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 patients with cancer, knowing that their voice is heard and that their individual 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 provide hope to thousands of newly diagnosed patients and their families every year. All 100+ programs and services are provided at no cost 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 S. Vance, Director
Education

MEDICAL UPDATES FOR LIVING WELL

The Effects of Osteoporosis and Cancer
Thursday, May 9, 6:00 – 7:30 pm
Presented by Beth Froese, MD, Northwestern Medicine Regional Medical Group/Orthopaedics, Marge Delaney, APN, Northwestern Medicine Regional Medical Group/Orthopaedics, Laura Yudys, RD, Northwestern Medicine, Lisa Gierczak, PT, OCS, Kim Lueken, MPT, DPT, OCS
Join a panel of healthcare professionals to discuss the diagnosis and treatment of osteoporosis. The panel includes a physician, nurse practitioner, dietitian and physical therapist who will share information, tips and strategies in developing a multidisciplinary approach in treating and preventing this disease.

All of Us
Thursday, May 16, 6:00 – 7:30 pm
Presented by Monica J. Rodriguez, Director of Communications and Engagement, All of Us Research Program, Northwestern University
Creating the right health approaches and care for the right person is called precision medicine. Getting the right information to make that happen is the goal of the All of Us Research Program from the National Institutes of Health (NIH). Northwestern Medicine is calling on volunteers like you to help make history and change the future of health. The health data you share will be added to the All of Us Research Program database, where researchers can access this information to conduct studies and help improve health outcomes.

Digestive Health and Cancer
Monday, June 3, 6:00 – 7:30 pm
Presented by Kate Wulkow, RD, LDN, CSO, Northwestern Medicine/LivingWell
Cancer treatment can have many side effects, including digestive issues. Spend an evening with our expert to find out how food can help relieve certain digestion issues. Topics will include how to manage constipation, diarrhea, reflux and gut health, as well as other means of diet for digestive health.

Pelvic Muscle Fitness for Men
Monday, June 10, 6:00 – 7:30 pm
Presented by Sheri Minnick, MS, ERYT, LivingWell, and Georgia Nicolaidis, PT, Northwestern Medicine
Have you been diagnosed with prostate cancer or recently received treatment? Learn and practice exercises to strengthen pelvic floor muscles before or after prostate surgery/treatment, which can help reduce side effects.

Proton and Photon Radiation Therapy – What’s the Difference?
Monday, June 24, 6:00 – 7:30 pm
Presented by Steve Laub, MS, DABR, Medical Physicist, Northwestern Medicine
This presentation will cover the basics of photon and proton therapy, as well as the qualities that make them different. The history and technology of each therapy will also be discussed.

The Difference Between Palliative Medicine and Hospice
Wednesday, June 26, 6:00 – 7:30 pm
Presented by Mark Speyer, MD, Palliative Medicine, Northwestern Medicine
Join Dr. Speyer to explore the differences between palliative care and hospice care, options you could have, and how to choose the best plan of care for your cancer journey. Time will allow for a brief question and answer session.

Clinical Trials and Developments in Cancer Therapies
Thursday, July 11, 6:00 – 7:30 pm
Presented by Vinai Gondi, MD, Radiation Oncology Consultants
Learn about the cutting edge of cancer treatment, and what you need to know about clinical trials. Dr. Gondi has served as the national Principal Investigator of several multi-institution clinical trials and will discuss recent developments in cancer therapeutics, including novel radiotherapy and immunotherapy treatments. This presentation will provide an overview of clinical trials, including how clinical trials are developed, and things to consider before participating in a clinical trial.

Understanding Lab Values
Monday, July 15, 6:00 – 7:30 pm
Presented by Melanie Smerillo, MSN, RN, PHN, Takeda
Learn how blood cancers affect the bone marrow, what common blood tests measure, how to interpret the results, and symptoms that are usually displayed at each level in treatment and remission. Appetizers will be served.

