

COMPREHENSIVE RESOURCES FOR PEOPLE FACING CANCER, AND THEIR LOVED ONES

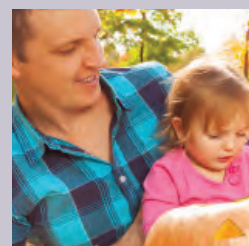
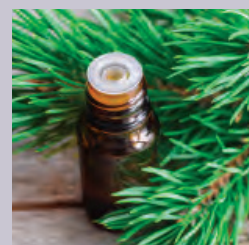


LivingWell 
CANCER RESOURCE CENTER

part of
 **Northwestern** Medicine

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Our Mission

LivingWell exists to provide compassionate care that empowers, encourages, supports and provides hope to cancer patients and their families.

Message *from our Director*

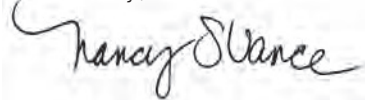
Until you hear the words “you have cancer”, it is very difficult to understand how isolating that diagnosis is for patients and their loved ones. Not only can that news be devastating from a physical perspective, but also from emotional, social and spiritual perspectives as well.

For cancer patients, knowing that their voice is heard and that their individual and unique needs are met is critically important to their well-being and healing and is central to our mission.

LivingWell is dedicated to delivering evidence based, medically mainstream programs and services that encourage, empower, support and provides hope to thousands of newly diagnosed patients and their families every year. All 80+ programs and services are provided free of charge because we believe that no one should face cancer alone.

If you haven't already been to LivingWell, I encourage you to stop in and take a tour of our beautiful and comforting center and see for yourself how and why LivingWell has earned top decile scores in patient satisfaction and national recognition for outstanding cancer care support programs.

Sincerely,



Nancy Vance, Director



PROGRAM AND EVENT REGISTRATION

Stop by the front desk and make sure we have your email address to receive updates. Please call to reserve your space. Priority registration is given to participants in active treatment and those who have not previously attended our programs.



CALL 630.262.1111 TO REGISTER, OR FOR MORE INFORMATION

TTY for the hearing impaired 630.933.4833.



All programs and services are provided free of charge, thanks to generous community donations.

CLASS LOCATION

Unless otherwise noted, all classes take place at LivingWell Cancer Resource Center, 442 Williamsburg Ave, Geneva. Class times and locations are subject to change without notice.

HOURS OF OPERATION

Monday – Thursday, 8:30 am – 8:30 pm

Friday, 9:00 am – 5:00 pm

First Saturday of each month,
9:00 am – 12:00 pm

Third Saturday of each month,
7:30 am – 12:00 pm



LivingWell will be closed:

Monday, September 4

Thursday, November 23

Friday, November 24

Monday, December 25

Education

MEDICAL UPDATES FOR LIVING WELL

NEW! Proton Treatment and Prostate Cancer

Tuesday, September 19, 6:00 – 7:30 pm

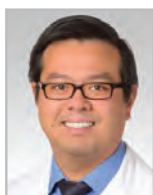


Learn about treatment options for early prostate cancer with a specific focus on protons. Topics include prostate surgery, brachytherapy (seeds), IMRT, hormone therapy, proton therapy and other treatment options. Presented

by William Hartsell, MD, Northwestern Medicine. Dr. Hartsell is the past president of Radiation Oncology Consultants and the Medical Director of the Northwestern Medicine Chicago Proton Center.

NEW! Questions to Ask Your Oncologist

Thursday, October 12, 7:00 – 8:30 pm



Back by popular demand, this interactive and informative presentation will help you determine the questions you should be asking to make the most of the time with your oncologist. Presented by

Alan Wan, DO, FACOI, KishHealth System, part of Northwestern Medicine.

Pink Fire Truck Visit

Thursday, October 19, 4:30 – 6:30 pm

A pink fire truck, dispatched to increase awareness of breast cancer, will be outside before the Breast Cancer Surgery and Reconstruction Options presentation, to tour and sign. (That's right, you can sign it!)



NEW! Breast Cancer Surgery and Reconstruction Options

Thursday, October 19, 6:30 – 8:00 pm



The first part of the evening will be spent learning about breast cancer surgery options. The second portion will include breast

reconstruction and revision options. Presented by Noemi Sigalove, MD, Northwestern Medicine and Steven Sigalove, MD, FACS, DuPage Medical Group.

NEW! Lung Cancer Treatment Update

Tuesday, November 7, 6:30 – 8:00 pm



Learn about lung cancer screening and new treatment options, including new immunotherapies. Presented by Philip D. Bonomi, MD, Rush University Medical Center. Dr. Bonomi, selected as one of Chicago Magazine's Top

Doctors, will share his three decades experience in the field of lung cancer research.



LivingWell Tours

LivingWell exists to provide compassionate care that empowers, encourages, supports and provides hope to cancer patients and their families. Stop in any day and time we are open; we will be happy to provide you with a tour. We also have standing appointments for tours every Friday 1:00 – 4:00 pm.



