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Our Mission
LivingWell exists to provide compassionate care that empowers, encourages, supports and provides hope to people facing cancer and to their families.
Welcome Message
From Our Director, Angela McCrum

Hello and welcome to the LivingWell Cancer Resource Center, part of Northwestern Medicine. The supportive services that we provide to anyone impacted by or living with a cancer diagnosis are a reprieve from medical treatments, testing and the clinical environment. LivingWell is a resource that allows those impacted by cancer to catch their breath and “normalize” everything that is occurring around them.

When participants walk through our doors, they feel a sense of warmth and calm. This nurturing environment is supported by LivingWell staff and volunteers, each of whom is filled with compassion and shares a commitment to understanding and meeting the personal needs of our participants.

Thanks to generous donations from caring friends and neighbors of LivingWell, we are able to offer our 100-plus programs and services at no cost to participants. These programs are not only offered in Geneva, but throughout the western suburbs in connection with various oncology programs. Our offerings include medical presentations by oncology thought leaders; professionally led support groups and individual counseling; art, nutrition and fitness classes; massage therapy; and much more.

On August 31, we finished FY 2019 with a 4% increase in program utilization and earned top decile scores in patient satisfaction. We are committed to the well-being of our participants and will never lose sight of that. If you haven’t already been to LivingWell, I encourage you to stop in and take a tour of our beautiful facility. I promise it will be a breath of fresh air!

Sincerely,

Angela McCrum, MHA, Director

Follow us on facebook.com/livingwellcrc for program updates and special events!

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 at no cost, thanks to generous community donations.

CLASS LOCATION

Unless otherwise noted, all classes take place at LivingWell Cancer Resource Center, 442 Williamsburg Avenue, 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
Third Saturday of each month, 7:30 am – 11:00 am

LivingWell will be closed Wednesday, January 1
Education

MEDICAL UPDATES AND SPECIAL PRESENTATIONS FOR LIVING WELL

Buying Medical Marijuana
Thursday, January 9, 6:00 – 7:30 pm
Presented by Joanna Skiadopoulos, director of outreach, and Tracy Gawron, area director, ZenLeaf Dispensaries
Learn more about medical marijuana and how to obtain the drug safely and lawfully from a local dispensary.

How to Use Nature to Nurture Your Soul
Tuesday, January 14, 6:00 – 7:30 pm
Presented by Deborah Marqui, LCSW, psychotherapist and owner, Healing Gardens at Stone Hill Farm, and author of From the Fire Into the Garden: A Healing Journey
A passionate gardener and cancer survivor, Deborah Marqui will share how the earth becomes our teacher and healer. The earth lessons we learn give us the tools to help sustain and nurture our true selves.

Gynecological Cancer Update: Are You at Risk of Recurrence?
Monday, January 20, 6:00 – 7:30 pm
Presented by Barbara Buttin, MD, Gynecologic Oncology, Northwestern Medicine Regional Medical Group
Various markers are monitored to predict future occurrences. Learn the implications of the CA125 tumor marker test and how to interpret the results. The steps outlining what to do if cancer returns will also be covered.

Reshaping Body Image, Two-part Series
Monday, February 3, and Monday, March 30, 6:30 – 8:00 pm
Monday, February 3: Educational Presentation by LivingWell counselor, Christine McMinn, LCPC
Monday, March 30: Discussion and Creative Expression with Cheri Hunt, LivingWell art instructor, and Christine McMinn, LCPC
A cancer diagnosis has the potential to shift the way you feel about your body in big and small ways. Not only can a diagnosis cause physical changes within your body, but it can cause emotional changes in the way you feel about your body. Learn more about ways to start loving your body again both through education and creative expression. Attendance at both nights is encouraged, but not required.

Radiation Basics and Myth Debunking
Thursday, February 6, 6:00 – 7:30 pm
Presented by Amit Bhate, MD, medical director, Radiation Oncology, Radiation Oncology Consultants, and faculty member, Northwestern University Feinberg School of Medicine
Learn about the basics of radiation therapy, including how it works and what to expect. Dr. Bhate will also discuss common misconceptions about radiation.

Effects of Chemo and Radiation on the Brain
Thursday, February 20, 6:00 – 7:30 pm
Presented by Sean Grimm, MD, Northwestern Medicine Warrenville Cancer Center
Learn about chemo brain and the additional ways that cancer treatment affects the brain. Dr. Grimm is a neuro-oncologist who specializes in the treatment of patients with neurologic complications of cancer and brain tumors.
Questions to Ask Your Doctor and Care Team When Diagnosed With Cancer
Wednesday, February 26, 6:00 – 7:30 pm
Presented by Patti Frey, MSN, RN, OCN, nurse, Northwestern Medicine Regional Medical Group

Take charge of your cancer care. Prepare for an upcoming oncology appointment with a checklist of essential questions to make the most of your time with your physician and care team.