Heart Health and Cancer
Thursday, August 15, 6:00 – 7:30 pm
Presented by Chintan Desai, MD, MS, FACC, Northwestern Regional Medical Group
Managing heart health along with cancer treatment can be challenging for any patient. Please join us for an educational presentation by Dr. Desai to learn more about how to manage side effects, and how to be proactive about your care.

Appetizers will be served.
NEW! Beautiful You
Every Second Wednesday of the month, 3:30 – 5:00 pm
Presented by Jenny Burns and Karen Wake
We are excited to introduce our new workshop, Beautiful You, which focuses on beauty techniques. Beautiful You is designed to help cancer patients minimize the effects that may accompany traditional cancer treatments using simple makeup techniques. Beautiful You also explores how to accessorize with various head coverings such as scarves and hats, as well as how to choose the best-fitting wig to ensure you feel beautiful from the inside out. Please call 630.262.1111 for any questions or to register. This class will hold a maximum of 12 active cancer patients per session.

Crystal Singing Bowls
Wednesday, May 15 and July 10, 1:00 – 2:00 pm
Presented by Yolanda Lozano, Healing Hearts
Relax deeply and release stress while enjoying soothing sound vibration. This is a seated class and located in the yoga studio.

Reflexology and Essential Oils
Wednesday, May 15, 6:00 – 7:00 pm
Presented by Thecia Rettelberg, RN, clinical aromatherapy practitioner/certified reflexologist, and Pamela Riley-Valesh, RN, certified clinical aromatherapy practitioner/certified reflexologist
Learn the science behind reflexology (the application of localized pressure on the hands and feet) and how essential oils enhance this ancient technique.

WIG BOUTIQUE – GENEVA AND WARRENVILLE
LivingWell partners with the American Cancer Society, which provides wigs at no cost for patients with cancer who are experiencing hair loss as a result of treatment.
No appointment required for LivingWell Geneva. For LivingWell Warreenville, please call LivingWell Cancer Resource Center at 630.262.1111 to make an appointment. LivingWell Warreenville is located at 4525 Weaver Parkway, Suite 103/Multipurpose Room, Warreenville.

NEW! Back by Popular Demand! Documentary:
"Hidden Scars: Emotional Impact of Mastectomy and Cancer-Related Experiences"
Wednesday, May 15, 6:30 – 8:00 pm
Join us on a heartfelt journey that explores the impact of mastectomy, and how it affects your emotions before and after surgery. There will be time for questions and conversation. People affected by any type of cancer are welcome, including healthcare teams.

NEW! Emotional Roller Coaster of Cancer: Coping with Stress and Worry
Monday, July 8, 6:30 – 8:00 pm
Presented by Kelley Navar, LCPC, LivingWell
This presentation will explore the different kinds of stress, how to notice stress and worry building within self, and various ways to cope with it.

NEW! Eating Well Goes Farm to Table
Tuesday, July 23
10:00 – 10:45 am Pick produce at a local farm
11:00 – 12:30 pm Cook at LivingWell
Take a trip to a local farm and learn how to pick produce that can be used for healthy meals in the kitchen.

NEW! Growing Well: Gardening
Presented by Nancy Zawicki, MS, RD, LDN, Northwestern Medicine/LivingWell
Wednesday, May 8, 6:00 – 8:00 pm
Learn how to manage your diet and get reliable nutrition information from reputable resources.

NEW! Growing Well: Tomato Varieties, Beyond Basics Gardening
Tuesday, June 11, 11:00 – 12:00 pm
Presented by Mary Zupke, MS, RD, LDN, FAND, Northwestern Medicine, and Kate Wulkow, RD, CSO, LDN, CDE, Northwestern Medicine
This presentation will explore the different kinds of stress, how to notice stress and worry building within self, and various ways to cope with it.

NEW! Growing Well: Tomato Varieties, Beyond Basics Gardening
Tuesday, June 11, 11:00 – 12:00 pm
Presented by Mary Zupke, MS, RD, LDN, FAND, Northwestern Medicine, and Kate Wulkow, RD, CSO, LDN, CDE, Northwestern Medicine
Learn how to manage your diet and get reliable information on many of today’s nutritional Hot Topic while you enjoy a delicious meal prepared by LivingWell dietitians. Food may contain allergens.