NEW! Health Reform, the Affordable Care Act, and Medicaid: Basics

Tuesday, September 12, 6:30 – 8:00 pm

Learn about the current status of the health reform effort in the U.S. Congress and its implications on the Affordable Care Act (ACA) and Medicaid coverage programs. The presentation will also include basic information for patients to be aware of regarding enrollment into ACA and Medicaid programs.

Presented by Adam Forker, MPH, Engage DuPage.



Advanced Care Planning Conversations

Wednesday, October 11, 6:30 – 8:00 pm



A medical crisis is often unpredictable and it is important that your family understands the care you would like to receive if they need to

make decisions for you. This presentation will equip you with the tools you need to ensure your wishes are carried out. Presented by Molly Trainor, LCSW, LivingWell and Shannon Brown, LSW, LivingWell.

NEW! Everything You Need to Know about Scans and Imaging

Thursday, September 21, 6:30 – 8:00 pm

Learn about MRIs, PET scans, CT scans, ultrasounds and X-rays. Topics include how diagnostic imaging procedures are done and what preparation is needed. Presented by Diane Giannakis, PET/CT Technician, Northwestern Medicine and Sue Guertler, MRI Technician, Northwestern Medicine.

Medicare Parts A, B, D and Open Enrollment

Monday, October 16, 6:30 – 8:00 pm



Learn about what Medicare Part A and Part B covers, and what they cost. Learn how Part D works and how to select the best and

most affordable drug coverage for you. Medicare Part D open enrollment is underway; explore your options and start the enrollment process. Coverage gaps, also known as the “donut hole,” will be explained as well as other coverage options that could help make prescription drugs more affordable. Presented by Becky Ness, LCSW, LivingWell and Sarah Kendra, LCSW, LivingWell.



Look Good... Feel Better®

Monday, September 11, 5:30 – 7:30 pm

Monday, October 9, 1:00 – 3:00 pm

Monday, November 13, 5:30 – 7:30 pm

Monday, December 11, 1:00 – 3:00 pm

Learn how to use wigs, scarves, hats and other accessories after hair loss. Education on nail care and a 12-step skin care and make-up program will be shared. This program is offered in partnership with the American Cancer Society and includes a complimentary cosmetic kit provided by the American Cancer Society. Additional Look Good... Feel Better® programs are available in Warrenville and DeKalb; see pages 21 and 22 for details.

WIG BOUTIQUE

LivingWell partners with the American Cancer Society, who provides free wigs for cancer patients experiencing hair loss as a result of treatment. No appointment is required. Wig Boutique services are also available in Warrenville. See page 21 for details.

Men's Breakfast

Third Saturday of each month, 8:00 – 10:00 am

Enjoy a hot breakfast while you listen to guest speakers address different topics each month. Share information and stories and discuss current events with other men impacted by cancer. For more information and a list of presenters see page 14.



NEW! Holiday Cheer with Essential Oils

Wednesday, November 1, 6:00 – 7:00 pm

Learn how to incorporate FDA approved supportive and consumable essential oils into the holiday season. Sample and take home recipes for mulled cider and more! Presented by Thecla Rettberg, RN, Clinical Aromatherapy Practitioner and Pamela Riley-Valesh, RN, Certified Clinical Aromatherapy Practitioner.





LIVING WELL THROUGH THE EMOTIONAL SIDE EFFECTS OF CANCER

NEW! Taking Care of Yourself During Hard Times

Thursday, September 7, 6:30 – 8:00 pm

Navigating changes and challenges that often follow a cancer diagnosis is no easy task. With many demands on your time, it's hard to keep your own emotional health in mind. Learn about the importance of taking care of yourself and ways to practice healthy self-care during stressful times. Presented by Christine McMinn, LCPC, LivingWell.

The Emotional Rollercoaster of Cancer

Mondays, September 18, 25 and October 2,
6:30 – 8:00 pm



Cancer can be an isolating and complicated experience. Different cancer topics will be covered each week. Presented by Kelley Navar, LCPC, LivingWell.

September 18 Managing anger and frustration
September 25 Coping with stress and worries
October 2 Feelings of isolation and depression

NEW! Coping With Loss: Handling the Holidays and Significant Dates

Thursday, November 16, 6:30 – 8:00 pm

Holidays can mark a difficult time for those who have experienced a loss. Participate in a discussion on grief and loss. Learn how to set healthy expectations for significant dates, how to manage holiday traditions and family gatherings, and ways to take care of yourself through it all. Presented by Christine McMinn, LCPC, LivingWell.

NEW! A Night of Remembrance

Monday, December 11, 6:30 – 8:00 pm

Spend an evening with others who understand the grief surrounding the holiday season during this special night. Participants are invited to bring a framed picture of their loved one along with an ornament to hang on a tree that will be displayed at LivingWell throughout the holiday season. Presented by Christine McMinn, LCPC, LivingWell.

LIVING WELL WITH NUTRITION

CULINARY COMFORTS

Learn how to manage your diet and get reliable information on many of today's nutritional Hot Topics while you enjoy a delicious meal prepared by LivingWell dietitians. Food may contain common allergens.

