




# Upcoming Events

-  In-Person
-  Hybrid
-  Virtual

## ¿Qué es el mindfulness?

MIÉRCOLES 3 DE JUNIO, 4:00 – 5:00 PM CST

 VIRTUAL

Acompáñenos a un taller interactivo donde hablaremos, de manera sencilla, sobre cómo funciona el mindfulness y cómo puede apoyar nuestro bienestar. Las y los participantes realizarán una práctica guiada y tendrán la oportunidad de reflexionar y compartir. Este taller es adecuado tanto para personas que nunca han practicado mindfulness como para quienes ya lo hacen.

## Ask the Dietitian: Organic Foods

FRIDAY, JUNE 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. This month Lori will answer your questions about Organic Foods.

## Nature Hike – Extended

MONDAY, JUNE 8, 10:00 – 11:30 AM

 IN-PERSON

Join us for a 4-mile hike around the Chicago Botanic Garden, with a shorter 2-mile option available. We will walk from the Turnbull Woods parking lot, through Mary Mix McDonald Woods to Chicago Botanic Garden. Then we'll enjoy the Garden's 2-mile paved perimeter walk.

## Introduction to American Canasta

### 4-Week Series

TUESDAY, JUNE 9, 16, 23, 30, 10:00 – 11:30 AM

 IN-PERSON

Join us for a 4-week series to learn how to play American Canasta, a fun, engaging, and social card game that's perfect for players of all skill levels. Whether you're a beginner or looking to refresh your skills, this program offers a fun and interactive way to sharpen your cognitive abilities and improve your memory. Card decks will be provided.



## Financial Toxicity in Cancer Care

THURSDAY, JUNE 25, 5:00 – 6:00 PM CST

 VIRTUAL

Financial toxicity can be a lesser discussed side effect of cancer care and refers to financial distress that causes anxiety and can lower quality of life in patients. Consequences to patients include long-term debt and reduced survival rates due to skipped care. Join us to learn more about options to combat financial toxicity.

Presented by Cameron Williams, Financial Navigator, UChicago Medicine- Ingalls Hospital

This program is in partnership with Cancer Support Center in Homewood, IL.

SCAN QR  
CODE TO  
REGISTER



## Therapy Dog Meet and Greet

**TUESDAY, JUNE 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.

## Introduction to Mahjong

### 6-Week Series

**THURSDAY, JUNE 11, 18, 25, JULY 2, 9, 16, 2:30 – 4:00 PM**

 **IN-PERSON**

Explore the exciting game of Mahjong! Join us for a 6-week series to learn and play this exciting game. Perfect for beginners, this class will guide you through the fundamentals of the game. In the first two classes, we'll cover the rules, strategies, and the unique nature of Mahjong. Mahjong sets and cards will be provided.

## Stress and Your Nervous System

**FRIDAY, JUNE 12, 12:00 – 1:15 PM CST**

 **VIRTUAL**

Our autonomic nervous system is behind our thoughts, emotions and behaviors. Join Priscilla Andrews to learn how it affects the way we experience the world. You will also learn simple ways to work with your nervous system and see how it may be affecting your daily life.

## Zen-Extended

**MONDAY, JUNE 15, 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.

## Love, Fear, Power and Trauma: A Somatic Mind/Body Exploration

### 8-Week Series

**THURSDAY, JUNE 18, 25, JULY 2, 9, 16, 23, 30, AUGUST 6,  
4:00 – 5:15 PM**

 **IN-PERSON**

Through experimentation, discussion, and play you'll learn practical Mind/Body approaches designed to be used throughout your day, including gentle movements, body awareness techniques, breathing, meditation, embodiment, the principles of aikido, mindfulness, as well as many other somatic movement & education skills.

## Debunking Diet Myths in Cancer Care: Separating Fact from Fiction

**MONDAY, JUNE 22, 5:30 – 6:30 PM CST**

 **VIRTUAL**

Join Oncology Dietitian Lori Bumbaco as she discusses the most common diet myths that surround cancer prevention and treatment. Lori will walk you through the facts and bust the myths surrounding key topics such as sugars role in cancer, the effectiveness of supplements, the debate on dairy consumption, the truth about organic foods, and the rise of fad diets like keto and intermittent fasting.