NEW! Supplementation: Juicing and Caffeine
Wednesday, May 1, 6:00 – 7:30 pm
Wednesday, May 29, 12:30 – 2:00 pm
NEW! The Mediterranean Way of Eating
Wednesday, May 8, 6:00 – 7:30 pm
Wednesday, June 19, 12:30 – 2:00 pm
NEW! Weight Loss Smartphone Apps
Wednesday, July 17, 6:00 – 7:30 pm
Wednesday, July 24, 12:30 – 2:00 pm
NEW! Sounds Fishy!
Wednesday, August 7, 6:00 – 7:30 pm
Wednesday, August 28, 12:30 – 2:00 pm

LIVING WELL WITH NUTRITION

Picking Produce Like a Professional
Presented by Nancy Zawicki, MS, RD, LDN, Northwestern Medicine/LivingWell
Tuesday, August 6
1:00 pm LivingWell presentation
2:00 pm Local Grocery Store Tour
Meet at LivingWell to learn about produce. Then, drive to the grocery store to tour the produce section and select produce to bring home.

Growing Well: Gardening
Presented by Nancy Zawicki, MS, RD, LDN, Northwestern Medicine/LivingWell
Wednesday, May 8, 6:00 – 8:00 pm
Join us on a heartfelt journey that explores the impact of mastectomy, and how it affects your emotions before and after surgery. There will be time for questions and conversation. People affected by any type of cancer are welcome, including healthcare teams.

NEW! It’s Tomato Season
Tuesday, August 6, 10:00 – 11:30 am
Wednesday, August 14, 6:00 – 7:30 pm

EATING WELL

Eating Well is an interactive cooking class that focuses on the Mediterranean diet, which incorporates primarily plant-based foods for a healthy way of eating.
Presented by Nancy Zawicki, MS, RD, LDN, Northwestern Medicine/LivingWell

NEW! Easy Main Dishes for Summer
Tuesday, May 7, 10:00 – 11:30 am
Wednesday, May 8, 6:00 – 7:30 pm

NEW! Refreshing Salads
Tuesday, June 4, 10:00 – 11:30 am
Wednesday, June 13, 6:00 – 7:30 pm

NEW! Star Spangled Dishes
Tuesday, July 9, 10:00 – 11:30 am
Wednesday, July 10, 6:00 – 7:30 pm

NEW! Lights Out
Tuesday, August 20, 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 at 630.262.1111 to set up an appointment. You may email questions to askadietitian@livingwellcrc.org.
LIVING WELL AFTER CANCER: SURVIVORSHIP PROGRAMS

**Back on Track: Surviving Survivorship**
Mondays, July 15 – August 26, 7:00 – 8:30 pm
Presented by Missy Petty, LCPC, LivingWell

Many patients find themselves wondering, “Now what?” after their cancer treatment ends. This program will help both patients and caregivers navigate the challenges people experience as they transition into survivorship. Topics covered include: changes in relationships, managing expectations, addressing anxiety and depression, the “new normal,” fear of recurrence, how to partner with your primary care physician and other providers, managing your health records, and envisioning a positive future. Attendance at the entire series is encouraged but not mandatory.

- July 15 Pressure to Thrive
- July 22 Discussion Group
- July 29 Managing Moods, Stress and Feeling Stuck
- August 5 Survivorship Toolkit
- August 12 Discussion Group
- August 19 Fear of Recurrence
- August 26 Envisioning Your Future

**Nutrition After Cancer Treatment**
Learn nutrition’s role in the risk of cancer recurrence. Join a licensed dietitian to create personalized wellness goals and nutrition plans, and review common questions about nutrition after cancer. Please call LivingWell at 630.262.1111 to set up an appointment for an individual consultation at Northwestern Medicine Cancer Center Delnor or Northwestern Medicine Cancer Center Warrenville.