I’ve Finished Cancer Treatment. What Now? Survivorship 101
Monday, March 2, 6:00 - 7:30 pm
Presented by Christopher George, MD, Medical Director, Medical Oncology, Northwestern Medicine Regional Medical Group

Cancer treatment can require a patient’s full attention and energy for months or even years. And when it is done, the treatment can leave patients emotionally and physically spent—and even a bit disoriented as they adjust to life after cancer. Dr. George will address what to expect as a “cancer survivor” and how you can partner with your medical team to recover from the treatment and remain cancer-free.

Reflexology and Essential Oils
Thursday, March 5, 1:00 – 2:30 pm
Presented by Pamela Riley-Valesh, RN, certified clinical aromatherapy practitioner and 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.

Advances in Treatments for Blood Cancers
Thursday, March 5, 6:00 – 7:30 pm
Presented by Robert Eisner, DO, Northwestern Medicine Regional Medical Group Hematology and Medical Oncology, Northwestern Medicine Cancer Center Warrenville

Join Dr. Eisner as he provides an overview of new therapy and treatment options available for leukemia, lymphoma and multiple myeloma.

Meet Jonny Imerman, Founder, Imerman Angels
Monday, March 9, 6:00 - 7:30 pm

While fighting cancer at 26 years old, Jonny Imerman had loving support from family and friends, but never met anyone his age who was a cancer survivor. He wanted to talk to someone just like him, someone who truly understood and remembered. That led him to found Imerman Angels. Today, Imerman Angels provides that gift for cancer fighters. Imerman Angels introduces each cancer fighter to one survivor who is the same age, same gender and someone who has already faced that particular type of cancer. Come and hear Jonny’s story and learn more about LivingWell’s new Young Adults With Cancer support group starting the second Monday of each month in April from 6:30 - 8:00 pm.

Lymphedema Q&A
Monday, March 9, 6:30 – 8:00 pm
LivingWell Warrenville
Suite 103/Multipurpose Room
Presented by Jamie Olp Stoker, OTR/CLT-LANA

Jamie Olp Stoker, an occupational therapist at Northwestern Medicine who treats lymphedema, will lead an educational Q & A at LivingWell Warrenville that will include the following key topics surrounding lymphedema: who is at risk, how your risk can be reduced, how lymphedema is treated and how lymphedema can be successfully managed.

Update: GI Cancers
Tuesday, March 24, 6:00 – 7:30 pm
Presented by Kevin Dawravoo, MD, Northwestern Medicine Regional Medical Group Hematology and Medical Oncology, Northwestern Medicine Cancer Center Warrenville

Dr. Dawravoo specializes in treating gastrointestinal cancers (stomach, pancreas, liver, esophagus and colorectal), and will share new research and updates that impact GI treatment.
Navigating Work and Cancer
Thursday, March 26, 6:00 – 7:30 pm
Presented by Joanna Fawzy Morales, Esq., CEO, Triage Cancer
A cancer diagnosis often brings up questions on how to navigate work and cancer. Regardless if you are working through treatment or returning to work after taking time off, you may have access to federal, state and employee protections. This presentation by cancer rights attorney Joanna Morales will address the relevant laws such as the Americans With Disabilities Act, the Family and Medical Leave Act, state laws, and disclosure and privacy protections.

Everything You Want to Know About Immunotherapies
Thursday, April 2, 6:00 – 7:30 pm
Presented by Robert Bayer, MD, Northwestern Medicine Regional Medical Group Hematology and Medical Oncology, Northwestern Medicine Kishwaukee Hospital Cancer Center
Learn how immunotherapies work and how they are used in cancer treatment, and take a look at the future of cancer treatment. Dr. Bayer will share his 26 years of experience, passion for research and hematology background in this interactive presentation.

Fertility and Cancer
Tuesday, April 14, 6:00 – 7:30 pm
Presented by Mary Ellen Pavone, MD, Northwestern Medicine Fertility and Reproductive Medicine Oak Brook Terrace
During cancer treatment, patients have important and complex issues to consider, including present and future fertility. Learn about fertility testing after treatment and other options for having biological children.

How to Create a Healing Garden
Thursday, April 30, 6:00 – 7:30 pm
Presented by Deborah Marqui, LCSW, psychotherapist and owner, Healing Gardens at Stone Hill Farm, and author of From the Fire Into the Garden: A Healing Journey
A passionate gardener and cancer survivor, Deborah Marqui will share how to create a healing garden at your own home. A healing garden can be planted in a special area in the yard or it can be contained in a small container for your deck or balcony. At Marqui’s home, each of her gardens has a different theme, and every garden has a story. For Marqui, the stories are lessons learned in her healing journey. Come and learn how to create your own sanctuary!

