




Upcoming Events

 In-Person
 Hybrid
 Virtual

Ask The Dietitian: Saturated Fats

FRIDAY, JANUARY 9, 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. Whether you're managing cancer treatment, supporting a loved one with cancer, or simply looking to enhance your diet, you'll receive expert, evidence-based guidance to support your nutritional needs and wellness goals.

Meal Planning 101

MONDAY, JANUARY 12, 2:00 – 3:30 PM

 IN-PERSON

In this workshop, our oncology dietitian, Lori Bumbaco, will teach you how to create your own meal plan, plus discover practical meal ideas that are not only nutritious but also easy to prepare—perfect for you and your family.

Therapy Dog Meet and Greet

TUESDAY, JANUARY 13, 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. Whether you're looking for a moment of calm, a furry friend to brighten your day, or just curious about therapy dog work, this is a great chance to connect with these incredible animals!

Wholeness and Healing Through Art:

Mixed Media

THURSDAY, JANUARY 15, 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, our exploration will center on drawing and using watercolors.

This program is sponsored by Team Schladt Foundation.



Building Motivation: Your Path to Positive Change 2-Week Series

STARTING MONDAY, JANUARY 26, 2:00 – 3:00 PM CST

 VIRTUAL

Ready to make a meaningful change this year? Join us for this 2-week series as Priscilla discusses ways to build and sustain the motivation needed to achieve your goals.

Whether you're aiming to lose weight, break a negative habit, or cultivate a healthier lifestyle, this workshop will provide you with practical strategies and achievable steps to set you on the right path.

Take the first step toward lasting change!

SCAN QR
CODE TO
REGISTER



Nine Attitudes of Mindfulness

10-Week Series

TUESDAY, JANUARY 20, 27, FEBRUARY 3, 10, 17, 24, MARCH 3, 10, 17, 24, 12:00 – 1:00 PM CST



In this 10-week series, we will engage in evidence-based mindfulness practices to learn how to incorporate the nine attitudes of mindfulness into our daily lives through formal and informal practice. This class is for those who have basic experience with meditation and mindfulness and those who wish to renew or deepen their practice in community.

Meal Planning 101

TUESDAY, JANUARY 20, 12:00 – 1:30 PM CST



In this workshop, our oncology dietitian, Lori Bumbaco, will teach you how to create your own meal plan, plus discover practical meal ideas that are not only nutritious but also easy to prepare—perfect for you and your family.

Men's Hike

TUESDAY, JANUARY 20, 1:30 – 2:30 PM



Join us at Ryerson Middlefork Savanna 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).

Beauty Within: Self-Care, Skincare and Makeup

WEDNESDAY, JANUARY 21, 10:30 AM – 12:30 PM



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, JANUARY 26, 2:00 – 3:00 PM



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.

Info Session: Food and Fitness for Wellness

TUESDAY, JANUARY 27, 4:00 – 4:30 PM

TUESDAY, FEBRUARY 3, 12:00 – 12:30 PM



Join Oncology Dietitian Lori Bumbaco and Clinical Psychologist Gabrielle Wolk, facilitators of Food and Fitness for Wellness (FF4W), to learn more about this group and topics that will be covered. Come with questions to find out if FF4W is right for you. The whole community and healthcare providers are encouraged to attend.

Class Updates!

Chair Yoga – **NOW HYBRID**

TUESDAY, WEEKLY, 9:30 – 10:15 AM



Chair yoga is a gentle form of yoga that can be practiced while sitting on a chair or using a chair for support during standing poses. It is suitable for people with balance or coordination issues. Chair yoga helps increase flexibility, lung capacity, circulation, concentration, and strength, while boosting your mood, and reducing stress and joint strain. The class incorporates breathing exercises, stretching, yoga postures, and final relaxation.

Gentle Yoga – **NEW DAY OFFERING**

THURSDAY, WEEKLY, 9:30 – 10:30 AM



Yoga uses physical postures, breath work and meditation to bring mind and body back into a balanced state. These classes are for all fitness levels and can be practiced in a chair if necessary. The instructor will lead the class without being able to give corrections for those who join us on Zoom and will offer modifications when appropriate.

Note: This class is replacing Vinyasa Yoga

Now Recruiting – February 2026

Food and Fitness for Wellness

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



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 18 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.

Individualized Services

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



Acupuncture Treatment

FRIDAY, JANUARY 16, 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, JANUARY 21, 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.