**Being Well**
1:00 – 2:00 pm
Presented by Nancy Zawicki, MS, RD, LDN, Northwestern Medicine/LivingWell

This class focuses on wellness and will include a participative demonstration of recipes that promote good health — in mind, body and spirit. Limit 10 participants per class for survivors. Meets once a month.

- Wednesday, May 8 – Spring Into Goodness!
  Create delicious salads for quick and easy meals.
- Wednesday, June 12 – Berries, the Perfect Pick!
  Incorporate berries in a variety of ways. Berries are loaded with phytonutrients and add lots of goodness to your meals.
- Wednesday, July 10 – Summer Goodness!
  Fresh is best! Seasonal vegetables cost less and are easy to use in meal planning.
- Wednesday, August 14 – Farm to Table
  Shop local and enjoy farm-fresh foods.

**LIVING WELL AFTER LOSS**

**SUPPORT GROUPS**

**Good Grief**
First three Thursdays of each month, 6:30 – 8:00 pm
Navigating life after loss is challenging, and having the support of others who understand can help. This group provides emotional support and connection for individuals who have experienced the loss of an adult loved one to cancer within the past 12 months.

**Grief Transitions**
Second Monday of each month, 6:30 – 8:00 pm
Share experiences and form connections with others who have experienced the loss of an adult loved one to cancer. This group is open to individuals who are navigating life with loss at any point after their first year of grief.

**ART**

**Grief Inspired: Expressing Grief Through Creativity**
First Monday of each month, 6:30 – 8:00 pm
Presented by Christine McMinn, LCPC, LivingWell, and Cheri Hunt, art instructor, LivingWell

This class allows participants to try different art modalities while enjoying the camaraderie of other individuals who are grieving. Come experience the relaxing effects of art, which can help you navigate life after loss.

**WELLNESS**

**Mindful Grieving: Expressing Grief Through Yoga, Self-Reflection and Discussion**
Fourth Thursday of each month, 6:30 – 8:00 pm
Presented by Christine McMinn, LCPC, LivingWell, and Jen Botka, yoga instructor

This class includes a gentle yoga practice, discussion of mindfulness-based topics, and meditation centered around supporting your grieving heart. This group is open to any individual who experienced the loss of a loved one to cancer three months ago or longer. A physician’s release is required for participation. Please call to register.

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<tr>
<th>Month</th>
<th>Event</th>
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<tbody>
<tr>
<td>May</td>
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<td>Living Grief</td>
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<td>August</td>
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**LivingWell With Music** | First and Third Thursday of each month, 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.
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

The emotional experience of going through cancer can be as challenging as the physical aspects. Patients and caregivers often feel 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.

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 Hospital 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.

**Living Water**

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.

**Facing Cancer Together (FACT)**

Tuesdays, 6:30 – 8:00 pm
FACT is an ongoing weekly support group for people with any type or stage of cancer and is appropriate for patients who are newly diagnosed, in treatment, completing treatment or living with cancer as a chronic illness. Attendance every week is not required, and participants are encouraged to attend as they are able. This group meets at the same time as the weekly group for caregivers.

**Cancer Specific Groups**

- Brain Tumor: First and third Wednesday of each month 6:30 – 8:00 pm
- Breast (General): Third Monday of each month 7:00 – 8:30 pm
- Breast (Mastectomy): Third Monday of each month 7:00 – 8:30 pm
- Breast (Metastatic): Third Monday of each month 7:00 – 8:30 pm
- Grief Support Groups: See page 9 for details
- Leukemia, Lymphoma, Multiple Myeloma: Fourth Monday of each month 6:30 – 8:00 pm
- Lymphedema: Monday, June 10 7:00 – 8:30 pm
- Prostate: Third Tuesday of each month 10:30 – 11:30 am
- Head and Neck: Meets quarterly, first Monday of the month starting in July 6:00 – 7:30 pm
- Living Water: Third Saturday of each month 10:00 – 11:00 am

Support groups are recommended for patients who are newly diagnosed, currently receiving any type of cancer treatment, or within five years of completing treatment.