Face the Fight and Win With Boxing Fitness
Thursdays, January 30, February 27, March 26 and April 30, 6:00 – 7:00 pm
Fridays, January 10, February 14, March 13 and April 10, 3:00 – 4:00 pm
Presented by Delilah Matos, Beautiful Fighter*
Build confidence, regain trust in your body and reduce stress. Join Delilah Matos, certified USA Boxing coach, for a low-impact, non-contact boxing class that will have you feeling empowered and ready to face any obstacle with impact.

Beautiful You
Every second Wednesday of the month, 3:30 – 5:30 pm
(January 8, February 12, March 11, April 8)
The Beautiful You program provides makeup tips and accessories to help minimize some of the effects of traditional cancer treatments, and help you look and feel beautiful. 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. Please call 630.262.1111 to register. This class is limited to 10 women who are currently receiving medical cancer treatment.

WIG BOUTIQUE – GENEVA
Visit our private and beautiful wig boutique during normal LivingWell business hours. The American Cancer Society provides wigs at no cost or reduced cost for patients with cancer who are experiencing hair loss as a result of treatment. No appointment is necessary.
EATING WELL

Presented by Nancy Zawicki, RD, LDN, MS, Northwestern Medicine

Eating Well is an interactive cooking class that focuses on the Mediterranean-style of living to incorporate many plant-based foods for a healthy way of eating. Choose a daytime or evening class.

Cozy Up: Soups and Stews for the Winter Months
Tuesday, January 21, 6:00 – 7:30 pm
Tuesday, January 28, 10:00 – 11:30 am

Heart Healthy Cuisine
Tuesday, February 11, 6:00 – 7:30 pm
Tuesday, February 25, 10:00 – 11:30 am

Anti-inflammatory Foods to Eat
Tuesday, March 3, 10:00 – 11:30 am
Tuesday, March 10, 6:00 – 7:30 pm

Cultivate a Mediterranean Lifestyle
Tuesday, April 7, 6:00 – 7:30 pm
Tuesday, April 21, 10:00 – 11:30 am

LIVING WELL WITH NUTRITION

Culinary Comforts
Presented by Nancy Zawicki, RD, LDN, MS, Northwestern Medicine

Experience some new foods and tastes that are healthy and nutritious. Come for a delicious meal prepared for you by our registered dietitians while learning about some of the hot topics in nutrition. Register for either a daytime or evening class.

Update on Medical Marijuana and CBD Oil
Wednesday, January 22, 12:30 – 2:00 pm
Wednesday, January 29, 6:00 – 7:30 pm

Finding Healthful Recipes
Wednesday, February 12, 12:30 – 2:00 pm
Wednesday, February 19, 6:00 – 7:30 pm

Physical Activity: How to Stay Active All Year Long
Wednesday, March 11, 6:00 – 7:30 pm
Wednesday, March 18, 12:30 – 2:00 pm

Your Relationship With Food: Intuitive Eating
Wednesday, April 8, 12:30 – 2:00 pm
Wednesday, April 15, 6:00 – 7:30 pm

Hot Topics: Sugar and Cancer and Other Myths
Tuesday, March 3, 6:00 – 7:00 pm
Presented by Cristina Swartz, RD, LDN, MS, CNSC, Northwestern Medicine

There is a lot of nutrition information available in the news about sugar and cancer as well as other myths. Come to hear evidence-based guidelines and recommendations on some of the controversial topics in nutrition.
NEW! Cooking Well for One or Two
4:30 – 6:00 pm
Presented by Nancy Zawicki, RD, LDN, MS, Northwestern Medicine
Cooking for one or two can be challenging. Experience new ideas on how to make your meals for smaller groups nutritious, delicious and more exciting!
Thursday, January 23  Chicken Dishes
Thursday, February 13  Fish Dishes
Thursday, March 19  Meat Dishes
Thursday, April 9  Meatless Dishes

Farm to Table Presentation
Thursday, January 16, 6:00 – 7:30 pm
Presented by Marc Bernard, Rustic Road Farm and Soup Company
Back by popular demand, Rustic Road Farm Executive Chef/Farmer Marc Bernard will demonstrate his cooking methods while making a hearty soup with produce straight from the farm. Come and learn!

Picking Produce Like a Pro
Tuesday, March 3, 1:00 – 3:30 pm
Presented by Nancy Zawicki, RD, LDN, MS, Northwestern Medicine
Meet at the LivingWell Cancer Resource Center in Geneva to learn about produce, and then drive to a local grocery store to tour the produce section and select produce to bring home.

NEW! Growing Well: Microgreens for Spring
Wednesday, March 25, 11:00 am – 12:00 pm
Presented by Mary Zupke, RD, LDN, MS, FAND, Northwestern Medicine, and Kate Wulkow, RD, LDN, CDE, CSO, Northwestern Medicine
Try your hand at planting microgreens and herbs to start up your spring gardening. Supplies will be provided along with a recipe to sample using our nutritious greens!

