

# Welcome to LivingWell



LivingWell Cancer Resource Center is a gathering place where people come together through a shared experience: a cancer diagnosis. Whether you are a patient, a caregiver or a family member, LivingWell can help you navigate your way through diagnosis, treatment and survivorship.

Our professionally trained and licensed staff and volunteers facilitate more than 75 programs and services designed to encourage, educate, empower and provide hope to you and your family. We are a non-profit organization fully funded by the community.

All programs and services are evidence-based and have been approved by our Professional Advisory Committee, comprised of top oncologists representing various academic and medical centers.

Programs and services are provided at no cost to participants, thanks to generous community donations.

- Medical updates
- Educational presentations
- Nutrition
- Family focus
- Stress relief
- Art
- Wellness classes
- Support and networking groups
- Social work services
- Individual and family counseling
- Life after loss
- Survivorship classes



## We're here to help

To learn more, visit [livingwellcrc.org](http://livingwellcrc.org) or call 630.262.1111.





# LivingWell Cancer Resource Center



## Our mission

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

## Our focus

LivingWell's focus is to help cancer patients and their caregivers learn vital skills that enable them to regain control, reduce isolation and enhance their quality of life.