Breast cancer programs are sponsored by Bears Care®
Family Focus

LIVING WELL WITH FAMILY

Brave and Courageous Kids
Summer Experience (Ages 3-13)
Thursdays, 4:00 – 5:30 pm
June 6  Clay Leaf Bowl: Where art and nature meet
June 13  Oodles of Doodles with Zen Doodle: Learn to tangle and doodle with a variety of pens and paper
July 11  Experimenting, Exploring, Erupting Science Projects for Kids
July 25  Creating in the Kitchen
August 1 and August 15  3D Media: Sculpt and play with papier-mâché, paper clay and wire

Young Chefs Cook
Tuesdays, May 21, June 11, July 9 and August 13, 4:30 – 5:30 pm
Presented by Mary Zupke, MS, RDN, LDN, FAND, Northwestern Medicine
Children and teens will learn how to transform farm-fresh healthy foods into delicious snacks, unique school lunches and simple dinners. They will channel enthusiasm and creativity in the kitchen while learning more about eating healthy after cancer. Open to children ages 5 to 18; parents are encouraged to attend.

May 21  Berrylicious!
June 11  Sensational Summer Desserts
July 9  Summer Burger Options: Meat and Meatless!
August 13  Taco Tuesday: Simple New Taco Options

Young Chefs Go Farm to Table
Tuesday, July 23, 4:00 – 6:30 pm
Harvest vegetables from Rustic Road Farm in Elburn, and then return to LivingWell to cook up some of the bounty using delicious summer recipes.
4:00 – 4:45 pm  Farm visit
5:00 – 6:30 pm  Cooking at LivingWell

JUST 4 KIDS

Club Courageous (Ages 7 to 13)
Thursdays, May 2 – May 30, 4:30 – 5:30 pm
Facilitated by Kelley Navar, LCPC, LivingWell
The Club Courageous program curriculum includes supportive and fun activities to help children learn valuable communication tools and coping skills. The program helps children process and express the many emotions that often accompany a cancer diagnosis, including fear, sadness and grief. Open to children between the ages of 7 and 13 who are receiving cancer treatment, are cancer survivors, have a parent currently in cancer treatment or have recently experienced the loss of a family member to cancer.

Club Brave-heART (Ages 3 to 6)
Starting Thursday, May 2 – May 30, 4:30 – 5:30 pm
Facilitated by Cheri Hunt, art instructor, LivingWell
Club Brave-heART supports children who are receiving cancer treatment, are cancer survivors, have a parent currently in cancer treatment or have recently experienced the loss of a family member to cancer. This program provides a safe and fun environment where children can express themselves through a variety of art projects, and spend time with other children who are experiencing similar situations. Open to potty-trained children, ages 3 to 6.

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.
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 and stories, and discuss current events with other men impacted by cancer. Discover new information and camaraderie in this community for men.

Geneva Fit-Date Night
Mondays, 4:15 – 4:45 pm
Make fitness with your loved one a weekly priority. Come in and exercise, then go out for a date of your own choosing. Strengthen your body, strengthen your bond!

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 AMITA Health Saint Joseph Hospital and Oncology Chaplain Reverend Soren Flessen.

Stress Management Services

LIVING WELL WITH RELAXATION
A physician’s release form is required for massage, reflexology and facial 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.

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 reduce nausea for those in active treatment. Appointments are available at LivingWell in Geneva and Warrenville.

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. Appointments are available with a licensed therapist at LivingWell in Geneva, Warrenville and AdvocateAuroraHealth in Elgin.

Laughter Yoga
Wednesday, May 29, 4:00 – 5:00 pm, Yoga Studio
Presented by Terri Reasoner, PhD, CPT, Engaged Performance
Laughter Yoga is a unique exercise routine that can strengthen abdominal muscles, facilitates pumping of our lymph nodes, improves circulation and relieves tension and stress throughout the body.

