




# Upcoming Events

 In-Person  
 Hybrid  
 Virtual

## Legacy Through Art: Honoring Your Story 2-Week Series

**MONDAY, FEBRUARY 2, 9, 10:30 AM - 12:30 PM**

 **IN-PERSON**

Join us for a two-part creative experience designed to explore and celebrate the relationships, stories, and moments that have brought meaning to your life. Through a multimedia approach, you'll create an image using materials that evoke personal memories and connections. No prior art experience is needed.

## Keto Diet & Brain Tumors

**MONDAY, FEBRUARY 2, 1:00 - 2:15 PM CST**

 **VIRTUAL**

Join the Center's Oncology Dietitian, Lori Bumbaco, and registered dietitian specialized in Ketogenic Metabolic Therapy, Denise Potter, for a discussion on the potential role of ketogenic metabolic therapy in brain tumor management.

**This program is generously sponsored by Team Schladt Foundation.**

## Info Session: Food and Fitness for Wellness

**TUESDAY, FEBRUARY 3, 12:00 - 12:30 PM CST**

 **VIRTUAL**

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.

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

**TUESDAY, FEBRUARY 3, 2:00 - 3:00 PM CST**

 **VIRTUAL**

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.



## Whole-Person Cancer Care: Understanding Integrative, Functional, and Naturopathic Medicine

**THURSDAY, FEBRUARY 19, 12:00 - 1:00 PM CST**

 **VIRTUAL**

Cancer care is more than medical treatment, it is about supporting the whole person. This program will explore approaches that focus on integrative, functional, and naturopathic medicine. Participants will gain a deeper understanding on the history of these fields, and how they complement traditional cancer care to promote healing on a physical and emotional level.

This program is open to individuals diagnosed with cancer, those in or post-treatment, and their loved ones who want to understand complementary care options.

Presented by: Jennifer Ron, MD, FACEP, ABOIM, Integrative Cancer Care Physician at Medlogic LLC

SCAN QR  
CODE TO  
REGISTER



## Ask the Dietitian: Plant Proteins

FRIDAY, FEBRUARY 6, 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.

## Men's Hike

TUESDAY, FEBRUARY 10, 3:30 – 4:30 PM

 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).

## Therapy Dog Meet and Greet

TUESDAY, FEBRUARY 10, 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!

## Sad Isn't Bad

### 4-Week Series

WEDNESDAY, FEBRUARY 11, 18, 25, MARCH 4, 6:00 – 7:30 PM

 IN-PERSON

Starting in February, CWC is offering a grief program for children ages 6-12. Join our Certified Child Life Specialist, Elyssa Siegel, for 4 sessions aimed at helping kids cope with their grief after losing a family member to cancer. During each session, we will work on emotional expressive activities and create a safe-space to share feelings. We will provide activities focused on fostering resilience while having fun. Dinner will be provided, please contact us prior to the program if your child has any food allergies.

## Nature Hike

MONDAY, FEBRUARY 16, 2:00 – 3:00 PM

 IN-PERSON

Join us at Captain Daniel Wright Woods Forest Preserve for a two-mile hike through natural terrain. Please wear comfortable hiking or running shoes and dress appropriately for the weather.

## Healing Through Meditation: Mindfulness Tools for Cancer

### 5-Week Series

TUESDAY, FEBRUARY 17, 24, MARCH 3, 10, 17, 6:00 – 7:30 PM CST


 VIRTUAL

Join us for a supportive and restorative mindfulness experience designed specifically for individuals affected by cancer. This 5-week virtual program will introduce gentle meditation practices and practical mindfulness tools to support emotional well-being, stress reduction, and inner healing. **Supported by Advocate Lutheran General Hospital.**

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

### 7-Week Series

MONDAY, FEBRUARY 23, MARCH 2, 9, 16, 23, 30, APRIL 6, 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 to perform their sets at a final event hosted by the Cancer Wellness Center at 28 Mile in Highwood on April 7.

## Exercise for Energy and Recovery

TUESDAY, FEBRUARY 24, 10:45 AM – 12:00 PM CST

 HYBRID

In this program, you will learn about the benefits of movement for individuals impacted by cancer and be guided through gentle exercises focused on stretching and core-strengthening. Following the program, participants will be provided with simple, safe exercise suggestions they can incorporate into their daily routine.

