

# Upcoming Events

-  In-Person
-  Hybrid
-  Virtual

## Nature Hike

MONDAY, APRIL 6, 2:00 – 3:00 PM

 IN-PERSON

Join us at Glenview Woods/Harms Woods for a two-mile hike through natural terrain. Please wear comfortable hiking or running shoes and dress appropriately for the weather. The trail is unpaved and may include uneven surfaces

## Men's Hike

MONDAY, APRIL 13, 10:30 – 11:30 AM

 IN-PERSON

Join us at Fort Sheridan 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).

## Mindful Kitchen:

### Nourishment for Mind and Body

#### 6-Week Series

TUESDAY, APRIL 7, 14, 28, MAY 5, 12, 19, 1:30 – 3:30 PM

 IN-PERSON

Living with cancer can present unique challenges to your physical and emotional well-being, impacting your relationship with food and your overall quality of life. Through a series of group activities, ranging from food preparation to mindful eating, this 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.

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

TUESDAY, APRIL 7, 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**

## Ask the Dietitian: Gut Health

FRIDAY, APRIL 10, 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.



## Nourishing Sleep

MONDAY, APRIL 20, 12:00 – 1:00 PM CST

 VIRTUAL

Dr. Baxley will discuss the relationship between sleep and overall health, including the impact of chronic insomnia on the cardiovascular, neurologic, and immune systems. She will also share holistic strategies for improving sleep, including behavioral, dietary and herbal solutions.

Presented by Dr. Frances Baxley, MD, Family and Integrative Medicine

SCAN QR  
CODE TO  
REGISTER



## Therapy Dog Meet and Greet

TUESDAY, APRIL 14, 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.

## Changes in Personality After Brain Tumor

THURSDAY, APRIL 16, 1:00 – 2:00 PM CST

 VIRTUAL

Join us to learn about the emotional, behavioral, and cognitive changes that may occur following a brain tumor diagnosis or treatment. Patients and caregivers will learn practical coping tools, communication approaches, and available support resources to navigate these challenges together.

## Introduction to QiGong

THURSDAY, APRIL 16, 3:30 – 4:45 PM CST

 VIRTUAL

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

## Plateful of Love

MONDAY, APRIL 20, 5:00 – 6:30 PM

 IN-PERSON

Join Lori and Elyssa for a family cooking program. Cooking and eating together are a wonderful way to keep family traditions and connections strong. This program will provide an opportunity for parents and kids to learn and create healthy recipes together.

## Enfermedad Renal Crónica y su Relación con el Cáncer

LUNES 27 DE ABRIL, 5:30 – 6:30 PM CST

 VIRTUAL

La enfermedad renal crónica es una condición que puede tener un impacto significativo en el riesgo y el tratamiento del cáncer. En esta charla dictada en español, el Dr. Xavier Vela Parada explicará la relación entre la enfermedad renal crónica y el cáncer, los factores de riesgo asociados y las consideraciones especiales en el manejo de pacientes con ambas condiciones.

## Men’s Hike

MONDAY, APRIL 27, 10:30 – 11:30 AM

 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. (This hike is reserved for any male participant – those diagnosed, caregiving or bereaved).

## Benefits of Support for Men with Cancer

TUESDAY, APRIL 28, 6:00 – 7:00 PM CST

 VIRTUAL

Join us to learn about the unique benefits of support for men who have or have had cancer. This program will explore how male-focused approaches, such as men-only groups, peer camaraderie, and activity-based programs, can help improve mood, reduce anxiety, and strengthen coping skills.



## Estate Planning Essentials: Building a Secure and Meaningful Legacy

TUESDAY, APRIL 14, 6:00 PM – 7:00 PM CST

 VIRTUAL

Join us for an informative virtual conversation on estate planning. This virtual session will highlight how thoughtful planning protects your loved ones, supports your financial goals, and can create a meaningful legacy through charitable giving. The program will include a moderated discussion as well as an opportunity for attendees to ask questions.