Nutrition Consultations
With Sandie Hunter, RD, LDN, MS, CSO, clinical nutrition manager, Northwestern Medicine
Have your questions answered and learn nutrition recommendations that will help you during cancer treatment. Consultations are limited to people diagnosed with cancer. Please call LivingWell at 630.262.1111 for more information, or email questions to askadietitian@livingwellcrc.org.
LIVING WELL AFTER CANCER: SURVIVORSHIP PROGRAMS

Back on Track: Surviving Survivorship
Mondays, February 10 – March 23, 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 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 throughout the entire series is encouraged but not mandatory.

February 10  Pressure to Thrive
February 17  Discussion Group
February 24  Managing Moods, Stress and Feeling Stuck
March 2     Survivorship Toolkit
March 9     Discussion Group
March 16  Fear of Recurrence
March 23  Envisioning Your Future

Being Well
1:00 – 2:00 pm
Presented by Nancy Zawicki, RD, LDN, MS, Northwestern Medicine
This class focuses on wellness with hands-on demonstrations of recipes to help improve health in mind, body and spirit. Limit 10 participants per class.

Tuesday, January 21  DIY Spa Day
Tuesday, February 11  Dark Chocolate and Health Benefits
Tuesday, March 10  Treat Yourself to Good Health With Unprocessed Foods
Tuesday, April 7  Mediterranean Flavors: Lemon, Garlic and EVOO
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.

**LivingWell Counselors**

The emotional experience of going through cancer can be as challenging as the physical experience. LivingWell counselors provide an opportunity for both patients and caregivers to talk about their thoughts, feelings and reactions to a diagnosis. Common emotional responses may include things like worry, shock, anger, sadness, denial, fear or guilt, to name just a few. Counseling also provides individuals with an opportunity to learn valuable coping skills that can make the cancer experience less stressful. To learn more about counseling or to schedule an appointment, please call 630.262.1111 or email counseling@livingwellcrc.org.

**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 Centers at Delnor, Warrenville, Chicago Proton Center and Kishwaukee Hospital.

**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 an appointment, please call 630.262.1111 or email counseling@livingwellcrc.org.
SUPPORT GROUPS

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

NEW! Young Adults with Cancer
Second Monday of each month, starting in April, 6:30 – 8:00 pm
Being a young adult with a cancer diagnosis presents unique challenges. Facilitated by a LivingWell counselor, this support group provides young adults with cancer a place to connect, share personal experiences and learn valuable coping skills.

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 challenges.

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

<table>
<thead>
<tr>
<th>Group</th>
<th>Schedule</th>
<th>Time</th>
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<tbody>
<tr>
<td>*Brain Tumor</td>
<td>Second Wednesday of each month</td>
<td>6:00 – 7:30 pm</td>
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<tr>
<td>Breast (General)</td>
<td>Third Monday of each month</td>
<td>7:00 – 8:30 pm</td>
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<tr>
<td>Breast (Mastectomy)</td>
<td>Fourth Wednesday of each month</td>
<td>6:30 – 8:00 pm</td>
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<tr>
<td>Breast (Metastatic)</td>
<td>Third Monday of each month</td>
<td>6:30 – 8:00 pm</td>
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<tr>
<td>Grief Support Groups</td>
<td>See page 12 for details</td>
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<tr>
<td>*Leukemia, Lymphoma, Multiple Myeloma</td>
<td>Fourth Monday of each month</td>
<td>6:30 – 8:00 pm</td>
</tr>
<tr>
<td>NEW! Young Adults With Cancer</td>
<td>Second Monday of each month, starting in April</td>
<td>6:30 – 8:00 pm</td>
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<tr>
<td>Us TOO Prostate</td>
<td>Third Tuesday of each month</td>
<td>10:30 – 11:30 am</td>
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<tr>
<td>*Head and Neck</td>
<td>Monday, January 6 and Monday, April 6</td>
<td>6:00 – 7:00 pm</td>
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</table>

*Caregivers welcome.
*Meets in Warrenville. See page 20 for more information.

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

Grief, Healing and Where We Go From Here
Thursday, April 23, 6:30 – 8:00 pm
Presented by Christine McMinn, LCPC, LivingWell, and John Polo, author, coach and speaker
“The truth is, society as a whole doesn’t understand grief and healing all that well. I’m trying to educate.” — John Polo
Join Christine McMinn, LCPC, as she welcomes back author, coach and speaker John Polo to share his story with us. During this 90-minute workshop, John will facilitate an interactive discussion on love, loss, grief, healing and life as an individual living with loss. Open to all, but recommended for those who lost their loved one a minimum of six months ago.

