

COMPREHENSIVE RESOURCES FOR PEOPLE FACING CANCER, AND THEIR LOVED ONES



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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

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,
10:00 am – Noon

Third Saturday of each month,
7:30 am – Noon



LivingWell will be closed:
Monday, May 29
Tuesday, July 4

Education

MEDICAL UPDATES

NEW! Breast Reconstruction and Revision Options

Thursday, June 22, 6:30 – 8:00 pm



Learn what your reconstruction options are after breast cancer. Topics of discussion include implant options, a brief overview of what most insurances will cover and what you can do if you are not satisfied with the reconstruction you received. This interactive class will include plenty of time for questions. Presented by Lauren Hewell Fischer, MD, Todd S. Hewell, III, MD, Lauren Hewell Fischer, MD, Aesthetic and Reconstructive Plastic Surgery.

NEW! Living With Pancreatic Cancer

Tuesday, June 27, 6:30 – 8:00 pm



Learn about pancreatic cancer, treatment options and how to manage it in early and late stages from Dr. Small, a Radiation Oncologist who is the Professor and Chairman of Radiation Oncology at Loyola University and Dr. Dhanarajan, who is the Assistant Professor of Medicine at the Section of Medical Oncology Loyola University. There will be time for questions. Presented by William Small Jr., MD, FACRO, FACR, FASTRO, Loyola University and Asha Dhanarajan, MD, Loyola University.

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.

NEW! Vaginal Dryness and Painful Intercourse

Tuesday, August 1, 6:00 – 7:30 pm



Many breast and gynecological cancer survivors suffer from vaginal dryness and reduction of vaginal elasticity. New quick, non-hormonal treatments such as Mona Lisa Touch are available and provide immediate and durable relief for many symptoms. Vaginal dryness, burning, itching, painful intercourse or urination, laxity (feeling of looseness), mild incontinence and lichen sclerosus will be discussed. Presented by John Christensen, MD, Illinois Urological Institute.

NEW! Advances in Cancer Therapy

Thursday, August 10, 6:30 – 8:00 pm



Do you wish you had a better understanding of cancer treatment? Back by popular demand, Dr. Bayer, board certified in internal medicine, hematology and medical oncology, will share his 24 years of experience. He will discuss a brief history of cancer, clinical research, chemotherapy (adjuvant, palliative and maintenance), modern cancer surgery, radiation therapy and immunotherapies. Presented by Robert A. Bayer, MD, Northwestern Medicine.



NEW! Lymphedema Treatment and Risk Reduction

Thursday, May 18, 6:30 – 7:30 pm



Learn the basics of lymphedema, the most accepted forms of treatment, risk reduction guidelines and long-term management. Physical and occupational therapists certified to offer effective lymphedema treatments by the Lymphedema Association of North America will share their expertise. Refreshments will be served. Presented by Christine Wietrzykowski, PT, CLT-LANA, Northwestern Medicine, Karen Newton, OTR/L, CLT-LANA, Northwestern Medicine and Jennifer Rosko, PT, CLT-LANA, Northwestern Medicine.

NEW! Living With Multiple Myeloma

Monday, June 19, 6:30 – 8:00 pm

Enjoy dinner as you learn about multiple myeloma. Topics include an overview of the disease, new treatment options and what you can do after a diagnosis. Presented by Toni Klatt-Ellis, APRN, MN, AOCN, Takeda Oncology.

NEW! Regaining Health After Breast Cancer

Thursday, June 29, 6:00 – 8:00 pm



Learn what you can do to help alleviate lymphedema and regain mobility, strength and energy after breast cancer. Linda was elected to the Lymphology Association of North America's Board of Directors in 2000. She has taught internationally on lymphatic disorders and is currently creating standards for rehabilitation after breast cancer. Presented by Linda Roherty, PT, CLT-LANA, Advocate Sherman Health.



NEW! Advanced Care Planning

Thursday, July 13, 6:00 – 7:00 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.

NEW! Melanoma Screening

Thursday, May 4, 6:00 – 7:30 pm



Studies show that a previous cancer diagnosis will increase a person's chances of getting melanoma later in life. Learn how to perform skin self-evaluations for early detection of melanoma. You will receive a kit to perform self-evaluations at home. Presented by Sara Duffey, Clinical Trial Recruitment and Education Specialist, Northwestern Medicine.

Look Good... Feel Better®

Mondays, May 8, 5:30 – 7:30 pm
June 12, 1:00 – 3:00 pm
July 10, 5:30 – 7:30 pm
August 14, 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.



