the Norton & Elaine Sarnoff Center for Jewish Genetics for a webinar exploring the latest advances in precision cancer treatments. This session will cover how tumor and germline genetic testing are shaping personalized therapies, with an emphasis on emerging data, FDA-approved targeted treatments, and strategies for identifying patients with hereditary cancer syndromes.

Halloween Party with CWC and Dragonfly

SATURDAY, OCTOBER 25, 10:00 AM – 12:00 PM



We will have a morning filled with Halloween family fun activities. We encourage all kids (and the adults who are kids at heart) to join us in their costumes! Activities will be divided into stations and will include visits from our Rainbow Therapy Dogs, Halloween-themed arts and crafts, make your own candy bag, a scavenger hunt, and much more! All ages are welcome.

Yoga Nidra

TUESDAY, OCTOBER 28, 10:00 – 10:45 AM CST



In this yoga nidra class, you will begin with gentle breath-centered movements to loosen the body. You will then be guided in a yoga nidra practice during the second half of the class. Resting comfortably in savasana, this systematic guided practice will take you on a journey of the self, leaving you with a sense of wholeness.

Wellness in Action punch card program.

Individualized Services

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



Acupuncture Treatment

FRIDAY, OCTOBER 17, 9:00 – 11:30 AM

Wondering if acupuncture is right for you? Complimentary one hour individual treatments are available with Dr. Zahava Berkowicz and the IMMA team at IMMA Acupuncture and Wellness. Acupuncture is the insertion of single use sterile needles at specific acupoints on the body to promote healing, reduce pain and alleviate stress.



The CWC Studio: Wig Services

WEDNESDAY, OCTOBER 29, 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.

Sneak Peek



Stand-Up Comedy Night: There's Something Funny About Having Cancer

TUESDAY, NOVEMBER 11, 7:00 – 8:30 PM

 **IN-PERSON**

Join the Cancer Wellness Center for a Stand-Up Comedy Night, showcasing community members impacted by cancer. This unique event will feature personal stories and experiences, blending humor and entertainment. Whether you've been touched by cancer or simply love a good laugh, we hope this night will uplift and inspire. Come out to support our community and enjoy an evening filled with joy and camaraderie.

Hosted at:

28 Mile Distilling Company
454 Sheridan Rd, Highwood, IL 60040

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WELLNESS NEWSLETTER



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PROGRAM NEWSLETTER



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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 (October 6) 	10:00 - 11:30 AM Canasta at CWC 	10:45 - 11:45 AM Strength & Conditioning 	10:30 AM - 12:00 PM Zentangle (October 9 & 23) 	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 (October 6 & 20) 					
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.

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

WEDNESDAY, WEEKLY, IN-PERSON, 10:30 AM – 12:00 PM

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.

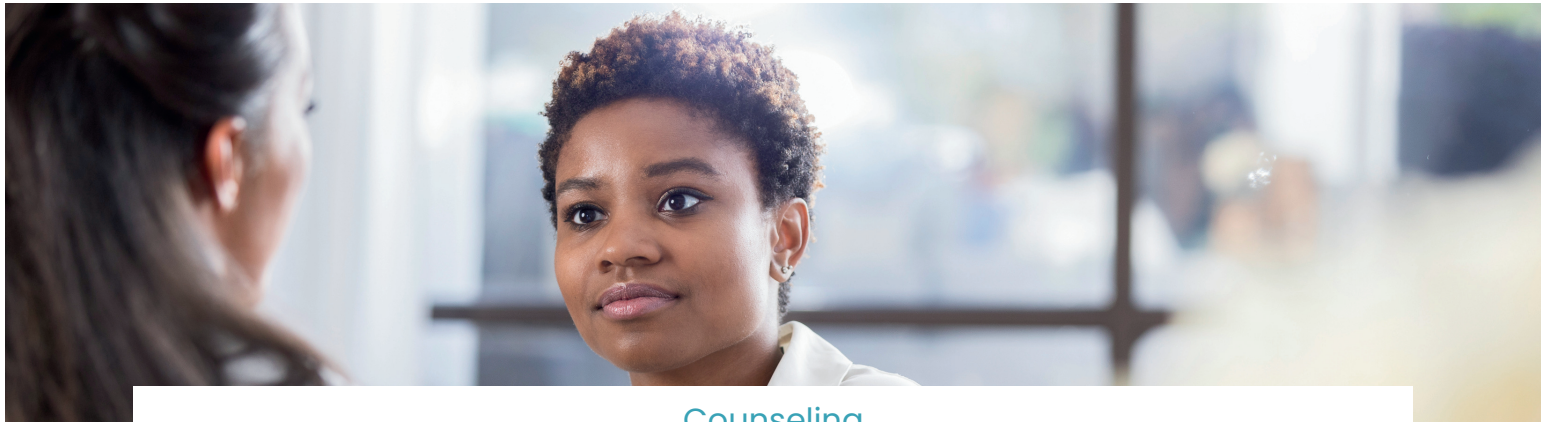
New Group!

Together Toward Wellness Networking Group

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

Starting October 8, 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.

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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