Mindful Grieving: Exploring the Benefits of Yoga, Meditation and Mindfulness-Based Concepts for Grief
Second Thursday of each month, 6:30 - 8:00 pm
Facilitated by Christine McMinn, LCPC, LivingWell Counselor, and Jen Botka, RYT 500, yoga instructor
This class provides participants with practical tools, strategies and concepts they can use in learning how to cope with the death of a loved one from cancer. Class includes a gentle yoga practice, education, reading, breath work, discussion on a grief-related topic and meditation centered around supporting your grieving heart. A physician’s release is required for participation.

NEW DATES! Good Grief
First and third Thursday of each month, 6:30 – 8:00 pm
Navigating life after loss is challenging, but 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 after their first year of grief.

Grief Counseling
Grief can be a very overwhelming experience that brings with it a variety of emotions. LivingWell counselors provide an opportunity for those who have experienced the death of a loved one from cancer to talk openly about the challenges of grief, to learn about living with loss and to identify healthy ways of expressing grief that are unique to the individual and to their relationship with the person they’ve lost. To learn more about grief counseling or to schedule an appointment, please call 630.262.1111 or email counseling@livingwellcrc.org.
Family Focus

Young Chefs
4:30 – 5:30 pm
Presented by Mary Zupke, RD, LDN, MS, FAND, Northwestern Medicine
Children and teens learn how to transform healthy foods into delicious snacks, unique school lunches and simple dinners. Open to children/teens ages 5 to 18; parents are encouraged to attend.
Tuesday, January 28  Cold Weather Snacks
Tuesday, February 25  Pasta Palooza
Wednesday, March 25  Pacific Rim Delights
Tuesday, April 21  Sunny Citrus for Spring

NEW! Expressive Art Adventures (Ages 7 to 13)
Facilitated by Kelley Navar, LCPC, LivingWell, and Cheri Hunt, art instructor, LivingWell
This new program will combine the power of art with conversation and connection with other kids. Facilitated by a LivingWell counselor and art instructor, the program provides a fun environment for children to express their feelings and emotions surrounding a cancer diagnosis, either their own or that of a loved one. Each session will include an engaging art project and tools to help kids cope in healthy ways.

Session 1:  First three Thursdays in January, 4:30 – 6:30 pm
Session 2:  First three Thursdays in February, 4:30 – 6:30 pm
Session 3:  First three Thursdays in March, 4:30 – 6:30 pm (the Chicago Steel hockey team will be at the March 12 class!)
Session 4:  First three Thursdays in April, 4:30 – 6:30 pm

Graduation from this series will be celebrated on the last meeting of the fourth session.

Children and Teen Counseling Services
Changes in a child’s mood or behavior are common with the cancer experience. LivingWell offers counseling for children ages five and older to meet their unique needs.

Supported by:

The Colette A. Miles Foundation
Friends for Courage
Living Well With Men Like Me

Men's Breakfast
Third Saturday of each month, 8:00 – 10:00 am
Enjoy breakfast while you listen to guest speakers address a different topic each month. Discover and share information and stories, and discuss current events with other men impacted by cancer.

January 18  Fundraising opportunities at LivingWell, presented by Molly Freed, philanthropy associate, Northwestern Memorial Foundation
February 15  How Cancer Effects Pelvic Muscles, presented by Georgia Nicolaidis, PT, Northwestern Medicine Rehabilitation Services Bloomingdale
March 21    Panel discussion with team of oncology nurses from the Chicago Western Suburbs Oncology Nurses Society
April 18    Prostate Cancer Update, presented by Stephen Mihalck, MD, PhD, Radiation Oncology, Northwestern Medicine Chicago Proton Center

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 offer this group with AMITA Health Saint Joseph Hospital.
Stress Management Services

**LIVING WELL WITH RELAXATION**

Talk to your physician about any concerns you may have before scheduling an appointment. A completed physician’s release form will need to be submitted to LivingWell before you schedule an appointment for massage, reflexology or facial appointments. 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. Appointments are available with a licensed therapist at LivingWell in Geneva, Warrenville and Advocate Health 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. Appointments are available at LivingWell in Geneva and Advocate Health in Elgin.

**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.

**Relaxation and Meditation**

Mondays, 12:15 – 1:00 pm

Quiet your mind through diaphragmatic breathing and guided meditation. This class can be done seated or reclined.

**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 can decrease pain, stress, nausea, anxiety and depression while boosting circulation that can increase energy. Appointments are available at LivingWell in Geneva and Warrenville.

**Crystal Singing Bowls**

Wednesday, January 8 and March 11, 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.
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

Reflection of Expression
Mondays, 10:00 am – 12:00 pm
Art can be a healing and life-enhancing activity, especially when facing the challenge of a cancer diagnosis. Relax and let your imagination guide you in expressing your creativity through mixed media.

Handmade Mixed Media Jewelry
Mondays, 1:00 – 3:00 pm
Create one-of-a-kind pieces of jewelry with beads, wire, and vintage and steampunk parts.
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 and incorporate art into your journal.