NEW! LivingWell with Music

First and Third Thursday of each month, starting May 18, 6:30 – 7:30 pm

Spend the evening sharing music that is meaningful to you with other musicians. Please bring sheet music to share. This collaborative group will not include a performance. Acoustic instruments are encouraged. No percussion instruments or amplifiers, please.

NEW! Music Therapy

Tuesday, July 11, 6:00 – 7:00 pm

Learn the benefits of music therapy and how it can help support you through cancer with stress, sleep, pain and other symptoms. This presentation will be informational and experiential. Presented by Stephanie Kleba, Music Therapist, MT-BC, NICU-MT, NMT, Expressive Healthcare Solutions, Inc.



NEW! Reflexology with Essential Oils

Wednesday, August 30, 6:00 – 7:00 pm

Learn the science behind reflexology (the application of localized pressure on the hands and feet) and how essential oils enhance this ancient technique. Presented by Thecla Rettberg, RN, Clinical Aromatherapy Practitioner/Certified Reflexologist and Pamela Riley-Valesh, RN, Certified Clinical Aromatherapy Practitioner/Certified Reflexologist.

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.

MANAGING THE EMOTIONAL SIDE EFFECTS OF CANCER


NEW! Communicating Through Cancer

Mondays, May 1 and 15, 6:30 – 8:30 pm

Explore how you communicate with others in conflict and crisis through these two interactive workshops. This program will be composed of short self-assessments, writing exercises and discussion. Participation at both sessions is encouraged but not required. Presented by Teri Fuller, Assistant Professor of English, Waubensee Community College and Heather LaCost, Professor of Psychology, Waubensee Community College.

NEW! Grief 101

Thursday, June 1, 6:30 – 8:00 pm

 Spend an evening learning about grief and dispelling common myths about grief and loss to better help you navigate your grief experience. You will learn ways to ask for support from loved ones and learn ways to help support someone along their grief journey. Presented by Christine McMinn, LCPC, LivingWell.


NEW! Managing Emotions Surrounding Medical Appointments

Thursday, June 8, 6:30 – 8:00 pm

Preparing for follow-up tests and doctor appointments can evoke a range of emotions including fear and anxiety. Learn ways to help manage pre-appointment stress, strategies to keep your fear under control and ways to approach communicating with your providers. Presented by Christine McMinn, LCPC, LivingWell.

The Emotional Rollercoaster of Cancer

Mondays, August 7, 14 and 21, 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.

August 7	Managing anger and frustration
August 14	Coping with stress and worries
August 21	Feelings of isolation and depression

NEW! Cancer and Loss

Thursday, August 24, 6:30 – 8:00 pm

When you or someone you love is given a cancer diagnosis, your whole world changes. It is common to experience a significant amount of grief and loss over life as you knew it. Spend an evening talking about how grief applies to a cancer diagnosis, common losses, individual experiences and how to continue living your life around your grief. Presented by Christine McMinn LCPC, LivingWell.

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 20 for details.

NUTRITION

NEW! HEALTHY EATING
AROUND TOWN

Learn about local businesses that can help you eat healthy every day! Enjoy a cooking demonstration and healthy meal, then try the recipes at home.

Using Local Produce and
Pasture Raised Meat with Rustic
Roads Farm



Monday, May 22, 6:00 – 7:30 pm

Healthy Dinners for Active Families
with The Market at Gracious Hall



Monday, June 26, Noon – 1:30 pm

Delicious, Healthy Lunches with
Tarragon Catering



Monday, July 24, Noon – 1:30 pm

Breakfast For Dinner with Abby's
Breakfast and Lunch Restaurant



Tuesday, August 29, 6:00 – 7:30 pm

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! Protein Guidelines in Meat-Based,
Vegetarian and Vegan Diets

Wednesday, May 31, 6:00 – 7:30 pm

NEW! Calcium and Vitamin D Guidelines and
Milk Alternatives

Wednesday, June 28, 6:00 – 7:30 pm

NEW! Juicing, Supplements, Caffeine
and Hydration

Wednesday, July 12, 6:00 – 7:30 pm

NEW! Antioxidants and Super Foods

Wednesday, August 16, 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. Call 630.262.1111 to make an appointment. You may email questions to AskaDietitian@LivingWellcnc.org.

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.