Laughter Yoga
Wednesday, June 19, 5:00 – 6:00 pm
Presented by Patty Turbak, AromaTouch Certified Practitioner, Tranquility Spa and Wellness Center
Join us for an interactive session on how to safely use essential oils to relax, calm, and soothe yourself.

Oncology Facials for Skin Health and Stress Relief
Experience the benefits of a gentle, hydrating facial given by a licensed, oncology-trained esthetician. Appointments are available at LivingWell in Geneva and Warrenville.
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 at 630.262.1111.

MONDAY

Oil Painting
First three Mondays of each month
10:00 am – 12:00 pm
Learn basic techniques of painting with oils from LivingWell local artist Robert Pennington.

Water-Soluble Oils
Fourth Monday of each month
10:00 am – 12:00 pm
Learn basic techniques of painting with water-soluble oils.

Monday Workshops
Mondays, 1:00 – 3:00 pm
- May: Alcohol Inks
- June: Quilling: Create designs by coiling and shaping narrow paper strips
- July: Paper Clay, Papier-mâché, Paper Cuts
- August: Jewelry Making

TUESDAY

Journaling and Altered Art
Presented by Christine McMinn, LCPC, and Cheri Hunt, art instructor, LivingWell
Tuesdays, 11:00 am – 1:00 pm
Learn strategies to help put your thoughts and feelings down on paper. You will also be guided in ways to incorporate art into your journal.

Tuesday Workshops
Second Tuesday of each month, 6:00 – 8:00 pm
- May: Macramé
  Learn macramé knot work.
- June: Wearable Felted Art Pins
  Create wearable art with needle felting.
- July: Creative Lettering
  Experiment and create letterforms and embellishments.
- August: Watercolors
  Learn how to use neocolor aqua crayons, watercolor pencils, and traditional watercolors to create a piece of artwork.

WEDNESDAY

Watercolors
Wednesdays, 10:00 am – 12:00 pm
Learn basic techniques to create either a traditional or an abstract watercolor masterpiece, and let your stress melt away.

Wednesday Workshops
Wednesdays, 1:00 – 3:00 pm
- May: Gelatin Printing
  Print without a press.
- June: Prints
  Print with a press.
- July: Scratch Board
- August: Painting With Paper
  Create your own painted paper collage.

THURSDAY

Thursday Workshops
Thursdays, 9:00 – 11:00 am
- May and June: Jewelry
- July and August: Clay

Mixed Media
Thursdays, 11:30 am – 1:30 pm
Using a variety of media, create one-of-a-kind masterpieces.
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 cancer survivors and caregivers who have not attended programs in the past.

GENEVA

Monday
9:00 – 10:00 am Yoga
10:15 – 11:00 am Movement for Circulation, Lymphedema and Neuropathy
11:15 am – 12:00 pm Tai Chi Movement for Stress Relief
12:15 – 1:00 pm Relaxation and Meditation
3:00 – 4:00 pm Welcome to Mindful Movements
4:15 – 4:45 pm Fit-Date Night
5:00 – 5:45 pm Fitness for Bone Health
6:00 – 7:15 pm Yoga
6:30 – 8:00 pm Mindful Grieving: Expressing Grief
11:15 am – 12:00 pm Yoga Discussion Group
12:00 pm Gentle and Restorative Yoga
1:45 pm Tai Chi Movement for Stress Relief
2:00 pm Gentle and Restorative Yoga
3:00 pm Aromatherapy and the Art of Savasana
5:00 pm Tai Chi Movement for Stress Relief
6:00 pm Tai Chi Movement for Stress Relief

Tuesday
9:15 – 9:45 am Full Body Quick Fit
10:00 – 11:00 am Gentle and Restorative Yoga
11:15 – 11:40 am Yoga Discussion Group
11:45 am – 12:45 pm Welcome to Mindful Movements
1:00 – 1:45 pm Balance and Core Challenge
5:15 – 5:45 pm Core and Pelvic Muscle Strength
6:00 – 7:00 pm Gentle and Restorative Yoga
7:00 – 7:30 pm Aromatherapy and the Art of Savasana