Creative Mania
Tuesdays, 1:00 – 3:00 pm
Take an art escape every Tuesday and enter into the worlds of monoprinting, washi, polymer clay, collage, paint, pastels and wood burning.

WEDNESDAY

Watercolor Workshop
Wednesdays, 10:00 am – 12:00 pm
Learn basic techniques to create either a traditional or abstract watercolor masterpiece.

Alcohol Inks
Wednesdays, 1:00 – 3:00 pm
Learn basic techniques of alcohol and acrylic inks and then use different papers, tiles, glass and metal to create unique art with your new skills!

THURSDAY

Zentangle and Zendoodle
Thursdays in January and February, 10:00 am – 12:00 pm
Through the Zentangle and Zendoodle methods of drawing, you can relax, focus, expand your imagination, trust your creativity, and discover the fun and healing in creative expression and community.

A Lesson in Mindfulness:
Chakra Bracelet Making and Yoga
Presented by Cheri Hunt, art instructor, LivingWell, and Susan Litviak, yoga instructor, LivingWell
Tuesday, March 10, 6:00 – 8:00 pm
Create a Chakra beaded healing bracelet and then finish your evening with a gentle yoga class to connect with your body and its movements.

A Lesson in Mindfulness:
Mandala Drawing and Yoga
Presented by Cheri Hunt, art instructor, LivingWell, and Susan Litviak, yoga instructor, LivingWell
Monday, April 13, 1:00 – 3:00 pm
Be in the moment and focus your energy on creating a mandala — a geometric pattern of the universe— to take home followed by a relaxing yoga class.

Gelli Printing
Thursdays in March and April, 10:00 am – 12:00 pm
Apply paint onto a “Gelli” (soft silicone) plate to create beautiful one-of-a-kind prints. Come and experience this innovative and fun art form! No experience required.

Open Studio
Thursdays, 12:00 - 1:30 pm
Work on an unfinished project from a LivingWell art class in this open studio facilitated by LivingWell art instructor, Cheri Hunt.
LIVING WELL WITH MINDFUL MOVEMENTS

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

GENEVA

<table>
<thead>
<tr>
<th>Monday</th>
<th></th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 – 10:00 am</td>
<td>Yoga</td>
<td>Fitness for Cancer Recovery</td>
</tr>
<tr>
<td>10:15 – 11:00 am</td>
<td>Chair Fitness for Lymphedema and Neuropathy</td>
<td>10:00 – 11:00 am</td>
</tr>
<tr>
<td>11:15 am – 12:00 pm</td>
<td>Tai Chi Movement for Stress Relief</td>
<td>11:15 am – 12:00 pm</td>
</tr>
<tr>
<td>12:15 – 1:00 pm</td>
<td>Relaxation and Meditation</td>
<td>6:30 – 8:00 pm (Second Thursday of each month)</td>
</tr>
<tr>
<td>5:00 – 5:45 pm</td>
<td>Circuit Training for Bone Health</td>
<td></td>
</tr>
<tr>
<td>6:00 – 7:15 pm</td>
<td>Yoga</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>9:15 – 9:45 am</td>
<td>Fitness for Cancer Recovery</td>
</tr>
<tr>
<td>10:00 – 11:00 am</td>
<td>Gentle and Restorative Yoga</td>
</tr>
<tr>
<td>1:00 – 1:45 pm</td>
<td>Balance and Core Challenge</td>
</tr>
<tr>
<td>5:15 – 5:45 pm</td>
<td>Core and Pelvic Muscle Strength</td>
</tr>
<tr>
<td>6:00 – 7:00 pm</td>
<td>Gentle and Restorative Yoga</td>
</tr>
</tbody>
</table>
GENTLE ACTIVITIES
(listed in order of movement, from none to moderate)

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

Chair Yoga
Learn to increase balance, flexibility, mobility, stamina and strength while connecting with your body and its movements.

Chair Fitness for Lymphedema and Neuropathy
These movements get the lymphatic system flowing and may help lymphedema. Class includes activities to help stimulate receptors of the hands and feet.

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.

Fitness for Cancer Recovery
Manage the side effects of treatment through exercise. Increase strength, stamina and balance.

REGAINING STRENGTH AFTER TREATMENT

Circuit Training for Bone Health
Individuals de-conditioned by cancer treatment and those who have osteoporosis/osteopenia can be prone to falls and fractures. This standing class will emphasize timed strength training intervals of 12 different exercises to help increase bone density. Class will include a walking warm up, individual guided circuit weight training (you make it as challenging as you need) and walking cool down.

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.

Fitness for Bone Health and Yoga
Try our combination class that builds strength and lengthens muscles.

Yoga
Learn yoga postures that will reduce stress, increase flexibility, and support your healing and sleep. Both standing and mat yoga poses will be incorporated.