Sneak Peek

Chemo-Brain: How to Adapt to Cognitive Changes During and After Chemotherapy

TUESDAY, FEBRUARY 3, 2:00 – 3:00 PM

 **VIRTUAL**

Have you gone through chemotherapy, expecting to go through it, or know someone else who has? Join us to learn about 'chemo-brain', a commonly occurring side effect of chemotherapy that presents itself through cognitive impairment, attention and concentration difficulties, and new problems with memory. In this program, Mark Livshots will cover information about chemo-brain, techniques and strategies for intervention and treatment.

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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 Gentle Yoga 	9:00 - 10:00 AM Park Ridge: Strength & Conditioning 	
10:00 AM - 12:00 PM Connecting Through Knitting (January 12 & 26) 	10:00 - 11:30 AM Canasta at CWC 	10:45 - 11:45 AM Strength & Conditioning 	10:30 AM - 12:00 PM Zentangle (January 22) 	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 (January 12 & 26) 			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.



Peer Groups

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

Lung Cancer Networking Group

1ST WEDNESDAY, MONTHLY, VIRTUAL, 10:30 – 11:30 AM CST
Open to patients and their loved ones. Patients need not attend for loved ones to participate. Offered in collaboration with the Cancer Support Center.

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 loved ones to participate. Sponsored by Team Schladt Foundation.

Multiple Myeloma Networking Group

1ST WEDNESDAY, MONTHLY, VIRTUAL, 6:30 – 8:00 PM CST
MICHELE HERNANDEZ, LCSW
Open to patients and their loved ones. Patients need not attend for loved ones to participate.

Pancreatic Cancer Networking Group

2ND THURSDAY, MONTHLY, VIRTUAL, 6:00 – 7:30 PM CST
MARK LIVSHOTS, MA, LCPC
Open to patients and their loved ones. Patients need not attend for loved ones to participate. Offered in collaboration with the Cancer Support Center. Supported by Rolfe Pancreatic Cancer Foundation.

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

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.

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.

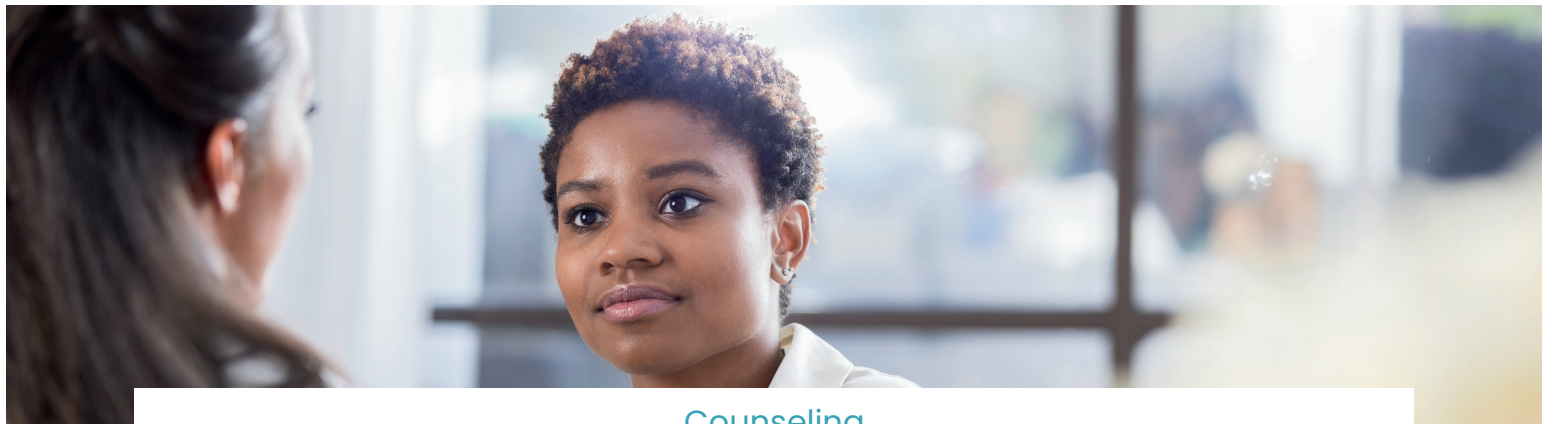
Now Recruiting for February 2026

Early-Stage Breast Cancer Support Group

1ST AND 3RD MONDAY, MONTHLY, IN-PERSON, 1:00–2:30 PM
HEIDI BROCKSTEIN, LCSW AND MICHELE HERNANDEZ, LCSW

Starting February 2, this short-term group for women diagnosed with stage 0-2 breast cancer 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.

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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