Berries, the Perfect Pick

Tuesday, May 9, 6:00 – 7:30 pm

Wednesday, May 24, 10:00 – 11:30 am

Breakfast Anytime

Tuesday, June 20, 6:00 – 7:30 pm

Wednesday, June 21, 10:00 – 11:30 am

Mighty Seeds and Nuts

Tuesday, July 18, 6:00 – 7:30 pm

Wednesday, July 26, 10:00 – 11:30 am

Adding Flavor With Herbs,
Spices and Vinegars

Wednesday, August 2, 10:00 – 11:30 am

Tuesday, August 8, 6:00 – 7:30 pm



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

LIFE AFTER CANCER

Survivorship Tool Kit

Monday, June 12, 6:30 – 8:00 pm



Learn what you need to put in your “tool box” in order to be prepared for the future. Topics include what you need to do in order to be proactive in screening and sharing information with your primary care physician.

Presented by Heather Augustyniak, APN, Northwestern Medicine.

Back On Track: Life After Cancer
Education and Discussion Group

Mondays, July 24 – August 28, 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.

July 24	Pressure to Thrive
July 31	Discussion Group
August 7	Managing Moods, Stress and Feeling Stuck
August 14	Discussion Group
August 21	Fear of Recurrence
August 28	Final Discussion Group

Survivor's Guilt

Thursday, August 31, 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
No class July 3

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.

May 1	Why Do We Eat?
May 15	Meal Planning
June 5	Meal Planning Discussion
June 19	Mindful Eating
July 3	No Class
July 17	Eating Out and On the Go
August 7	Fuel Your Workout
August 21	Fitness Presentation

Support and Networking

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.

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 and Northwestern Medicine Chicago Proton Center. Call 630.938.6963 or 630.315.1875 to speak with a LivingWell social worker.



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. To schedule your consultation please call 630.262.1111 and ask to speak with a counselor.



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. There will be time to share commonalities, information, support and understanding. Groups are facilitated by licensed clinical professionals.

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 cancer and provides opportunities to network with other caregivers facing similar struggles. No group July 4.

Facing Cancer Together (FACT)

Tuesdays, 6:30 – 8:00 pm

FACT is a support group for individuals with any type and stage of cancer. No group July 4.

LIFE AFTER LOSS

Good Grief

Thursdays, June 15 – August 17, 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.

NEW! 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 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	Monday, June 12	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

FAMILY FUN

NEW! Art and Horses

Saturday, May 20, 9:00 am – Noon
Field of Dreams
1N871 Brundige Rd, Elburn, IL 60119
Spend a morning as a family interacting with horses and creating a unique piece of art. This program is open to children ages 8 and older that are accompanied by an adult. Participants will meet at Field of Dreams.

NEW! Juggling

Wednesdays, July 19 and 26, August 2, and 9, 6:30 – 7:30 pm
Learn to be in the moment and reduce stress through juggling. If you can throw and catch a ball you can learn to juggle. Learn how to juggle three items in this class. This is fun for parents and children ages 10 and older; children under the age of 10 must be accompanied by an adult. Attendance at all four sessions is encouraged but not required.

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 contact LivingWell Counselor Kelley Navar at 630.315.6825.

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



JUST 4 KIDS

NEW! Kids in the Kitchen

Thursday, May 11, 4:30 – 6:00 pm
Children will learn basic cooking skills from a LivingWell dietitian as they create a meal to take home to the family. Open to children ages 3 – 13.

Expressive Arts Just 4 Kids

Monday, May 22, 5:00 – 6:30 pm
The LivingWell children’s counselor and LivingWell art instructor will help children share and discuss feelings that they may often try to hide. They will also create masks to help communicate and understand their emotions. This program is open to children ages 6 and older.



Nature and Art Camp

Friday, June 30, 11:00 – 2:00 pm
LeRoy Oakes Forest Preserve
37W700 Dean Street, St. Charles
Meet at Leroy Oakes Forest Preserve for a day of combining nature and art. Enjoy a walk in the creek, make a botanical print and capture your day in clay. Please wear clothing that can get dirty and wet, apply sunscreen and bug spray, and pack a lunch. Open to children ages 5 – 13; more details available upon registration.




NEW! Sculpture

Saturday, July 15, 9:00 – 11:00 am
Children will spend a morning expressing their creativity through the creation of three-dimensional sculptures using a variety of materials. Open to children ages 7 – 13.


NEW! Science and Nature

Saturday, August 19, 9:00 – 11:00 am
Children will explore science and art as they learn to make silly putty and crystals, and paint agate slices. Open to children ages 5 – 13.

