




Upcoming Events

 In-Person
 Hybrid
 Virtual

Mindfulness and Meditation in Daily Living: Winter Book Club

8-Week Series

TUESDAY, DECEMBER 2, 9, 16, JANUARY 6, 13, 20, 27, FEBRUARY 10,
1:00 – 2:00 PM CST

 VIRTUAL

Join Mindfulness Specialist, Serena Jain, as she leads the group into a discussion of **When Things Fall Apart: Heart Advice for Difficult Times** by Pema Chodron. Over the course of 8 weeks, we will meet weekly to share mindfulness practices, engage in discussion led by book excerpts, and cultivate community in our path to health and healing.

Ask the Dietitian: Herbs and Spices

FRIDAY, DECEMBER 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.

Wholeness and Healing Through Art: Gratitude Cards

MONDAY, DECEMBER 8, 11:00 AM – 12:30 PM

 IN-PERSON

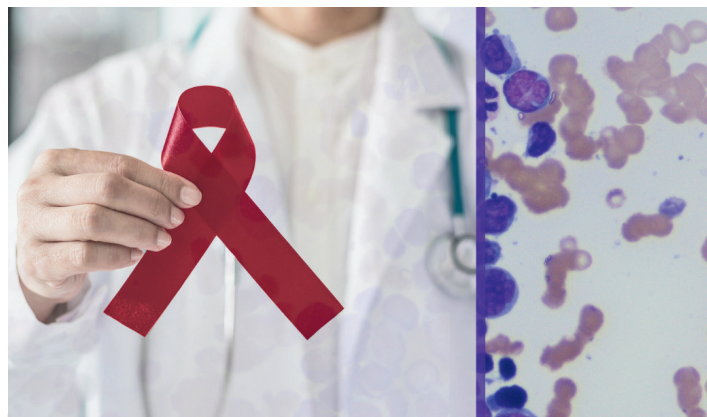
Join meditation teacher Patti Vick, MFA, founder of Color Wheel Mindfulness, and connect with your inner flow and natural creativity. This month, we will collage gratitude cards for someone, something, or some place, large or small, that is dear to us and that we appreciate! **This program is generously sponsored by Team Schladt Foundation.**

Nature Hike

MONDAY, DECEMBER 8, 2:00 – 3:00 PM

 IN-PERSON

Join us at Middlefork Savanna for a two-mile hike through natural terrain. Please wear comfortable hiking or running shoes and dress appropriately for the weather.



CAR T and Bispecific Antibody Therapy for Multiple Myeloma

WEDNESDAY, DECEMBER 3, 6:30 – 8:00 PM CST

 VIRTUAL

Join us for an educational session that begins with an introduction to the Multiple Myeloma Research Foundation (MMRF) and its mission, followed by an in-depth look at two innovative therapies: CAR T-cell therapy and bispecific antibodies.

Learn what defines early and late relapsed/refractory multiple myeloma, explore available treatment options, and understand what patients can expect when undergoing CAR T or bispecific antibody therapy. The presentation will conclude with a Q&A.


Presented by: Grace Allison, RN, BSN, OCN, Patient Navigator at Multiple Myeloma Research Foundation

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REGISTER



Therapy Dog Meet and Greet

TUESDAY, DECEMBER 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.

Yoga for Anxiety

TUESDAY, DECEMBER 9, 6:00 – 7:15 PM CST

 VIRTUAL

Yoga has been shown to improve cancer-related anxiety, depression and stress. Join us for a 75-minute workshop which will explain how yoga benefits people with cancer-related stress. Then put your knowledge to work for a guided yoga practice. Wear comfortable clothes and be ready to breathe and move.

SoundScape: A Restorative Sound Bath

THURSDAY, DECEMBER 11, 1:30 – 2:30 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.

Men's Hike


MONDAY, DECEMBER 15, 10:30 – 11:30 AM

 IN-PERSON

Join us at Ryerson Woods Forest Preserve for a two-mile hike through natural terrain. Please wear comfortable hiking or running shoes and dress appropriately for the weather. (This hike is reserved for any male participant – those diagnosed, caregiving or bereaved).

Holiday Mocktails: Celebrate the Season the Healthy Way

MONDAY, DECEMBER 15, 2:00 – 3:30 PM

 IN-PERSON

Join us for Holiday Mocktails, and learn how to craft delicious, alcohol-free beverages that are both nutritious and delicious. Raise a glass to your health with creative mocktail recipes perfect for any holiday gathering!

Kids Takeover at CWC: Pizza Making


TUESDAY, DECEMBER 16, 5:30 – 7:30 PM

 IN-PERSON

Join us for a KIDS ONLY drop-off event to create AND eat your own personal pizza with our Child Life Specialist, Elyssa Siegel. We will spend our evening cooking and creating pizza masterpieces while making new friends. Registration for each child is required (no walk-ins accepted).