Fitness Consultation
If you are new to LivingWell and have questions about exercise and any limitations that you may have with your cancer diagnosis, please call LivingWell at 630.262.1111 to schedule a fitness consultation.

Warrenville class details listed on page 21.

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.

**Counseling Services**

1 Northwestern Medicine Cancer Center Warrenville
   By appointment only.

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. To schedule an appointment, please call 630.262.1111 or email counseling@livingwellcrc.org.

**Brain Tumor Resource and Support Group**

Second Wednesday of each month, 6:00 – 7:30 pm
1 Northwestern Medicine Cancer Center Warrenville, 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
Monday, January 6 and Monday, April 6
6:00 – 7:30 pm
1 Northwestern Medicine Cancer Center Warrenville, Garden Conference Room

If you have been impacted by head, neck or esophageal cancer, join fellow patients, caregivers and trained staff at quarterly meetings to learn more about these specific diseases. Facilitated by a LivingWell social worker and Northwestern Medicine occupational therapist.

1 Northwestern Medicine Cancer Center Warrenville
   4405 Weaver Parkway, Warrenville

2 Northwestern Medicine Chicago Proton Center
   4455 Weaver Parkway, Warrenville

3 LivingWell Warrenville
   4525 Weaver Parkway, Warrenville

1 North

2 Northwestern Medicine Cancer Center Warrenville
   4405 Weaver Parkway, Warrenville

2 Northwestern Medicine Chicago Proton Center
   4455 Weaver Parkway, Warrenville

3 LivingWell Warrenville
   4525 Weaver Parkway, Warrenville
Warrenville 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.

**WARRENVILLE**
- LivingWell Warrenville
  Suite 103/Multipurpose Room

**Monday**
- 10:00 – 10:45 am: Chair Fitness for Lymphedema and Neuropathy
- 11:00 am – 12:00 pm: Yoga
- 6:00 – 7:00 pm: Yoga
  *No class on Monday, March 9*

**Tuesday**
- 10:00 – 10:45 am: Fitness for Cancer Recovery
- 11:00 – 11:45 am: Chair Yoga

**Thursday**
- 10:00 – 10:45 am: Fitness for Cancer Recovery
- 11:00 am – 12:00 pm: Gentle and Restorative Yoga
- 6:00 – 7:00 pm: Chair Yoga

*See additional information and class descriptions on p. 19.*

**Crystal Singing Bowls**
- Wednesday, February 12 and April 8, 1:00 – 2:00 pm
- Presented by Yolanda Lozano, Healing Hearts
- LivingWell Warrenville
  Suite 103/Multipurpose Room

Relax deeply and release stress while enjoying soothing sound vibration. This class can be done seated or reclined.

**LivingWell With Relaxation**
To schedule an appointment for a massage, facial or reflexology at LivingWell Warrenville, call 630.262.1111. A completed physician’s release form will need to be submitted to LivingWell before you schedule an appointment. Please note that appointments are limited, and priority is given to participants in active treatment.
Cancer Partnerships

**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**

New dates/times for January – April meetings to be announced at livingwellcrc.org and Facebook.com/livingwellcrc

If you have been impacted by cancer, this is an opportunity to learn from others and share experiences in a safe and encouraging environment. Facilitated by LivingWell social workers.

**Hy-Vee Kitchen**

2700 DeKalb Avenue, Sycamore

**Dietitian’s Dish**

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

Presented by Becky Sisler, RD, Northwestern Medicine

Learn nourishing, healthy eating strategies for living with cancer and enjoy food demonstrations.
**ELGIN**

**Advocate Health Care**

**Advocate Sherman Cancer Institute**
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.

**NEW! Gentle and Restorative Yoga**
First and third Tuesdays of each month, 5:00 – 6:00 pm
Amita Health Saint Joseph Hospital Elgin
77 North Airlite Street (auditorium)

**WINFIELD**

**Ronald McDonald House® Near Central DuPage Hospital**
ON150 Winfield Road, Winfield

**LivingWell Art Classes**
Third Monday of every month in the evening
Offered to residents of Ronald McDonald House Near Central DuPage Hospital.
### LivingWell CRC Program Registration Form

Please PRINT neatly and carefully.