## Men's Hike

**MONDAY, JUNE 22, 10:30 – 11:30 AM**

 **IN-PERSON**

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

## Ancient Self-Care Techniques

**TUESDAY, JUNE 23, 10:30 – 11:30 AM**

 **IN-PERSON**

Explore the timeless wisdom of self-care with Rosie Dow in this class on ancient self-care techniques. In this one-hour program, Rosie will explore each modality, explaining their therapeutic effects. Discover how Gua Sha releases tension, how Dry Brushing stimulates circulation, and how Abhyanga nourishes both body and soul.

## Music Meditation: Ocean of Devotion

**WEDNESDAY, JUNE 24, 4:00 – 5:30 PM**

 **IN-PERSON**

Join us for an unforgettable musical meditation. Relax your body, heart, and mind as you are gently transported by the delicate healing sounds of exotic world-music instruments. Preston Klik plays native flutes, loops, crystal bowls, sounds of nature, melodic, heavenly voices, handpan, Asian chimes, and more. With grace and ease, he creates quietly captivating and beautiful dream-scapes of meditative solace.

# Individualized Services

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



## Wig Salon: Resurrection Medical Center

**WEDNESDAY, JUNE 10, 10:00 AM - 2:00 PM**

The wig salon at Resurrection Medical Center provides individuals experiencing hair loss due to cancer treatment with free, high-quality synthetic wigs in a variety of colors, textures, and styles. A limited number of appointments are available. The wigs and services are provided FREE of charge.



## The CWC Studio: Wig Services

**WEDNESDAY, JUNE 24, 9:00 AM - 4:00 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, JUNE 26, 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.

## Consultas para personas con recién diagnosticadas

El diagnóstico de cáncer produce muchos sentimientos que podrían ser difíciles de manejar. Una consejera experimentada puede platicar contigo para ayudarte a lidiar con tus miedos y ansiedades sobre tu diagnóstico de cáncer.

## Sneak Peek



Join us at Cancer Wellness Center for a fun-filled summer evening! Connect with other participants and families while enjoying live music, games, art activities, and light snacks. It's also a great opportunity to meet the CWC staff.

# Upcoming Short-Term Groups

Interested in joining? Contact the Center at 847.562.4981

## DAYTIME Early-Stage Breast Cancer Support Group

1<sup>ST</sup> AND 3<sup>RD</sup> MONDAY, MONTHLY, IN-PERSON, 1:00 – 2:30 PM

**Starting July 20**, 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.

### 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

## Strategies for Ongoing Sleep Problems

TUESDAYS, JULY 21<sup>ST</sup> & 28<sup>TH</sup> AND AUGUST 18<sup>TH</sup> & 25<sup>TH</sup>, IN-PERSON, 1:00 – 2:30 PM

MEGAN MCMAHON, PHD, AND GABRIELLE WOLK, PSYD

**Starting July 21**, this 4-session group is for people affected by cancer who are having ongoing trouble falling asleep, staying asleep or feeling rested. Participants will receive guidance and support to try structured sleep-related practices between sessions, with the goal of improving sleep over time.

The group is based on Cognitive Behavioral Therapy for Insomnia (CBT-I), a well-researched, non-medication approach recommended for long-term sleep problems. To get the most benefit, participants are expected to attend all sessions.

### Eligibility:

- Individuals who have completed treatment within the past 5 years or their spouses/partners
- Have experienced ongoing difficulty with sleep for 3 weeks or longer

## 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](http://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

SUN	MON	TUE	WED	THU	FRI
3:30 - 4:30 PM Yoga Suave: Waukegan Library  	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 Strength & Conditioning  
	10:00 AM - 12:00 PM Connecting Through Knitting (June 8 & 22)  	10:00 - 11:30 AM Canasta at CWC  	10:45 - 11:45 AM Strength & Conditioning  	10:30 AM - 12:00 PM Zentangle (June 11 & 25)  	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  	2:00 - 3:30 Mahjong at CWC  	10:15 - 11:15 AM Gentle Yoga: Waukegan Library  
	11:00 AM - 12:30 PM Bi-Weekly Writing Lab (June 1 & 15)  		5:30 - 6:30 PM Gentle Yoga: Lutheran General Hospital  		
	5:30 - 6:30 PM 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