




# Upcoming Events

 In-Person  
 Hybrid  
 Virtual

## Grief Walk

MONDAY, JULY 6, 10:00 – 11:00 AM

 IN-PERSON

Join us for a gentle, two-mile walk through a natural setting at Fort Sheridan Forest Preserve. Please wear comfortable walking or running shoes and dress for the weather. This program is for anyone who has lost a loved one to cancer within the last 5 years.

## Wholeness and Healing Through Art: Gratitude Cards

THURSDAY, JULY 9, 10:30 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, we will collage gratitude cards for someone, something, or some place, large or small, that is dear to us and that we appreciate!

## Ask the Dietitian: Grilling

FRIDAY, JULY 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. This month, Lori will answer your questions about Grilling.

## Skincare & Makeup Made Simple

TUESDAY, JULY 14, 10:30 AM – 12:30 PM

 IN-PERSON

Discover easy, effective ways to care for your skin and enhance your natural look. This hands-on workshop breaks down the basics of skincare routines, explains how to achieve healthy skin, and introduces simple makeup techniques you can use every day.



## CWC Summer Block Party

MONDAY, JULY 27, 5:30 – 7:30 PM

 IN-PERSON

Join us at Cancer Wellness Center for a fun-filled summer evening! Connect with other participants and families while enjoying:

- Live music
- Art activities,
- Therapy bunnies,
- Tie dye
- Light snacks and more!

It's also a great opportunity to meet the CWC staff. Activities are designed for both children and adults. All ages are welcome.

SCAN QR  
CODE TO  
REGISTER



## Introduction to Mindfulness

### 5-Week Series

TUESDAY, JULY 14, 21, 28, AUGUST 4, 11, 4:00 – 5:00 PM CST



In this foundational mindfulness series, participants will learn how to integrate mindfulness into everyday life using both formal meditation and informal mindfulness techniques. This course is designed for beginners as well as individuals who wish to refresh or deepen their existing practice within a supportive community.

## Therapy Dog Meet and Greet

TUESDAY, JULY 14, 4:00 – 5:00 PM



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.

## Women's Retreat: A Day of Relaxation and Renewal

WEDNESDAY, JULY 15, 10:00 AM – 3:00 PM



We invite women with a cancer diagnosis, whether newly diagnosed, in treatment, or within 5 years of completing treatment to enjoy a day of relaxation, introspection and renewal.

## Ask the Child Life Specialist: Coping Strategies

THURSDAY, JULY 16, 12:00 – 12:45 PM CST



Join Elyssa Siegel, Certified Child Life Specialist, to learn how to talk with your children about these difficult topics. Whether you're supporting a child through treatment, navigating emotional changes, or looking for practical coping tools, you'll receive expert, evidence-based guidance designed to promote resilience, understanding, and emotional well-being.

## Nature Hike

MONDAY, JULY 20, 10:00 – 11:30 AM



Join us for a 3-mile hike through natural terrain. We will make the 0.4 mile walk north together from the Fort Sheridan's cemetery parking lot to enjoy the Jean & John Green Nature Preserve, which will make this a 3-mile hike.

## Supercharge Your Summer Salad

MONDAY, JULY 20, 1:00 – 2:30 PM



Think salads are just about lettuce? Think again! Join Lori Bumbaco in the CWC demonstration kitchen and watch her create some mouthwatering, supercharged and nutritious summer salads. Samples will be shared.

## Men's Hike

TUESDAY, JULY 21, 10:30 – 11:30 AM



Join us for a two-mile hike through natural terrain at Middlefork Savanna. Please wear comfortable walking or running shoes and dress for the weather. (This hike is reserved for any male participant – those diagnosed, caregiving or bereaved).

## Physical Therapy Perspectives: The Pelvic Floor and Sexual Health

WEDNESDAY, JULY 22, 12:00 – 1:00 PM CST



In this program, ReVital certified cancer rehab specialist, Karyn Holtz, and CoreVia certified pelvic health specialist, Adriana Schoenfeldt from Rush Physical Therapy, will discuss ways the pelvic floor and sexual health may be affected by cancer and its treatment. Learn how physical therapy may help address limitations of the pelvic floor and sexual function, such as pain, fatigue, and bladder and bowel concerns.

## Now Recruiting – August 2026 Healthy Living After Cancer

STARTING TUESDAY, AUGUST 11, 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 August 2021 and August 2026. This is a committed program, requiring participants to meet weekly for 18 sessions.

### Want to learn more?

## Info Session

TUESDAY, JULY 14, 12:00 – 12:30 PM CST



Are you curious about what you can expect when you join Healthy Living After Cancer? This is a great opportunity to see if this program is a good fit for you.

### 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



## Wig Salon: Resurrection Medical Center

**WEDNESDAY, JULY 15, 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, JULY 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.



## 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

## Ask the Dietitian: Hydration

**FRIDAY, AUGUST 7, 1:00 - 1:45 PM**

 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 Hydration. Please submit your questions during registration.

## Therapy Dog Meet and Greet

**TUESDAY, AUGUST 11, 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.

# 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 (July 6 & 20)  	10:00 - 11:30 AM Canasta at CWC  	10:45 - 11:45 AM Strength & Conditioning  	10:30 AM - 12:00 PM Zentangle (July 16 & 30)  	10:00 - 11:00 AM Gentle Yoga  
	10:45 AM - 11:45 AM Healing With Energy Through Reiki  		5:30 - 6:30 PM Gentle Yoga: Lutheran General Hospital  	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 (July 13 & 27)  				
	5:30 - 6:30 PM Stress Relief Yoga  				

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