What you will learn:

- Key components of a strong estate plan
- How estate planning can offer financial and tax benefits
- Ways to incorporate charitable gifts into your plans
- How legacy gifts can create long-term, transformational impact

**Facilitated by:**

Carrie Callas, Executive Director  
Cancer Wellness Center

**Featuring insights from industry experts:**

Samantha Aronow, Attorney  
Benjamin, Gussin, Kallick, Erlich & Aronow

Art Mollenhauer, Philanthropist  
Cancer Wellness Center Past Board Member

Charitable Giving Specialist  
Bernstein Private Wealth Management

# Individualized Services

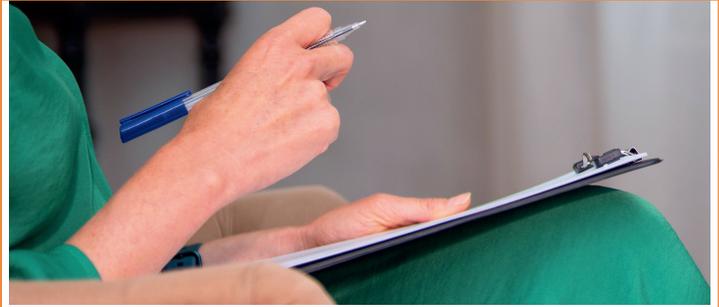
To schedule appointments for these services, contact the Center at 847.509.9595



## The CWC Studio: Wig Services

**WEDNESDAY, APRIL 22, 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

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, APRIL 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.

## Sneak Peek

### Nature Hike: Hike The 606

**MONDAY, MAY 4, 10:00 - 11:00 AM**

 **IN-PERSON**

Join us for a two-mile hike. We will do an out and back hike on the eastern 1 mile of "The 606". This is a paved urban trail with a narrow rubber shoulder on which you can also walk. Please wear comfortable hiking or running shoes, bring a water bottle and dress for the weather.

The Bloomingdale Trail, part of "The 606" park system, is a 3-mile, elevated rail-trail on Chicago's northwest side. Built on a former rail line, the trail sits 17 feet above four of the city's neighborhoods.

## REGISTER TODAY!



Cancer Wellness Center

# STEPPING UP TO WELLNESS

5K RUN/WALK AND 1 MILE FAMILY WALK

**SUNDAY  
APRIL 26, 2026**

INDEPENDENCE GROVE  
LIBERTYVILLE

Join us for a day of fun, family and friends in support of the Cancer Wellness Center.



**REGISTER  
TODAY**

CO-CHAIRS: MONETTE LEVA & ELLEN RAZZOOG  
WWW.CANCERWELLNESS.ORG

# Upcoming Short-Term Groups

Interested in joining? Contact the Center at 847.562.4981

## (DAYTIME) Early Stage Breast Cancer Support Group

2<sup>ND</sup> AND 4<sup>TH</sup> MONDAY, MONTHLY, IN-PERSON, 1:00 – 2:30 PM  
MICHELE HERNANDEZ, LCSW, AND HEIDI BROCKSTEIN, LCSW

**Starting April 13**, 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.

## Spousal Loss Bereavement Group

2<sup>ND</sup> AND 4<sup>TH</sup> WEDNESDAY, MONTHLY, IN-PERSON, 10:00 – 11:15 AM  
STEPHANIE AARON, LCSW

**Starting May 13**, the Spousal Loss Bereavement Group offers the opportunity to meet twice a month with other bereaved partners and spouses. The group strives to create a supportive environment for individuals to share their grief and foster mutual understanding.

### Eligibility:

- Individuals who have experienced the death of their partner/spouse to cancer within the last year
- Can attend in-person group sessions on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month from 10:00 - 11:15 am

## 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 understand. 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 Gentle Yoga 	9:00 - 10:00 AM Park Ridge: Strength & Conditioning 
10:00 AM - 12:00 PM Connecting Through Knitting (April 6 & 20) 	10:00 - 11:30 AM Canasta at CWC 	10:45 - 11:45 AM Strength & Conditioning 	10:30 AM - 12:00 PM Zentangle (April 2 & 23) 	10:00 - 11:00 AM Gentle Yoga 
10:45 AM - 11:45 AM Healing With Energy Through Reiki 		4:00 - 4:30 PM Stress Reduction Class 	2:00 - 3:30 Mahjong at CWC 	10:15 - 11:15 AM Waukegan: Gentle Yoga 
11:00 AM - 12:30 PM Bi-Weekly Writing Lab (April 6 & 20) 		5:30 - 6:30 PM Park Ridge: Gentle Yoga 		
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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