NEW! Phone Apps for Healthy Eating

Wednesday, September 20, 6:00 – 7:30 pm

NEW! Soy

Wednesday, October 18, 6:00 – 7:30 pm

NEW! Anti-Inflammatory Foods

Wednesday, November 15, 6:00 – 7:30 pm

NEW! Sugar and Cancer

Wednesday, December 6, 6:00 – 7:30 pm



Nutrition Consultations

Get nutritional recommendations tailored to support your needs and your cancer treatment from Sandie Hunter, RD, CSO, clinical nutrition manager at Northwestern Medicine. Consultations are limited to people diagnosed with cancer. Please call LivingWell to set up an appointment at 630.262.1111. You may email questions to AskADietitian@LivingWellcrg.org.

Nutrition programs are sponsored by the St. Charles Kick-A-Thon.



EATING WELL

Eating Well is an interactive cooking class focused on how to incorporate a plant-based diet. Food may contain common allergens. Presented by Nancy Zawicki, RD, LivingWell.

Plant Based Entrees

Tuesday, September 26, 10:00 – 11:30 am

Wednesday, September 27, 6:00 – 7:30 pm

Week Day Meals Made Simple

Tuesday, October 24, 10:00 – 11:30 am

Wednesday, October 25, 6:00 – 7:30 pm

Hearty Soups and Stews

Tuesday, November 7, 10:00 – 11:30 am

Wednesday, November 8, 6:00 – 7:30 pm

Healthy Appetizers for the Holidays

Tuesday, December 12, 10:00 – 11:30 am

Wednesday, December 13, 6:00 – 7:30 pm

LIVING WELL AFTER CANCER

Survivor's Guilt

Monday, October 30, 6:30 – 8:00 pm

After completing cancer treatment many people experience what is called “survivor’s guilt” and wonder, “why am I okay when others are not?” Learn how to manage feelings of guilt and discuss your experience with others. Presented by Christine McMinn, LCPC, LivingWell.



Weight Management After Cancer

First and Third Monday of each month, 6:00 – 7:00 pm

Studies show that achieving a healthy weight after cancer treatment can help reduce the risk of recurrence. Join other survivors and LivingWell dietitians on a journey through healthy living and weight management. This program is open to people who have completed cancer treatment and caregivers.

September 4	No Class
September 18	Grocery Shopping Tips
October 2	Holiday Eating
October 16	Holiday Eating Discussion
November 6	Cooking Skills
November 20	No Class
December 4	Cooking Skills Demonstration
December 18	No Class

Back On Track: Life After Cancer Education and Discussion Group

Mondays, November 13 – December 18, 7:00 – 8:30 pm



Transitioning from cancer patient to cancer survivor can be challenging. Educational topics will alternate with discussion groups to provide insight on life’s new challenges. Caregivers welcome. Presented by Missy Petty, LCPC, LivingWell.

November 13	Pressure to Thrive
November 20	Discussion Group
November 27	Managing Moods, Stress and Feeling Stuck
December 4	Survivorship Toolkit
December 11	Discussion Group
December 18	Fear of Recurrence



Support and Networking

LIVING WELL WITH COUNSELING AND SOCIAL WORK SERVICES

LivingWell oncology-trained counselors and social workers specialize in supporting individuals, families and children impacted by cancer. They are available to provide support to anyone, at any phase of cancer care. Please call LivingWell to set up a counseling, consultation, or social work appointment at 630.262.1111.

LivingWell Counselors

For many the emotional experience of going through cancer can be as challenging as the physical aspects. Patients and caregivers often experience worry, shock, anger, sadness, denial, fear and guilt, which are normal and common reactions to cancer. LivingWell's counselors provide an opportunity to learn valuable coping skills that can make the experience less stressful. Services are available at LivingWell and at Northwestern Medicine Cancer Center in Warrenville.



LivingWell Social Workers

The oncology social work team can connect you to financial resources, education, medication and transportation assistance, remove barriers to care, and address a number of other concerns that impact emotional health and well-being. LivingWell licensed clinical social workers are located at Northwestern Medicine Cancer Center Warrenville, Northwestern Medicine Cancer Center Delnor, Northwestern Medicine Chicago Proton Center, and Northwestern Medicine Kishwaukee Cancer Center.

Individual and Family Consultations

Consultations are one-time meetings designed to discuss your unique situation and to provide you with educational materials, tips and strategies for the weeks and months ahead. You will meet with a LivingWell counselor who specializes in cancer and is trained to help. Consultation options are as follows: New to Cancer, Caregiver, Family, Parenting, During Cancer Treatment, After Cancer Treatment, Late Stage Cancer and Grief.



SUPPORT GROUPS

Support and networking groups provide an environment for people who are facing similar circumstances to openly discuss the challenges of their cancer diagnosis. Groups are facilitated by licensed clinical professionals.

NEW! New to Caregiving Support

Second Monday of each month starting October 9,
6:30 – 8:00 pm

This monthly support group provides the opportunity to connect with other caregivers and is geared toward those caring for loved ones who have an early stage cancer diagnosis or are new to the caregiver role.

