




# Upcoming Events

 In-Person  
 Hybrid  
 Virtual

## Grief Walk

**MONDAY, NOVEMBER 3, 10:30 – 11:30 AM**

 **IN-PERSON**

Join the group at Fort Sheridan 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. Please wear comfortable hiking or running shoes, bring a water bottle and dress for the weather.

**Wellness in Action punch card program.**

## Beauty Within: Self-Care, Skincare and Makeup

**TUESDAY, NOVEMBER 4, 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.

## Mindful Kitchen: Nourishment for Mind and Body 6-Week Series

**TUESDAY, NOVEMBER 4, 11, 18, 25, DECEMBER 2, 9, 1:30 – 3:30 PM**

 **IN-PERSON**

Through a series of group activities, ranging from food preparation to mindful eating, this 6-week program will equip you with practical mindfulness techniques to navigate these challenges, foster a deeper connection with your body, and enhance your overall sense of well-being.

## 15 Things You May Not Know About Grief

**TUESDAY, NOVEMBER 4, 6:00 – 7:00 PM CST**

 **VIRTUAL**

This webinar will explore 15 things you may not have known about grief including its impact on the mind and body and secondary losses. Also examined will be tools for coping with grief, how to handle the things people say, and warning signs that you may need additional support.



## Leveraging AI: Navigating Treatments and Trials

**WEDNESDAY, NOVEMBER 12, 12:00 – 1:00 PM CST**

 **VIRTUAL**

Artificial Intelligence (AI) is reshaping healthcare — helping patients and providers make smarter, more personalized decisions.

In this program, experts from Tempus and TriCan Health will explore how AI is being used to support cancer care, enhance communication between patients and doctors, and make clinical trials more accessible.

Whether you're newly diagnosed, supporting a loved one, or simply curious about how technology can drive progress, this discussion will break down complex topics in clear, empowering ways.

### What You'll Learn

- How AI tools help physicians and patients analyze complex data and uncover new insights
- Ways technology is personalizing care and improving outcomes
- How AI is simplifying the process of finding and joining clinical trials

Program is in partnership with Rolfe Pancreatic Cancer Foundation.

SCAN QR  
CODE TO  
REGISTER



## Restorative Yoga and Reiki Workshop

THURSDAY, NOVEMBER 6, 1:00 – 2:00 PM

 IN-PERSON

This restorative yoga class adds the relaxing and healing power of Reiki. 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.

**Wellness in Action punch card program.**

## Ask the Dietitian: Carbohydrates

FRIDAY, NOVEMBER 7, 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.

## Introduction to QiGong

MONDAY, NOVEMBER 10, 10:45 AM – 12:00 PM CST

 HYBRID

QiGong (“Chee-Kung”) is the modern term for the ancient art and science of health maintenance and healing. It’s a practice of working with Qi, the vital energy that animates all living things. We will focus on deep relaxation through self-regulation of the nervous system – especially Vagal Tone.

**Wellness in Action punch card program.**

## Nature Hike

MONDAY, NOVEMBER 10, 2:30 – 4:00 PM

 IN-PERSON

Join the group for a ½ mile walk together to enjoy the Jean & John Green Nature Preserve followed by a 2 ½ -mile hike through the Fort Sheridan Forest Preserve. Wear comfortable hiking or running shoes and dress for the weather.

**Wellness in Action punch card program.**

## Therapy Dog Meet and Greet

TUESDAY, NOVEMBER 11, 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.

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

TUESDAY, NOVEMBER 11, 7:00 – 8:30 PM

 IN-PERSON

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. Free and open to ages 18+. Individual registration required.

**Hosted at 28 Mile Distilling Company.**

## Strength Building with Resistance Bands

WEDNESDAY, NOVEMBER 12, 12:30 – 1:30 PM CST


 HYBRID

Join Karyn Holtz, PT, MHS, CLT from ReVital Cancer Rehabilitation for a supportive movement class using resistance bands to help improve strength, flexibility, and range of motion. This low-impact workout features simple, adaptable exercises designed to safely activate key muscle groups, support physical function, and help you feel more confident in everyday movement.