Club Courageous

Thursdays, May 4 – June 29, 4:30 – 5:30 pm
 Club Courageous is a support 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 Warrenville; see page 21 for details.

Club BraveheART

Thursdays, May 4 – June 29, 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.



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.

May 20 No breakfast, LivingWell closed.

June 17 Heart Health After Cancer,
Presented by Andrew Rauh,
MD, FACC, DuPage Medical
Group.



July 15 Managing Digital Assets,
Presented by Karen Mills,
Associate Attorney,
Strohschein Law Group, LLC.



August 19 The Science Behind Reflexology,
Presented by Thecla Rettberg, RN,
Clinical Aromatherapy Practitioner/
Certified Reflexologist and Pamela
Riley-Valesh, RN, Certified Clinical
Aromatherapy Practitioner/Certified
Reflexologist.

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, offer 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.



Stress Management Services

FACIALS/MASSAGE/REFLEXOLOGY/REIKI

A physician’s release form is required for massage, facial, reflexology and Reiki 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.

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.

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.



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 Center Cancer in Elgin.

DISCOVER YOUR INNER ARTIST

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 – 12:00 pm

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

NEW! Block Printing

Mondays, 2:00 – 4:00 pm

Create and print with linoleum blocks, foam sheets and rubber blocks to create one-of-a-kind prints.



Art & Yoga Retreat

Monday, June 5, 12:00 – 4:00 pm
Herrick Lake Forest Preserve
35580 Naperville Rd, Wheaton

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

Acrylic Painting

Tuesdays, 10:00 am – 12:00 pm

Express your cancer experience through the exploration of acrylics, acrylic inks and alcohol inks. Use a variety of techniques, including how to combine mediums and gel to create textured surfaces.

Paint, Print, Ink, Stencil and More!

Tuesdays, 1:00 – 3:00 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! My Personal Inspiration

Tuesdays, May 23 and July 25, 6:00 – 8:00 pm

Create a motto and share your inspiration using a variety of art materials.

NEW! Your Peaceful Place

Tuesday, June 27, 6:00 – 8:00 pm
Monday, July 31, 6:00 – 8:00 pm

Create your peaceful place away from everyday stress, anxiety and cancer. Explore and create a meaningful and tranquil place using a variety of materials.

Handmade Cards

Tuesdays, May 2, 9 and 16, August 1 and 15,
6:00 – 8:00 pm

Thursdays June 8, 15 and 22, 6:00 – 8:00 pm

De-stress while learning the beauty of papermaking. Then transform your unique paper into one-of-a-kind, handmade cards.



Jewelry Making

Tuesdays, August 8 and 22, 6:00 – 8:00 pm

Create beads of clay, wool, glass and paper to make one-of-a-kind jewelry. Showcase your style.

Knitting Circle

Tuesdays, 1:00 – 2:30 pm

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

WEDNESDAYS

Watercolor Workshop

Wednesdays, 10:00 – 12:00 pm

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

NEW! Chalk, Oil Pastels and Charcoal

Wednesdays, 1:00 – 3:00 pm

Learn how to create a still life piece of art. Experiment with chalk, oil pastels and charcoal on a variety of surfaces.



THURSDAYS

SoulCollage®

Thursdays, 11:30 – 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

Thursdays, May 11, June 8, July 13 and August 10,
2:00 – 4:00 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.

May 11 NEW! Caring for the Caregiver

June 8 NEW! Grief

July 13 NEW! Learning to Let Go

August 10 Picking Up the Pieces: How Cancer Changes Roles and Identity

Vision Boards

Thursdays, July 13 and 27, 6:00 – 8:00 pm

Create a personal vision board to kick off the summer! A vision board is a powerful way to visualize goals and stay focused. You will set and prioritize goals, values and intentions to help remind you of things you want to do, be and have.

Mindful Movements and Fitness

MIND/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

- 9:30 – 10:30 am Yoga
- 5:00 – 5:45 pm Fitness
- 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 **NEW!** Pelvic Muscle Fitness
- 6:00 – 7:00 pm Gentle and Restorative Yoga

Wednesday

- 9:15 – 9:45 am Fitness
- 10:00 – 11:00 am Yoga
- 11:15 am – Noon Relaxation and Meditation

Thursday

- 9:15 – 9:45 am Yogilates
- 10:00 – 11:00 am Gentle and Restorative Yoga
- 11:15 am – Noon Chair Yoga
- 6:30 – 7:30 pm Men’s Fitness and Stretch

Friday (Third Friday of each month)

- 9:30 – 11:00 am Manage Emotions Through Yoga

Saturday (First and third Saturdays of each month)

- 11:00 am – Noon Gentle and Restorative Yoga

WARRENVILLE

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

Monday

- 6:00 – 7:00 pm LivingWell Yoga

Wednesday

- 2:00 – 4:00 pm LivingWell Workshops (See page 21)
- 6:00 – 7:00 pm LivingWell Yoga
No class the second Wednesday of each month.