Caregiver Support

Tuesdays, 6:30 – 8:00 pm

This support group embraces the importance of those dedicated to caring for loved ones who are living with chronic cancer and provides opportunities to network with other caregivers facing similar struggles.

Facing Cancer Together (FACT)

Tuesdays, 6:30 – 8:00 pm

FACT is a support group for individuals with any type and stage of cancer.

Living Water

First and Third Saturday of each month,
10:00 – 11:30 am

Find support and encouragement through the Christian faith. Discover joy, hope and community. Open to caregivers and individuals diagnosed with cancer.

LIVING WELL AFTER LOSS

Good Grief

Thursdays, September 21 – December 7, 6:30 – 8:00 pm

This 10-week group provides education and emotional support for participants who have experienced the loss of an adult loved one to cancer within the past 12 months. The group is open to new members during the first three weeks of the session.

Good Grief: Transitions

Second Monday of each month, 6:30 – 8:00 pm

Share experiences and form connections with other individuals who have experienced the loss of an adult loved one from a cancer diagnosis. This group is open to individuals who are navigating life at any point after their first year of grief.

CANCER SPECIFIC GROUPS

*Brain Tumor	First Wednesday of each month	6:30 – 8:00 pm
Breast (General)	Third Monday of each month	7:00 – 8:30 pm
Breast (Mastectomy)	Second and fourth Wednesday of each month	6:30 – 8:00 pm
Breast (Metastatic)	First and third Monday of each month	6:30 – 8:00 pm
*Gastrointestinal	Second Thursday of each month	6:30 – 8:00 pm
Gynecological	First Monday of each month	7:00 – 8:30 pm
*Leukemia, Lymphoma, Multiple Myeloma	Fourth Monday of each month	6:30 – 8:00 pm
*Lung	Fourth Thursday of each month	6:30 – 8:00 pm
*Lymphedema	Mondays, September 11 and December 11	7:00 – 8:30 pm
Metastatic	Second Tuesday of each month	10:00 – 11:30 am
US TOO Prostate	Third Tuesday of each month	10:30 – 11:30 am

*Denotes support group that meets in Warrenville. See page 20 for more information.

*Caregivers welcome.

Breast cancer programs are sponsored by Bears Care®

B E A R S C A R E



Family Focus

LIVING WELL WITH FAMILY

Fun on the Farm

Saturday, October 7, 9:00 – 11:00 am
Windy Acres Farm
37W446 Fabyan Pkwy, Geneva

Bring the whole family for a brief presentation on plants, growing food and farm animals. Afterwards enjoy a tour of the greenhouse and visit the petting zoo. This program is sponsored by the Kiwanis Club of Geneva.

Pumpkin Carving

Thursday, October 26, 4:30 – 6:00 pm

Get creative as a family, carve a pumpkin and take it home to display.

Holiday Joy

Thursday, December 14, 5:30 – 7:30 pm



LivingWell's annual family holiday celebration will include gingerbread house decorating, a visit from Santa, holiday crafts and treats! This program is sponsored by My Chef catering.



JUST 4 KIDS

Club Courageous

Thursdays, September 7 – November 16, 4:30 – 5:30 pm



Club Courageous is a group for children ages 7–12 who have been impacted by cancer. Attendees will participate in a variety of activities to help process their cancer experience.

Facilitated by Kelley Navar, LCPC, LivingWell. Club Courageous is now also available in Winfield; see page 23 for details.



Club BraveheART

Thursdays, September 7 – November 16, 4:30 – 5:30 pm

Club BraveheART is designed to give children an opportunity to use their imaginations to explore art and hands-on activities. Open to potty-trained children, ages 3 and up. Please bring a paint shirt to each session. Class meets at the same time as Club Courageous. Facilitated by Cheri Hunt, Art Instructor, LivingWell.

CHILDREN AND TEEN COUNSELING SERVICES

Changes in a child's mood or behavior are common with the cancer experience. LivingWell offers counseling to help meet the unique needs of children impacted by a cancer diagnosis.

Teen Drop-In is for teens ages 13–17 whose lives have been impacted by cancer. This time will provide teens the opportunity to meet other teens impacted by cancer. They will discuss changes they have experienced in their personal, family and social lives.

For more information, please call LivingWell Counselor Kelley Navar at 630.315.6825.

Children and teen counseling services are sponsored by The Colette A. Miles Foundation.





Living Well With Men Like Me

Men's Breakfast

Third Saturday of each month, 8:00 – 10:00 am

Enjoy a hot breakfast while you listen to guest speakers address different topics each month. Share information, stories and discuss current events with other men impacted by cancer. Discover new information and camaraderie in this community for men.