Wednesday
9:15 – 9:45 am Fitness for Cancer Recovery
10:00 – 11:00 am Yoga

Thursday
9:15 – 9:45 am Full Body Quick Fit
10:00 – 11:00 am Gentle and Restorative Yoga
11:15 am – 12:00 pm Chair Yoga
6:30 – 8:00 pm Mindful Grieving: Expressing Grief
Through Yoga and Mindfulness
See page 9 for details

Friday
9:00 – 10:00 am Fitness for Bone Health and Yoga
10:00 – 11:30 am Manage Emotions Through Yoga
Every third Friday of the month

Saturday (Third Saturday of each month)
11:00 am – 12:00 pm Gentle and Restorative Yoga

NEW! Welcome to Mindful Movements and Fitness Program Orientation
Mondays, 3:00 – 4:00 pm (except first Monday of the month)
Tuesdays, 11:45 am – 12:45 pm (except first Tuesday of the month)

NEW! Aromatherapy and the Art of Savasana
Reap the benefits of a full-body savasana (guided relaxation) along with diffused essential oils to support the body, clear the mind and lift the spirit. Aromatherapy and yoga are ancient practices focused on physical, mental and spiritual health.

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

Balance and Core Challenge
Our most challenging and energetic class uses BOSU® balls (inflated rubber hemisphere). Improve balance and core strength, and develop strong and supportive hip stabilizer and abdominal muscles.

Fit-Date Night
Come in and exercise, then go out for a date of your own choosing afterwards. Strengthen your body, strengthen your bond!

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.

Mindset and Core Challenge
Learn to increase balance, flexibility, mobility, stamina and strength while connecting with your body and its movements.

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.

Tai Chi Movement for Stress Relief
Focus on using breath in combination with tai chi movements to allow physical body stressors and anxiety to be released. This is a standing practice.

Movement for Circulation, Lymphedema and Neuropathy
The lymphatic system needs help moving fluid through the body. These movements get the lymphatic system flowing and may help lymphedema. Class includes activities to help stimulate receptors of the hands and feet.

Relaxation and Meditation
Quiet your mind through diaphragmatic breathing and guided meditation. Enjoy the benefits of reduced anxiety, stress and depression.

For all new participants, please attend the Welcome to Mindful Movement class or schedule an individual consultation to help determine the appropriate wellness programs for you. Contact our wellness associate, Sheri Minnick, MS, ERYT, GFI for an orientation to the Mindful Movements and Fitness programs. Session will include a tour of the facility, an introduction to the equipment used in the classes and a discussion of your individual needs. Sheri will help to determine the appropriate wellness program for you.

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Breast cancer programs are sponsored by Bears Care®

Bears Care®

icon indicates this class can be completed in a seated position.
LivingWell Warrenville

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

Counseling Services
For many, the emotional experience of going through cancer can be as challenging as the physical aspects. Patients and caregivers may 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
Patients with brain tumors face unique challenges. This support group provides a safe place for patients and caregivers to connect and discuss resources, give and receive support, address medical-related questions with a clinical facilitator and attend educational talks. Facilitated by a LivingWell social worker and neuro-oncology APN.

Head and Neck Cancer Support Group
Meets quarterly, first Monday of the month (July), 6:00 – 7:30 pm
Northwestern Medicine Cancer Center, Warrenville
4405 Weaver Parkway, Garden Conference Room, Warrenville
If you have been impacted by head, neck or esophageal cancer, attend our quarterly meetings to learn more about these specific diseases with fellow patients, caregivers and trained staff.

Lymphedema Support Group
Monday, June 10, 7:00 – 8:30 pm
LivingWell Warrenville
4525 Weaver Parkway, Multipurpose Room/Suite 103, Warrenville
Network, connect and share ideas with other individuals struggling with lymphedema. The group is facilitated by a certified lymphedema therapist and LivingWell counselor.