Introduction to QiGong

THURSDAY, DECEMBER 18, 1:00 – 2:15 PM CST

 HYBRID

QiGong (“Chee-Kung”), the practice of working with Qi, is vital energy that animates all living things. We will focus on deep relaxation through self-regulation of the nervous system – especially Vagal Tone.



Our 20-week virtual sessions focused on the mind, body, and nutrition for cancer survivorship

February 2026

Food and Fitness for Wellness

STARTING TUESDAY, FEBRUARY 10, 4:00 – 5:00 PM CST

 VIRTUAL

After completing cancer treatment, experts recommend good nutrition and physical activity for survivors to live longer and feel better. Our special program combines expertise about the mind, body, and nutrition specific for cancer survivorship. Participants will be offered support from professionals and peers while navigating the best ways to modify habits and behaviors to improve their overall health and wellness. This program is especially for those who completed treatment between February 2021 and February 2026. This is a committed program, requiring participants to meet weekly for 20 sessions.

Facilitated by:

Lori Bumbaco, MS, RDN, CSO, LDN, Oncology Dietitian
Gabrielle Wolk, PsyD, Clinical Associate

For more information or to join this group, contact our Intake Line at 847.562.4981.

Want to learn more?

Are you curious about what you can expect when you join Food and Fitness for Wellness community?

30-Minute Info Session: Food and Fitness for Wellness
Virtual, Tuesday, January 27, 4:00 – 4:30 PM
Virtual, Tuesday, February 3, 12:00 – 12:30 PM

Individualized Services

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



The CWC Studio: Wig Services

WEDNESDAY, DECEMBER 3, 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.



Acupuncture Treatment

FRIDAY, DECEMBER 5, 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.

Sneak Peek

Beauty Within: Self-Care, Skincare and Makeup

WEDNESDAY, JANUARY 21, 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. You will gain practical skills for creating a personalized routine that supports your well-being and boost your confidence.

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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 (December 1 & 15) 	10:00 - 11:30 AM Canasta at CWC 	10:45 - 11:45 AM Strength & Conditioning 	10:30 AM - 12:00 PM Zentangle (December 4) 	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 (December 1 & 15) 			2:00 - 3:30 Mahjong at CWC 		
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

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

2ND 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.

Men's Support Group

1ST AND 3RD THURSDAY, MONTHLY, VIRTUAL, 1:00 – 2:15 PM

MARK LIVSHOTS, MA, LPC

Discussions include anxiety leading up to a test or scan, changes in perceived masculinity, communication with family and friends, sexual intimacy and performance changes, and confrontation with mortality.

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

In a Significant Other Group, you have an opportunity to meet with other primary caregivers to discuss how to care for yourself while caring for someone else.

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

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

NOW RECRUITING 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

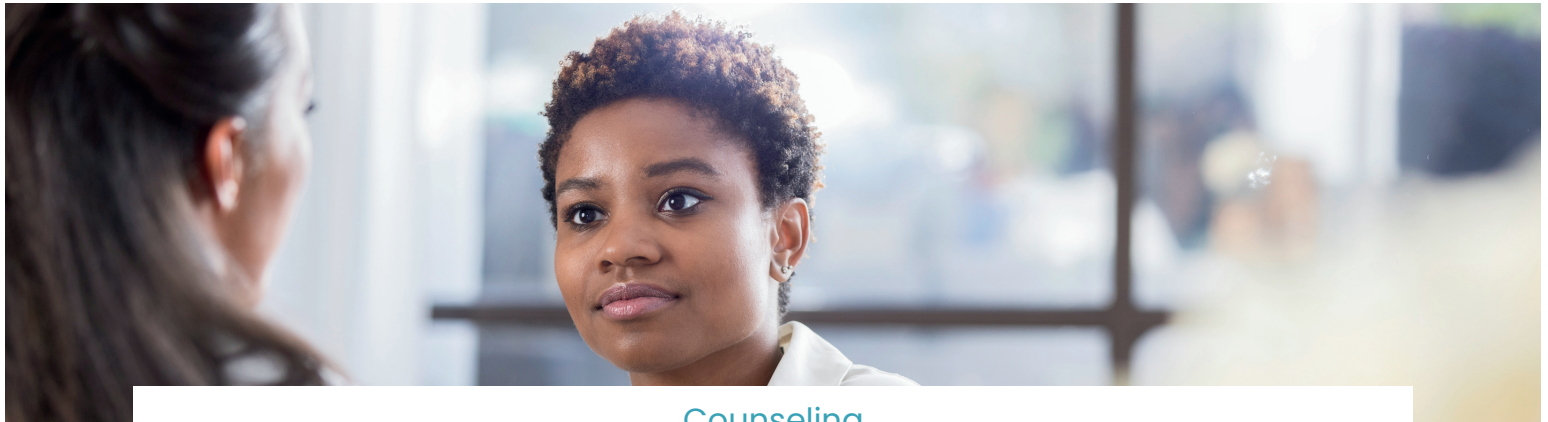
Body-Image Support Group

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



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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