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|-----------|---|
| September | Imerman Angels, Chuck Wehrli, Volunteer. |
| October | Communicating Through Cancer, Presented by Teri Fuller, Assistant Professor of English, Waubensee Community College and Heather LaCost, Professor of Psychology, Waubensee Community College. |
| November | Benefits of Exercise During and After Cancer Treatment, Danae Sibert, Exercise Physiologist. |
| December | Eating Healthy When On the Go, Nancy Zawicki, RD, LivingWell. |



Men's Fitness and Stretch

Thursdays, 6:30 – 7:30 pm

Men will use hand-held weights and medicine balls for strength training. In addition, the class will work on core strength, balance challenges and will conclude with an overall body stretch.

Us TOO Prostate Cancer Support Group

Third Tuesday of each month, 10:30 – 11:30 am

Share experiences and learn about treatment options, pain control, nutrition, mental health, coping strategies and more. LivingWell is proud to partner with Presence Saint Joseph Hospital, Presence Mercy Medical Center and oncology chaplain Pastor Don Shank to bring this group to our center.



Presence®
Saint Joseph Hospital

Stress Management Services

LIVING WELL WITH RELAXATION

A physician's release form is required for massage, facial and reflexology appointments. Talk to your physician about any concerns you may have; you will need to submit the completed form to LivingWell before you schedule an appointment. Please note that appointments are limited and priority is given to participants in active treatment.

Massage

A light, relaxing massage can be enjoyed by people at all stages of cancer. Massage has been shown to reduce stress, anxiety and depression, help with circulation, bolster the immune system, decrease pain and fatigue, and improve sleep. Experience the benefits of massage from one of our licensed therapists. Appointments are available at LivingWell in Geneva and Advocate Sherman Cancer Center in Elgin.

Reiki

Reiki is a gentle relaxation therapy that involves a practitioner using their hands to direct and improve the flow of energy to help support the body's own healing process. Reiki promotes deep relaxation, eases muscle tension, decreases stress and anxiety, improves attitude and increases well-being. Appointments are available at LivingWell in Geneva and Advocate Sherman Cancer Center in Elgin.

Reflexology

Reflexology is the practice of applying appropriate pressure to specific areas of the feet that link to different parts of the body and corresponding organs. This technique is believed to have beneficial effects in supporting your overall health and well-being by decreasing pain, stress, anxiety and depression, while boosting circulation that can increase energy. Studies have also shown that reflexology can help lower nausea for those in active treatment.

Oncology Facials for Skin Health and Stress Relief

Cancer treatment may leave the skin sensitive and dry. Experience the benefit of a gentle, hydrating facial given by a licensed, oncology-trained esthetician.



Spa Night

Tuesday, October 24, 6:00 – 6:45 pm;
6:45 – 7:30 pm; OR 7:30 – 8:00 pm

Enjoy an evening of pampering, relaxation and rejuvenation. **Receive two mini-spa treatments**, including massages for the back, feet, hands and scalp. This annual event is provided courtesy of Tranquility Spa & Wellness Center, located in St. Charles. Tranquility Spa & Wellness Center will also be raffling off a complementary manicure and pedicure to one lucky participant. Refreshments will be provided.



LIVING WELL WITH ART

Art is a great way to express yourself and manage stress while having fun and creating one-of-a-kind artwork. Learn new skills, and explore your creativity. No previous art experience is required. Priority registration is given to those who have not already attended and/or those currently in cancer treatment. Classes are open to those ages 16 and older. For questions about art classes please contact Cheri Hunt, 630.262.1111.

MONDAYS

Oil Painting

First three Mondays of each month,
10:00 am – Noon

Studies show art can decrease stress. Learn basic techniques of painting with oils from Robert Pennington, a local artist. Advance registration is required.

Jewelry Making

Mondays, 1:00 – 3:00 pm

September Clay

October Bracelets

November Necklaces

December Earrings

Create beads of clay, wire, hemp, chain mail and paper to make one-of-a-kind jewelry. Showcase your style.

Art and Yoga Retreat

Monday, September 18, 12:00 pm – 2:00 pm

Herrick Lake Forest Preserve

Naperville

Entrance at IL-56 E / Butterfield Rd

Spend time creating a unique piece of artwork incorporating the nature around you. You will also explore how breath helps regulate the nervous system and lowers the stress response. Engage in soft yoga postures suitable for both beginners and those with experience.

TUESDAYS

NEW! Journaling

Tuesdays, 9:00 – 11:00 am

Learn strategies about putting your thoughts and feelings down on paper. You'll also be guided through ways to include creative art in your journal. Presented by Christine McMinn, LCPC, LivingWell and Cheri Hunt, Art Instructor, LivingWell.



NEW! Image Transfer: Memories Make Art

Tuesdays, Noon – 2:00 pm

Image transfers make it easy to incorporate your photos into art and express yourself in symbolic and meaningful ways.

Knitting Circle

Tuesdays, 1:00 – 2:30 pm

Do you knit, crochet or needlepoint? Repetitive needlework has been found to relieve stress.



Paint, Print, Ink, Stencil and More!

Tuesdays, 2:30 – 4:30 pm

Learn a new way to cope with life's challenges using simple techniques for self-expression through art. Find your inspiration on paper! You will be taught new techniques to combine painting, printing, ink and stenciling.