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 cancer survivors and caregivers who have not attended programs in the past.

WARRENVILLE

LivingWell Warrenville
4525 Weaver Parkway, Suite 103/Multipurpose Room

Crystal Singing Bowls
Wednesday, June 12 and August 14, 1:00 – 2:00 pm
Presented by Yolanda Lozano, Healing Hearts
LivingWell Warrenville
4525 Weaver Parkway, Suite 103/Multipurpose Room, Warrenville
Relax deeply and release stress while enjoying soothing sound vibration. This is a seated class.

WIG BOUTIQUE – GENEVA AND WARRENVILLE
LivingWell partners with the American Cancer Society, which provides wigs at no cost for patients with cancer who are experiencing hair loss as a result of treatment.

No appointment required for LivingWell Geneva. For LivingWell Warrenville, please call 630.262.1111 to make an appointment.

LivingWell Warrenville is located at 4525 Weaver Parkway. For LivingWell Warrenville, please call 630.262.1111 to make an appointment.

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For all new participants, please attend the Welcome to Mindful Movement class (Geneva location) or schedule an individual consultation to help determine the appropriate wellness programs for you.

Contact our wellness associate, Sheri Minnick, MS, ERYT, at 630.262.1111 or smnick@livingwellcrc.org. TTY for the hearing impaired 630.933.4833.

Bears Care®
Breast cancer programs are sponsored by Bears Care®.
CANCER PARTNERSHIPS

Cancer Partnerships

CHICAGO
Wednesdays
Northwestern Medicine Prentice Women’s Hospital
250 East Superior, Third Floor, Classroom R
Chicago
1:00 – 2:00 pm Wellness Consultations by Appointment
2:00 – 2:45 pm Movement for Circulation, Lymphedema and Neuropathy
2:45 – 3:00 pm Relaxation and Meditation
3:15 – 4:00 pm Fitness for Cancer Recovery
4:00 pm Wellness consultations by appointment

COMING SOON! Starting July 2019
First Monday and Tuesday of each month
Northwestern Medicine Galter Pavilion
675 North St. Clair, 20th Floor Conference Room/Information Area
10:00 – 10:30 am Tai Chi Movements for Stress Relief
10:30 am – 12:00 pm Drop-in Wellness Consultations
2:00 – 3:00 pm Gentle Seated Stretch and Guided Relaxation
3:00 – 5:00 pm Drop-in Wellness Consultations

DEKALB
Advanced registration not required. For more information, call 815.748.2958.

Northwestern Medicine
Kishwaukee Hospital Cancer Center
10 Health Services Drive, DeKalb
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, Northwestern Medicine.

Dietitian’s Dish
Fourth Thursday of each month, 9:45 – 11:00 am
Hy-Vee Kitchen
2700 DeKalb Avenue, Sycamore

ELGIN
AdvocateAuroraHealth
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 at 630.262.1111 to set up an appointment.

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 peace. Please call LivingWell at 630.262.1111 to set up an appointment.

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

WINFIELD
Ronald McDonald House®
Near Central DuPage Hospital
ON150 Winfield Road, Winfield
LivingWell Art Classes
Third Monday of every month
Offered to residents of Ronald McDonald House Near Central DuPage Hospital.

Winfield Club Courageous
Tuesdays, May 7- August 27, 4:30 – 5:30 pm
Club Courageous is a support group for children in cancer treatment and their siblings, ages 7 to 15. Attendees will participate in a variety of activities to help process their cancer experience. Facilitated by LivingWell counselors and social workers. Attendees do not need to be residents of Ronald McDonald House.

LivingWell Massage
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Thank You

Our deep appreciation to Ed and Karen French, hosts of many of LivingWell’s winter fundraisers, for raising more than three million dollars to support our programs.

The St. Charles Drill Team continues to set the bar and inspire young philanthropists within our shared community. Thank you for your amazing support!