**Wellness in Action punch card program.**

## Intro to Cardio Machines

FRIDAY, NOVEMBER 14, 10:30 – 11:30 AM

 IN-PERSON

This class introduces participants to common cardio machines such as treadmills, bikes, and ellipticals. Learn how to safely use each machine, adjust settings to meet your needs, and build confidence in your cardio routine. Adaptable for all levels.

**Wellness in Action punch card program.**

**Location:** 300 Revere Dr, Northbrook, IL 60062

## Zumba Gold

SATURDAY, NOVEMBER 15, 10:00 – 11:00 AM

 IN-PERSON

This low intensity workout uses Latin and international rhythms in easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Class is appropriate for beginners.

**Wellness in Action punch card program.**

## Men’s Hike

MONDAY, NOVEMBER 17, 10:30 – 11:30 AM

 IN-PERSON

Join the group at Fort Sheridan Forest Preserve for 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.**

## Treatment’s Done, Now What?

MONDAY, NOVEMBER 17, 5:00 – 6:30 PM CST

 VIRTUAL

Join us as we discuss the common concerns that arise when treatment has ended, and strategies for coping with the transition to being post-treatment. Open to both survivors and their loved ones. This program is ideal for individuals who are approaching the end of treatment, as well as those who have already completed treatment.

## SoundScape: A Restorative Sound Bath

WEDNESDAY, NOVEMBER 19, 1:00 – 2:00 PM

 IN-PERSON

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.

## Understanding BRCA and Cancer Risk

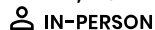
THURSDAY, NOVEMBER 20, 6:00 – 7:00 PM CST



Join us to learn how BRCA1 and BRCA2 gene mutations can affect your risk for certain cancers and what you can do to reduce that risk. In this program, Dr. Allison DePersia will talk about the latest in genetic testing, who should consider testing, how to understand the results, and steps you can take to manage or lower your risk. Whether for yourself or a loved one, this talk will help you feel informed to make decisions with your healthcare team.

## Circuit Training

FRIDAY, NOVEMBER 21, 10:30 – 11:30 AM



This class combines strength and cardio exercises to help improve endurance, build muscle, and support overall fitness. Participants will rotate through stations using bodyweight, light weights, and other equipment in a supportive and energizing environment. Adaptable for all levels.

**Wellness in Action punch card program.**

**Location:** 300 Revere Dr, Northbrook, IL 60062

## Stress Reduction Class

THURSDAY, NOVEMBER 6, 11:30 AM – 12:00 PM



In this weekly class, participants will explore a variety of evidence-based techniques designed to reduce stress and promote well-being. Each session will focus on a different strategy, including progressive muscle relaxation, guided imagery, breathing exercises, meditation, and mindfulness practices.

## Individualized Services

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



## The CWC Studio: Wig Services

WEDNESDAY, NOVEMBER 5, 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.



## Newly Diagnosed Consultation

STEPHANIE AARON, MA, 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.

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WELLNESS NEWSLETTER



NUTRITION NEWSLETTER























PROGRAM NEWSLETTER



CHILD & FAMILY 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 (November 3) 	10:00 - 11:30 AM Canasta at CWC 	10:45 - 11:45 AM Strength & Conditioning 	10:30 AM - 12:00 PM Zentangle (November 6 & 20) 	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 	11:30 AM - 12:00 PM Stress Reduction Class 	10:15 - 11:15 AM Waukegan: Gentle Yoga 	
11:00 AM - 12:30 PM Bi-Weekly Writing Lab (November 3 & 17) 			2:00 - 3:30 Mahjong at CWC 		
5:30 - 6:30 PM Park Ridge: Stress Relief Yoga 					
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](http://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

## Brain Tumor Networking Group

**1ST WEDNESDAY, MONTHLY, IN-PERSON, 5:30 – 6:30 PM**

Open to individuals diagnosed with a malignant brain tumor and their loved ones. Patients need not attend for family members and loved ones to participate.

This group is sponsored by Team Schladt Foundation.