NEW! Printmaking Workshop

Tuesdays, September 5–26, 6:00–8:00 pm

Express yourself and learn how to use a printing press to make textured prints and create your own watercolor monotype.

The Art of Colored Pencils

Tuesdays, October 10 – 31, 6:00 – 8:00 pm

Relax and create a unique masterpiece with guidance from artist Pam Bernard.

Alcohol Inks

Tuesdays, November 7–28, 6:00–8:00 pm

Learn basic techniques of alcohol and acrylic inks.
Use different papers, tiles, glass and metal to create
unique pieces.

WEDNESDAYS

Watercolor Workshop

Wednesdays, 10:00 am – Noon

Learn basic techniques to create a watercolor masterpiece and let your stress melt away.

NEW! Altered Card Collage

Wednesdays, 1:00 – 3:00 pm

Transform images and photos from home into your personalized stationary and handmade cards.

THURSDAYS



Soul Collage®

Thursdays, 11:30 am – 1:30 pm

Use found images to create meaningful cards that express how cancer has impacted you. Complete experiential exercises with the guidance of LivingWell's SoulCollage® facilitator, Cheri Hunt.

Therapeutic Arts

Mondays, September 11, October 16, November 20
and December 4, 6:00 – 8:00 pm

Each class will combine support, education and an art exercise to give participants an opportunity to process feelings and learn coping strategies. No prior art experience is necessary, all are welcome! Presented by Cheri Hunt and the LivingWell counselors.

September 11

Picking up the Pieces After Cancer Treatment

October 16

Grief

November 20

Body Image

December 4

Caring for a Loved One with Cancer

Mindful Movements and Fitness

Living Well in Mind and Body

Support healing, increase flexibility and range of motion, reduce stress and sleep better with classes modified for a variety of needs. Registration required; priority registration given to participants in active treatment and those who have not attended programs in the past.

GENEVA

Monday

9:00 – 10:00 am	Yoga
10:15 – 11:00 am	NEW! Movement for Circulation and Lymphedema
11:15 am – 12:00 pm	NEW! Mindful Movement for Stress Relief
12:15 – 1:00 pm	Relaxation and Meditation
5:00 – 5:45 pm	NEW! Fitness for Bone Health
6:00 – 7:15 pm	Yoga

Tuesday

9:15 – 9:45 am	Yogilates
10:00 – 11:00 am	Gentle and Restorative Yoga
11:15 – 11:40 am	Yoga Discussion Group
1:00 – 1:45 pm	Balance and Core Fitness
5:15 – 5:45 pm	Pelvic Muscle Fitness
6:00 – 7:00 pm	Gentle and Restorative Yoga

Wednesday

9:15 – 9:45 am	NEW! Fitness for Bone Health
10:00 – 11:00 am	Yoga

Thursday

9:15 – 9:45 am	Yogilates
10:00 – 11:00 am	Gentle and Restorative Yoga
11:15 am – 12:00 pm	Chair Yoga
12:15 – 1:00 pm	Balance and Core Fitness
6:30 – 7:30 pm	Men's Fitness and Stretch

Friday

9:30 – 11:00 am	Manage Emotions Through Yoga
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Saturday (First and third Saturdays of each month)

11:00 am – 12:00 pm	Gentle and Restorative Yoga
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WARRENVILLE

Northwestern Medicine Keystone Building
4525 Weaver Parkway, Warrenville, Illinois 60555
Multi-purpose Room

Monday

6:00 – 7:00 pm	LivingWell Yoga
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Tuesday (First three Tuesdays of each month)

6:30 – 7:30 pm	NEW! LivingWell Fitness for Cancer (See page 21)
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Wednesday

6:00 – 7:00 pm	LivingWell Gentle and Restorative Yoga No class the second Wednesday of each month.
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Thursday

6:00 – 7:00 pm	LivingWell Yoga
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Individual consultations are available to help you determine the wellness programs that are right for you.



Contact our Wellness Associate, Sheri Minnick, MS ERYT at 630.315.6818 or SMinnick@livingwellcrc.org. TTY for the hearing impaired 630.933.4833.

Elgin class details listed on page 23.

Breast cancer programs are sponsored by Bears Care®

B E A R S C A R E

GENTLE ACTIVITIES

NEW! Mindful Movement for Stress Relief

Focus on using breath in combination with tai chi movements to allow physical body stressors to be released.

Crystal Singing Bowls

Wednesday, October 4, 1:00 – 2:00 pm

Relax deeply and release stress while enjoying soothing sound vibrations. Presented by Yolanda Lozano, Energy Work and Sound Practitioner from Healing Hearts.

Chair Yoga

Learn to increase balance, flexibility, mobility, stamina and strength while connecting with your body and its movements. This is a gentle form of yoga practiced while sitting in a chair.

Gentle and Restorative Yoga

Mat-based yoga postures and restorative poses are performed with the help of bolsters and blankets. You must be able to get up and down from the floor.

Pelvic Muscle Fitness

Lower abdominal cancer treatment can affect continence, sexual function or cause prolapse in men and women. Practice exercises to stretch and strengthen pelvic muscles and minimize these common side effects of cancer.

