Cancer Wellness Center

The Cancer Wellness Center offers programs and services to cancer patients and their loved ones. All classes and programs are free of charge.

Upcoming Events

In-Person
Hybrid
Virtual

Grief Walk

MONDAY, MARCH 2, 10:30 - 11:30 AM

IN-PERSON

Join us at Captain Daniel Wright Woods for a two-mile hike through natural terrain. Please wear comfortable hiking or running shoes and dress appropriately for the weather. This program is for anyone who has lost a loved one to cancer within the last 5 years.

Local Leaf Farm Tour

TUESDAY, MARCH 3, 10:00 - 11:30 AM

IN-PERSON

Join us at an indoor hydroponic farm located in the heart of downtown Highland Park. This program offers a unique opportunity to experience local agriculture up close while learning how microgreens can support overall wellness. We look forward to sharing this educational and flavorful experience with you.

Ask the Dietitian: Sugar Substitutes

FRIDAY, MARCH 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.

Wigs 101: Understanding Insurance

MONDAY, MARCH 9, 1:00 - 2:30 PM CST

HYBRID

Join us for this educational lecture focused on understanding the insurance process related to wig coverage. Participants will learn about common insurance requirements, necessary documentation, reimbursement procedures, and practical tips for navigating coverage with confidence. Following the lecture, our presenter will provide an overview of different wig types, materials, and cap constructions.

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.

Presented by: Carly Zaid, OTR/L, CLT; Amanda Schell, MS, OTR/L, CLT-LANA, Endeavor Health

SCAN QR CODE TO REGISTER

Beauty Within: Self-Care, Skincare and Makeup

TUESDAY, MARCH 10, 10:30 AM - 12:30 PM

IN-PERSON

In this workshop, we will explore the fundamentals of skincare routines, the science behind healthy skin, and makeup techniques to enhance your natural beauty. Whether you're a beginner or looking to refine your skills, join us to take the next step in mastering your skincare and makeup routine.

Therapy Dog Meet and Greet

TUESDAY, MARCH 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.

Entendiendo que es el cáncer de mama y maneras de reducir el riesgo

MARTES 10 DE MARZO A LAS 6:00 - 7:00 PM CST

VIRTUAL

El cáncer de mama es uno de los cánceres más comunes y afecta a muchas mujeres. En esta charla, el Dr. Dario Villamar, oncólogo de la Universidad de Chicago, explicará qué es el cáncer de mama, los factores de riesgo más comunes y las medidas que pueden ayudar a reducir el riesgo.

Managing Anxiety through Mindfulness

FRIDAY, MARCH 13, 12:00 - 1:00 PM CST

VIRTUAL

Discover the transformative power of mindfulness and its role in managing anxiety in this insightful session. Led by Serena Jain, Mindfulness Educator, this program will include an educational lecture combined with learning experiential practices proven to effectively reduce anxiety.

Zen-Extended

MONDAY, MARCH 16, 1:00 - 4:00 PM

IN-PERSON

Master the art of Zentangle in this extended meditative workshop. We will be creating a tile that is slightly more involved than what is done in a typical class. You must have attended a minimum of (6) Zentangle classes at CWC in order to participate. Light snacks will be provided.

Nature Hike

MONDAY, MARCH 16, 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.

Men's Hike

TUESDAY, MARCH 17, 1:30 - 2:30 PM

IN-PERSON

Join us at Captain Daniel Wright Woods 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).

Wholeness and Healing Through Art: Blackout Poetry

MONDAY, MARCH 23, 10:30 AM - 12:30 PM

IN-PERSON

Explore the creative possibilities of Black Out Poetry, a process where you take an existing page of text from a book, newspaper, or magazine and select a handful of words to transform the text into a poem. Using the page as a springboard, we will highlight and block out words with art materials to transform the original work into something new. **This program is generously sponsored by Team Schladt Foundation.**

Kintsugi: A Healing Journey

TUESDAY, MARCH 24, 1:00 - 2:15 PM

IN-PERSON

Experience this beautiful workshop that represents the journey of healing. The tradition of kintsugi has come to represent that even after you have been broken, the process of putting yourself back together represents the value and beauty of growth and healing. During this workshop, we will break a bowl and then lovingly put it back together with gold. While our bowls are in the process of drying, we will participate in a guided meditation designed to bring ease into your body.

Maple Syrup Tapping 101

TUESDAY, MARCH 24, 3:00 - 4:00 PM

IN-PERSON

Join us at Ryerson Woods for an immersive introduction to the time-honored tradition of maple syrup tapping. The program begins indoors with a short, hands-on lesson about local trees, how sap is produced, and a sampling of fresh maple syrup. The experience concludes with a behind-the-scenes look at how Lake County Forest Preserve staff transform raw sap into authentic maple syrup using modern and traditional methods.

Stress Reduction through Breathing and Meditation

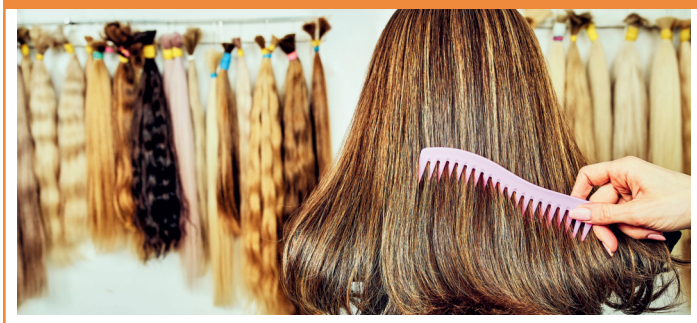
VIRTUAL

THURSDAY, MARCH 26, 12:00 - 1:00 PM CST

Harness the power of your breath to alleviate stress and enhance well-being. Join Mindfulness Specialist Serena Jain as she guides you through these time-tested practices, offering practical techniques to help you achieve a calmer, more balanced life.

Individualized Services

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



The CWC Studio: Wig Services

WEDNESDAY, MARCH 18, 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.

REGISTER TODAY!

NEW OFFERING

Stress Reduction Class

WEDNESDAYS, WEEKLY, 4:00 - 4:30 PM CST

VIRTUAL

Starting in March, 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.

Sneak Peek

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

TUESDAY, APRIL 7, 14, 21, 28, MAY 5, 12, 1:30 – 3:30 PM

IN-PERSON

This 6-week in-person program is designed to complement your nutritional journey by exploring the benefits of mindfulness for cancer patients. 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.

Upcoming Short-Term Groups

Interested in joining? Contact the Center at 847.562.4981

Meaning-Centered Group for Cancer Patients

WEDNESDAYS, WEEKLY, IN-PERSON, 10:30 AM – 12:00 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.

(DAYTIME) Early Stage Breast Cancer Support Group

2ND AND 4TH 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.

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.

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

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

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