## Multiple Myeloma Networking Group

**1ST WEDNESDAY, MONTHLY, VIRTUAL, 6:30 – 8:00 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, MONTHLY, 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, MONTHLY, IN-PERSON, 2:00 – 3:00 PM**

**4TH MONDAY, MONTHLY, 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, MONTHLY, 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.

## Significant Other and Caregiver Support Group

**TUESDAYS, WEEKLY, IN-PERSON, 1:00 – 2:30 PM**

**TUESDAYS, WEEKLY, VIRTUAL, 7:00 – 8:30 PM CST**

**KIM MATTHEWS, MA, LCPC AND MARK LIVSHOTS, MA, LPC**

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, MONTHLY, IN-PERSON, 3:00 – 4:15 PM**

**STEPHANIE AARON, MA, 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.

## Early Stage Breast Cancer Support Group

**NOW RECRUITING**

**1ST AND 3RD MONDAY, MONTHLY, 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.

## Adult Child Caregiver Support Group

**1ST AND 3RD WEDNESDAY, MONTHLY, VIRTUAL, 6:00 – 7:00 PM**

**DOMINIQUE JAMES, MS, LCPC**

Participants can expect to have space for examining the relational dynamics and history between parent and child while acknowledging the many ways that cancer can affect one's family.

## Young Women Support Group

**THURSDAYS, WEEKLY, VIRTUAL, 12:00 – 1:30 PM**

**STEPHANIE AARON, MA, LCSW**

This support group provides a safe space to connect with other young women who are navigating a cancer diagnosis, whether newly diagnosed, in treatment or making sense of post-treatment survivorship.

## Now Recruiting for January 2026

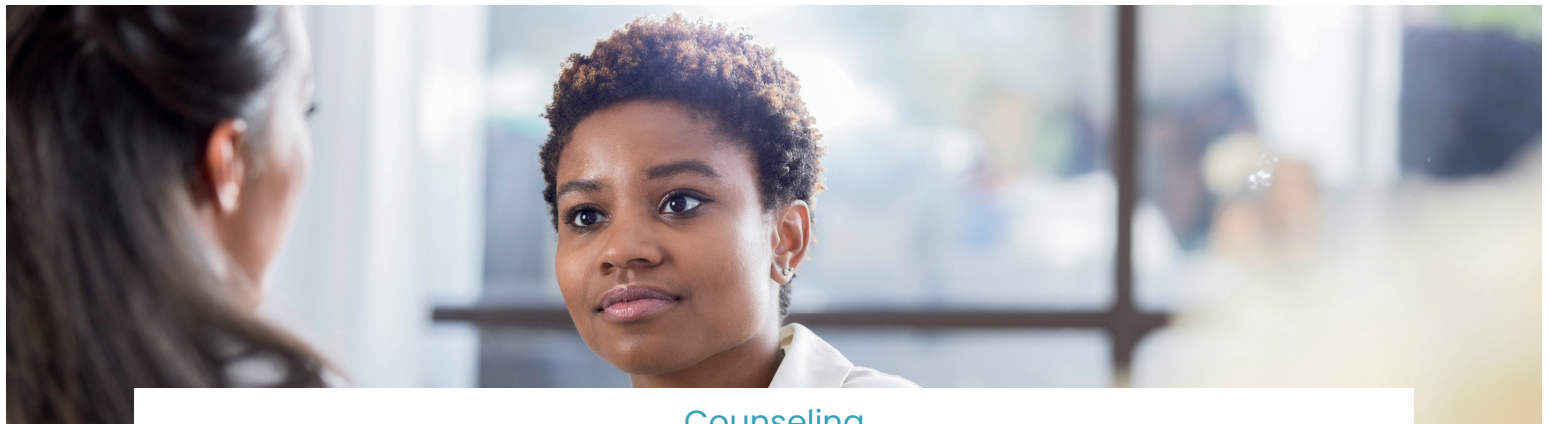
### Body-Image Support Group

**TUESDAYS, WEEKLY, IN-PERSON, 6:00 – 7:30 PM**

**MEGAN MCMAHON, PHD**

**Starting January 20**, 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.

# 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](mailto: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](mailto: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.

**Scan QR code to learn more.**