Thursday

- 6:00 – 7:00 pm LivingWell Yoga

Individual consultations are available to help you determine the wellness programs that are right for you.



Contact our Wellness Associate, Sheri Minnick, 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®



GENTLE ACTIVITIES

NEW! 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.

Crystal Singing Bowls

Wednesday, June 14, 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.

NEW! Peace in Every Step
Thursday, June 29, 12:00 – 4:00 pm
DuPage County Forest Preserve Headquarters
3 Naperville Rd, Wheaton
Being mindful to slow down and enjoy every breath and step will bring you much-needed peace. Join us for a mindful walk and the practice of yoga nidra. Bring a lunch, walking shoes and a blanket.

Chair Yoga

Learn to increase balance, flexibility, mobility and stamina 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.

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

Fitness

Use low-impact and cardio segments with muscle-building exercises to build strength and flexibility in bodies de-conditioned by cancer treatment. Classes will include hand weights, resistance tubing and bands, stability balls and mats.

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, offer 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.

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. Presented by Jen Botka.

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.

Nutrition After Cancer Treatment

Tuesday, June 20, 6:00 – 8:00 pm
Saturday, August 19, 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.

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, June 12, 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 licensed clinical professionals.

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 630.932.1141 to register. This program is offered in partnership with the American Cancer Society and includes wigs provided by the American Cancer Society.

Warrenville Look Good... Feel Better®

Tuesdays, May 23, 2:00 – 4:00 pm
June 27, 6:00 – 8:00 pm
July 25, 2:00 – 4:00 pm
August 22, 6:00 – 8:00 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.



Warrenville Club Courageous

Tuesdays, May 2 – August 29, 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.



LivingWell Exercise Workshops

Wednesdays, May – August
2:00 – 2:45 pm, Lecture and Learning
3:00 – 4:00 pm, Movement and Practice
Northwestern Medicine Keystone Building 4525 Weaver Parkway, Multi-purpose Room, Warrenville
Learn and practice exercises targeting different areas each month. The first hour is educational and the second hour is exercise practice to address the specific symptoms you may be encountering during this time. Attendance at both is encouraged, but not required. Presented by Sheri Minnick, MS, LivingWell Yoga Instructor.

May – Osteoporosis. Low bone mass is a concern for many individuals, particularly after cancer treatment. Learn safe ways to strengthen muscles, increase bone density and work on balance in this class.
June – Pelvic Floor. A healthy pelvic floor is critical to maintain continence, sexual function and prevent prolapse. Learn the anatomy, tips and exercises to stretch and strengthen.
July – Lymphedema. If you had lymph nodes removed or irradiated it is critical to understand the potential causes of lymphedema. Learn exercises you can do at home.
August – Neuropathy. Learn self-massage techniques and yoga poses that may be helpful with numbness, tingling, pain and muscle weakness.

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

DEKALB

Advanced registration not required. For more information call 815.748.2958.

KishHealth Cancer Center
10 Health Services Drive, DeKalb, IL 60115



part of
Northwestern
Medicine

Chairside Art

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

DeKalb Cancer Support Group

Thursdays, 9:30 – 11:00 am

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, Kish Health. Call 815.748.2958 for more information.



Caring for the Caregiver Support Group
Second and Fourth Tuesdays of each month, 2:00 – 3:30 pm

KishHealth Cancer Center
10 Health Services Drive, DeKalb

Find support and practical steps to cope effectively with the unique issues of caregiving. Whether you are a spouse, partner, family member or friend, you are welcome. Refreshments will be provided. Facilitated by Vickie Peyton, LCSW, OSW, Kish Health.

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, Kish Health.



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, Kish Health.

DeKalb Look Good... Feel Better®
Monday, June 5, 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 Hospital

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

Presence Saint Joseph Hospital

LivingWell Yoga
Fridays, 6:00 – 7:15 pm
77 North Airlite Street, Elgin
Auditorium

SANDWICH



part of
Northwestern
Medicine

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.