Relaxation and Meditation

Quiet your mind through diaphragmatic breathing, and guided meditation. Enjoy the benefits of reduced anxiety, stress and depression. This class can be done in a chair or on a mat.

REGAINING STRENGTH AFTER TREATMENT

NEW! Movement for Circulation and Lymphedema

The lymphatic system needs help moving fluid through the body. These gentle movements can decrease lymphedema and increase circulation.

Balance and Core Fitness

Improve balance and core strength through the use of BOSU balls. Develop strong and supportive hip stabilizer and abdominal muscles.

NEW! Fitness for Bone Health

Individuals de-conditioned by cancer treatment and those who have osteoporosis/osteopenia can be prone to falls and fractures. Work to increase bone density and improve balance, coordination and flexibility.

Manage Emotions Through Yoga

Yoga uses physical postures, breath work and meditation to create harmony within the mind and body. Learn how yoga can help manage emotions and decrease stress.

Men's Fitness and Stretch

Men will use hand-held weights and medicine balls for strength training. In addition, the class will work on core strength, balance challenges, and will conclude with an overall body stretch.

Yoga

Learn yoga postures that will reduce stress, increase flexibility, and support your healing and sleep. Classes are modified for a variety of needs. Both standing and mat yoga poses will be incorporated.

Yogilates

Increase balance, flexibility and strength using a Pilates ring, a mat and BOSU Ball. Emphasis is on core strength.

Cancer Partnerships

Registration is required for all programs unless otherwise noted. Priority registration may be given to those who have not previously attended our programs.

WARRENVILLE



Northwestern Medicine Cancer Center Warrenville
4405 Weaver Parkway
Patient Resource Room, Warrenville

Counseling Services

For many, the emotional experience of going through cancer can be as challenging as the physical aspects. Patients and caregivers experience worry, shock, anger, sadness, denial, fear and guilt, which are normal and common reactions to cancer. LivingWell's counselors provide an opportunity to learn valuable coping skills that can make the experience less stressful. Services are available at LivingWell and at Northwestern Medicine Cancer Center Warrenville.

Brain Tumor Resource and Support Group

Second Wednesday of each month, 6:00 – 7:30 pm
Northwestern Medicine Cancer Center, Warrenville
4405 Weaver Parkway
First Floor Waiting Room
Caregivers welcome.

Lymphedema Support Group

Monday, September 11 and December 11, 7:00 – 8:30 pm
Northwestern Medicine Keystone Building
4525 Weaver Parkway, Multi-purpose Room,
Warrenville
Network, connect and share ideas with other individuals struggling with lymphedema. The group is facilitated by a certified lymphedema therapist and LivingWell counselor.

NEW! Warrenville Weight Management

Mondays, September 11 – November 6,
1:00 – 2:00 pm

Northwestern Medicine Keystone Building
4525 Weaver Parkway, Multi-purpose Room,
Warrenville

Learn how to manage a healthy weight after treatment to reduce the risk of cancer recurrence. Focus will be on nutrition, exercise and behavioral changes to meet your weight goal. Participate in weekly weigh-ins, and optional activities such as a food diary and challenges to earn incentive points to win prizes.

September 11	Introduction and Healthy Eating
September 18	Portion Control and Eating Out
September 25	Exercise
October 2	No Class
October 9	Why do We Eat?
October 16	Meal Planning
October 23	Label Reading and Shopping
October 30	Healthy Cooking and Food Prep
November 6	Fad Diets and the Evidence

Nutrition After Cancer Treatment

Tuesday, October 17, 6:00 – 8:00 pm
Saturday, December 2, 9:00 – 11:00 am

Northwestern Medicine Keystone Building
4525 Weaver Parkway, Multi-purpose Room,
Warrenville

Learn nutrition's role in the risk of cancer recurrence. Join a licensed dietitian for an interactive, discussion-oriented class. You will create personalized wellness goals, nutrition plans and review common questions about nutrition after cancer.



Warrenville Look Good... Feel Better®

Tuesday, September 26, 2:00 – 4:00 pm

Tuesday, October 24, 6:00 – 8:00 pm

Tuesday, November 28, 2:00 – 4:00 pm

Northwestern Medicine Keystone Building
4525 Weaver Parkway, Multi-purpose Room,
Warrenville

Learn how to use wigs, scarves, hats and other accessories after hair loss. Education on nail care and a 12-step skin care and make-up program will be shared. This program is offered in partnership with the American Cancer Society and includes a complimentary cosmetic kit provided by the American Cancer Society.



NEW! Warrenville Fitness for Cancer

First three Tuesdays of each month, 6:30 – 7:30 pm

Northwestern Medicine Keystone Building
4525 Weaver Parkway, Multi-purpose Room,
Warrenville

Exercise targeted to manage the side-effects of cancer treatment including osteoporosis, neuropathy, lymphedema and pelvic floor weakness. Learn safe ways to strengthen muscles, increase balance and address tingling and pain. No class October 17 or December 12.

Mind/Body classes offered at the Warrenville location see page 18.