## Ancient Self-Care Techniques

WEDNESDAY, FEBRUARY 25, 11:00 AM – 12:00 PM

 IN-PERSON

Explore the timeless wisdom of self-care with Rosie Dow in this class on ancient self-care techniques. Learn about the practices of Gua Sha, Dry Brushing, and Abhyanga as Rosie guides you through their profound benefits and demonstrates how to incorporate them into your daily routine.

# Individualized Services

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



## The CWC Studio: Wig Services

**WEDNESDAY, FEBRUARY 25, 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.



## Acupuncture Treatment

**FRIDAY, FEBRUARY 27, 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.



## Newly Diagnosed Consultation

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

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

**TUESDAY, MARCH 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. You will gain practical skills for creating a personalized routine that supports your well-being and boost your confidence

### What is Lymphedema? Understand Your Risk After Surgery & Tips for Lifestyle Balance

**TUESDAY, MARCH 10, 6:00 – 7:00 PM CST**

 **VIRTUAL**

Amanda and Carly, licensed occupational therapists with advanced specialty training in lymphedema management, will help you become familiar with the causes of lymphedema and what the lymphatic system does for the body. They will give information on the personal risk factors that may put one at higher risk for developing lymphedema after cancer treatment. Learn healthy lifestyle habits to promote lymphatic function, lymphedema risk assessment and self-monitoring strategies, and steps to take should lymphedema occur.

## Save The Date!



**STEPPING UP  
TO WELLNESS**

5K RUN/WALK AND 1 MILE FAMILY WALK

**SUNDAY  
APRIL 26, 2026** / **INDEPENDENCE GROVE  
LIBERTYVILLE**

# Upcoming Short-Term Groups

Interested in joining? Contact the Center at 847.562.4981

## Early Stage Breast Cancer Support Group

1ST AND 3RD TUESDAY, MONTHLY, IN-PERSON, 6:00 – 7:30 PM  
PRISCILLA ANDREWS, MA, LCPC, AND MEGAN MCMAHON, PHD

**Starting March 3**, the Early Stage Breast Cancer Support Group will explore the many emotions that come with receiving a breast cancer diagnosis. Regardless of learning that your cancer is in an early stage, hearing that you have cancer can be very scary.

This 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.

### Eligibility:

- Open to women with an early stage (0-2) breast cancer diagnosis.
- Open to women newly diagnosed through up to 6 months post-treatment.

Group will meet twice monthly.

## Meaning-Centered Group for Cancer Patients

WEDNESDAYS, WEEKLY, IN-PERSON, 10:30 AM – 12:30 PM  
GABRIELLE WOLK, PSYD, AND MARK LIVSHOTS, MA, LCPC

**Starting March 4**, 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.

Each session will be focused on a new topic and will include exercises and concepts for the group to discuss. Handouts and simple assignments will be encouraged between sessions to prepare for follow-up discussions. We encourage participants who are available and willing to commit to all eight weeks to register.

### Eligibility:

- Open to all participants at any stage of prognosis/diagnosis.

## 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.**



# Support Services

## Counseling Services

Our counseling services provide expert support to help patients and loved ones process complex emotions, improve family communication, manage anxiety and grief and find stability during an uncertain time.

- Individual Counseling
- Family Counseling
- Bereavement
- Couples Counseling
- Child & Teen Support

## Support Groups

Facilitated by licensed mental health professionals, our support groups create a safe space to share with others who understand, helping you feel less alone while learning practical coping strategies. Groups meet weekly or twice monthly, in-person or virtually.

### FOR PATIENTS & SURVIVORS

- Young Women's
- Women 50+
- Men's
- Early-Stage Breast Cancer

### FOR CAREGIVERS

- Significant Others/Caregivers
- Adult Child Caregivers
- Spousal Loss

### TOPIC-FOCUSED:

- Meaning-Centered
- Women's Body Image
- Support for Anxiety

## Peer Connection Groups

These monthly, drop-in gatherings offer a supportive space to share practical tips and real-life insights, help you learn from others' experiences and connect with people who truly understanding. Groups meet monthly (in-person or virtual) and last 60–90 minutes.