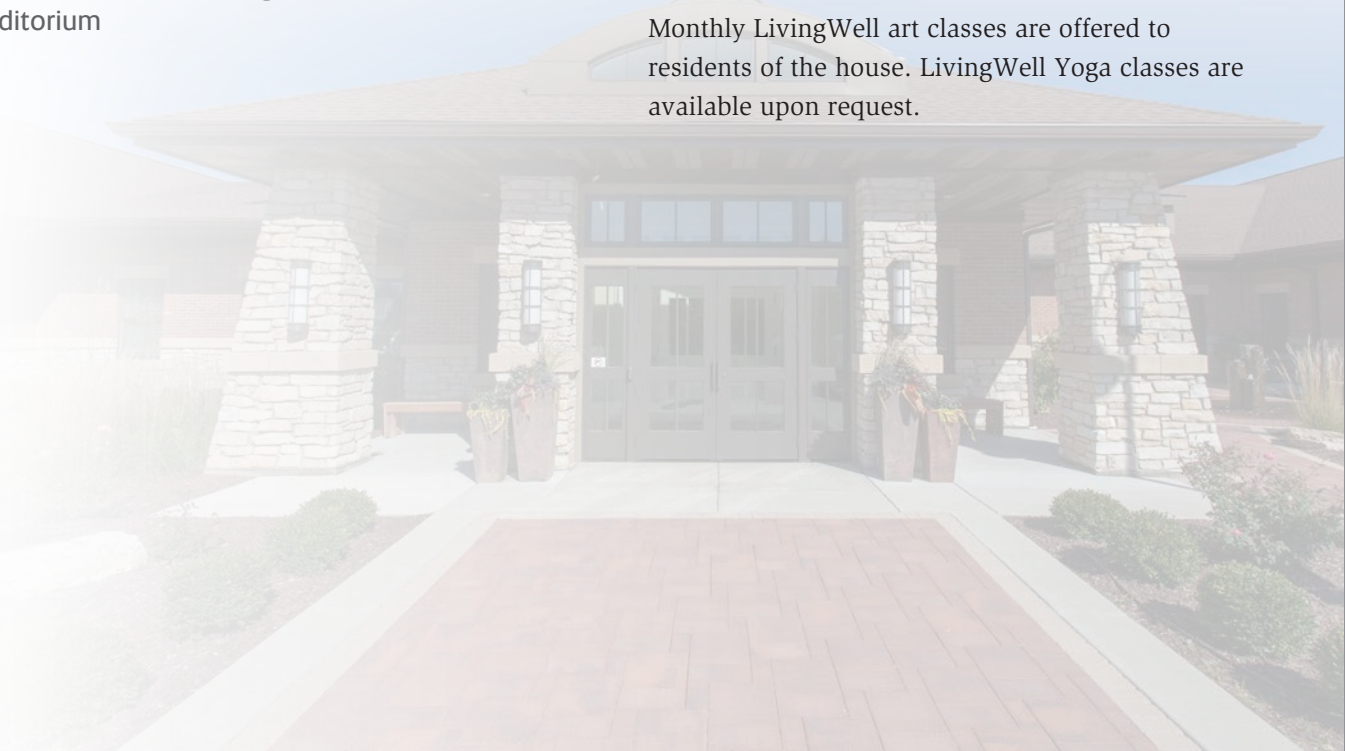
WINFIELD



RONALD McDONALD HOUSE®
NEAR CENTRAL DUPAGE HOSPITAL

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.





442 Williamsburg Avenue
Geneva, Illinois 60134
630.262.1111
TTY for the hearing impaired
630.933.4833.

livingwellcrc.org

COMING SOON

STORYCORPS LEGACY
provides people of all
ages with serious illness
and their families the
opportunity to record,
preserve, and share
their stories.

For more information visit
storycorps.org.

If you would like to set up a
complementary appointment
please contact
Rod Accardi at 630.933.6634
or Rod.Accardi@nm.org

12th ANNUAL BRIDGE WALK Saturday, May 13, 8:00 am

Kane County Forest Preserve
Fabyan Forest Preserve,
Route 31 Entrance
1925 Batavia Avenue
Geneva, Illinois 60134



Our 12th Annual Bridge Walk is a family-focused
5K along the beautiful Fox River that honors cancer
patients and survivors. Gather your family and
friends and join us for this amazing morning full
of hope and solidarity!

Register your team today.

Visit www.livingwellcrc.org/bridgewalk
to register or for more information.