Wig Boutique

Northwestern Medicine Keystone Building
4525 Weaver Parkway, Multi-purpose Room,
Warrenville

Each person diagnosed with cancer may receive one wig at no charge. The Wig Boutique is available by appointment only. Call 1.800.227.2345 to register. This program is offered in partnership with the American Cancer Society and includes wigs provided by the American Cancer Society.

DEKALB

Advanced registration not required. For more information call 815.748.2958.

KishHealth Cancer Center

10 Health Services Drive, DeKalb

**Chairside Art**

LivingWell art instructor, Cheri Hunt will provide chairside art at the Northwestern Medicine KishHealth Cancer Center.

DeKalb Cancer Support Group

Thursdays, 9:30 – 11:00 am

DeKalb Cancer Support Group

KishHealth Cancer Center

10 Health Services Drive, DeKalb

If you have been impacted by cancer, this is an opportunity to share experiences and learn from fellow patients, caregivers and trained staff in a safe and encouraging environment. Open to patients, caregivers and community members. Facilitated by Vickie Peyton, LCSW, OSW-C, KishHealth.

**Kish Cancer Center Tree of Memories**

Monday, December 11, 4:00 – 6:00 pm
(registration required)

KishHealth Cancer Center

10 Health Services Drive, Entrance Lobby, DeKalb

Create memorial ornaments with messages to your loved ones. Names will be read aloud to honor those who were lost. There will be live harp music, Healing Paws' dogs and refreshments.

**Women With Cancer Networking Group**

First and third Wednesdays of each month,
9:30 – 11:00 am

KishHealth Cancer Center

10 Health Services Drive, DeKalb

Women impacted by cancer have the opportunity to share information, find emotional support and connect with others impacted by cancer. Refreshments will be provided. Facilitated by Vickie Peyton, LCSW, OSW-C, KishHealth.

Dietitian's Dish

Fourth Thursday of each month, 9:45 – 11:00 am

Hy-Vee Kitchen

2700 DeKalb Avenue, Sycamore

Learn nourishing, healthy eating strategies for living with cancer and enjoy food demonstrations. Presented by Becky Sisler, RD, KishHealth.

DeKalb Look Good... Feel Better®

Monday, September 11 and December 4,
6:00 – 8:00 pm

KishHealth Cancer Center

10 Health Services Drive, DeKalb

Learn how to use wigs, scarves, hats, and other accessories after hair loss. Education on nail care and a 12-step skin care and makeup program will be shared. This program is offered in partnership with the American Cancer Society and includes a complimentary cosmetic kit provided by the American Cancer Society. Call 815.748.2958 to register.

ELGIN**Advocate Sherman Cancer Care Center**

1425 North Randall Road, Elgin

LivingWell Massage

Massage appointments are available for those living with cancer. See page 15 for more information on massage. Please call LivingWell to set up an appointment at 630.262.1111.

LivingWell Reiki Energy Work

Reiki is a gentle relaxation therapy that supports the body's own healing process, promoting deep relaxation, well-being and inner calm. Please call LivingWell to set up an appointment at 630.262.1111.

**Presence Saint Joseph Hospital****LivingWell Yoga**

Fridays, 6:00 – 7:15 pm

77 North Airlite Street, Elgin
Auditorium

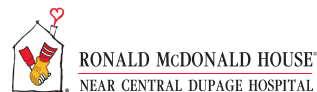
SANDWICH**Movin' On: Cancer Support Group**

First Thursday of each month, 5:00 – 6:00 pm

Somonauk Library

700 E. Lasalle St, Somonauk

If you have been impacted by cancer you are welcome to share experiences and learn from others in the group. Healthcare professionals will periodically present on topics such as nutrition, exercise, medication, care and more. This group is facilitated by Ben Mullineaux, LCSW, KishHealth. Refreshments will be provided. To register please call 815.786.9198.

WINFIELD**Ronald McDonald House®**

ON150 Winfield Rd, Winfield

Monthly LivingWell art classes are offered to residents of the house. LivingWell Yoga classes are available upon request.

Winfield Club Courageous

Tuesdays, October 3 – November 14,
4:30 – 5:30 pm

Ronald McDonald House®
ON150 Winfield Rd, Winfield

Club Courageous is a support group for children in cancer treatment and their siblings, ages 7–12. Attendees will participate in a variety of activities to help process their cancer experience. Facilitated by LivingWell counselors and social workers.





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COMING SOON

LivingWell Winter Gala

On Saturday, February 17th, over 300 guests will gather at the beautiful, private home of Ed and Karen French for the 13th Annual Winter Gala. The French's spectacular residence will become the backdrop for an enchanting evening. Lavish hors d'oeuvres will be served along with wines, cocktails and craft beers. The event will include a live and silent auction throughout the home. For information or to volunteer, please contact Lori Hansen at lhansen@livingwellcrc.org.



LivingWell Giving Tree

Throughout the month of December stop by LivingWell and choose an item off our giving tree to donate to help LivingWell programs. Items that are always needed include bottled water, hand soap, facial tissues and pantry snacks for kids.