### DIAGNOSIS-SPECIFIC:

- Brain Tumor
- Lung Cancer
- Multiple Myeloma
- Pancreatic Cancer

### DEMOGRAPHIC-BASED:

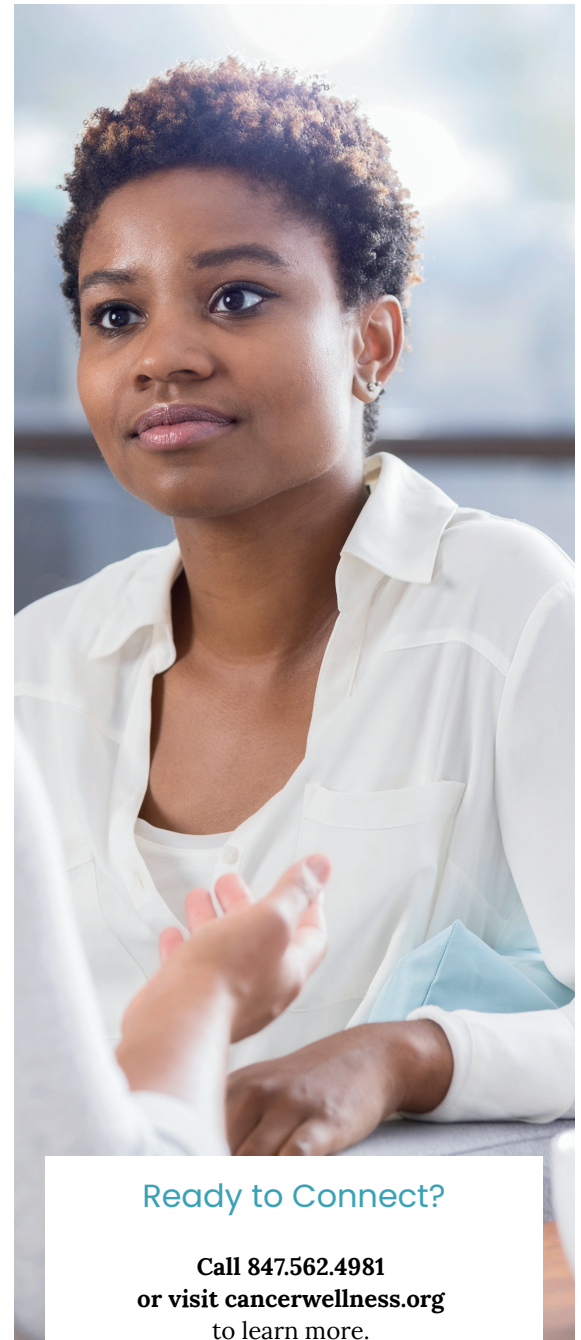
- Men's Group
- Young Adult Group
- Spousal Loss

### FOR CHILDREN & TEENS:

- Pediatric Cancer Meet-Up

## Nutrition Counseling

Our board-certified oncology dietitian provides personalized, evidence-based guidance to help you maintain strength, manage treatment side effects like appetite changes and digestive challenges, and develop sustainable eating habits for long-term health.






### Ready to Connect?


















Call 847.562.4981  
or visit [cancerwellness.org](https://www.cancerwellness.org)  
to learn more.

You don't have to carry this alone—  
there's a community waiting for you.

All programs are free of charge.

# Wellness Classes

 In-Person  
 Hybrid  
 Virtual

MON	TUE	WED	THU	FRI
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 (February 9 & 23)  	10:00 - 11:30 AM Canasta at CWC  	10:45 - 11:45 AM Strength & Conditioning  	10:30 AM - 12:00 PM Zentangle (February 5 & 26)  	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 (February 9 & 23)  			2:00 - 3:30 Mahjong at CWC  	
5:30 - 6:30 PM Park Ridge: Stress Relief Yoga  				

Want wellness tips, nutrition information, and programs sent straight to your inbox?

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WELLNESS NEWSLETTER



NUTRITION NEWSLETTER



PROGRAM NEWSLETTER



CHILD & FAMILY NEWSLETTER