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First Name</th>
<th>DOB</th>
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<thead>
<tr>
<th>Address</th>
<th>City, State, Zip</th>
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Closed on 1/1

#### Monthly Specials - Winter 2020

<table>
<thead>
<tr>
<th>Event Name</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crystal Singing Bowls</td>
<td>1/8</td>
<td>1:00p</td>
</tr>
<tr>
<td>Beautiful You</td>
<td>1/8</td>
<td>3:30p</td>
</tr>
<tr>
<td>Buying Medical Marijuana</td>
<td>1/9</td>
<td>6:00p</td>
</tr>
<tr>
<td>How to Use Nature to Nurture Your Soul</td>
<td>1/14</td>
<td>6:00p</td>
</tr>
<tr>
<td>Farm to Table Presentation</td>
<td>1/16</td>
<td>6:00p</td>
</tr>
<tr>
<td>Gynecological Cancer Update</td>
<td>1/20</td>
<td>6:00p</td>
</tr>
<tr>
<td>Face the Fight and Win: Boxing Fitness</td>
<td>1/10</td>
<td>3:00p</td>
</tr>
<tr>
<td>Face the Fight and Win: Boxing Fitness</td>
<td>1/30</td>
<td>6:00p</td>
</tr>
<tr>
<td>Being Well: DIY Spa Day</td>
<td>1/21</td>
<td>1:00p</td>
</tr>
<tr>
<td>Culinary Comforts: Update Medical Marijuana</td>
<td>1/22</td>
<td>12:30p</td>
</tr>
<tr>
<td>Culinary Comforts: Update Medical Marijuana</td>
<td>1/29</td>
<td>6:00p</td>
</tr>
<tr>
<td>Eating Well: Soups and Stews</td>
<td>1/21</td>
<td>6:00p</td>
</tr>
<tr>
<td>Eating Well: Soups and Stews</td>
<td>1/28</td>
<td>10:00a</td>
</tr>
<tr>
<td>Cooking for One or Two: Chicken Dishes</td>
<td>1/23</td>
<td>4:30p</td>
</tr>
<tr>
<td>Young Chefs</td>
<td>1/28</td>
<td>4:30p</td>
</tr>
<tr>
<td>Young Chefs</td>
<td>1/28</td>
<td>4:30p</td>
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#### March

<table>
<thead>
<tr>
<th>Event Name</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>BOT Survivorship: 3/2, 3/9, 3/16, 3/23</td>
<td>3/2</td>
<td>6:30p</td>
</tr>
<tr>
<td>I’ve Finished Cancer Treatment. What Now?</td>
<td>3/3</td>
<td>10:00a</td>
</tr>
<tr>
<td>Eating Well: Anti-Inflammatory Foods</td>
<td>3/10</td>
<td>6:00p</td>
</tr>
<tr>
<td>Eating Well: Anti-Inflammatory Foods</td>
<td>3/3</td>
<td>1:00p</td>
</tr>
<tr>
<td>Picking Produce Like a Pro</td>
<td>3/3</td>
<td>6:00p</td>
</tr>
<tr>
<td>Hot Topics: Sugar, Cancer, Other Myths</td>
<td>3/3</td>
<td>6:00p</td>
</tr>
<tr>
<td>Reflexology and Essential Oils</td>
<td>3/5</td>
<td>1:00p</td>
</tr>
<tr>
<td>Advances in Treatments for Blood Cancers</td>
<td>3/5</td>
<td>6:00p</td>
</tr>
<tr>
<td>W-Ville: Lymphedema Q&amp;A</td>
<td>3/9</td>
<td>6:30p</td>
</tr>
<tr>
<td>Being Well: Treat Yourself to Good Food</td>
<td>3/10</td>
<td>1:00p</td>
</tr>
<tr>
<td>Crystal Singing Bowls</td>
<td>3/11</td>
<td>1:00p</td>
</tr>
<tr>
<td>Beautiful You</td>
<td>3/11</td>
<td>3:30p</td>
</tr>
<tr>
<td>Culinary Comforts: Physical Activity</td>
<td>3/11</td>
<td>6:00p</td>
</tr>
<tr>
<td>Culinary Comforts: Physical Activity</td>
<td>3/18</td>
<td>12:30p</td>
</tr>
<tr>
<td>Boxing Fitness: Face the Fight and Win</td>
<td>3/13</td>
<td>3:00p</td>
</tr>
<tr>
<td>Boxing Fitness: Face the Fight and Win</td>
<td>3/26</td>
<td>6:00p</td>
</tr>
<tr>
<td>Cooking for One or Two: Meat Dishes</td>
<td>3/19</td>
<td>4:30p</td>
</tr>
<tr>
<td>Update GI Cancers</td>
<td>3/24</td>
<td>6:00p</td>
</tr>
<tr>
<td>Young Chefs Cook</td>
<td>3/25</td>
<td>4:30p</td>
</tr>
<tr>
<td>Growing Well: Microgreens for Spring</td>
<td>3/25</td>
<td>11:00a</td>
</tr>
<tr>
<td>Navigating Work and Cancer</td>
<td>3/26</td>
<td>6:00p</td>
</tr>
<tr>
<td>Reshaping Body Image, Part II</td>
<td>3/30</td>
<td>6:30p</td>
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</table>

#### April

<table>
<thead>
<tr>
<th>Event Name</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Everything to Know: Immunotherapies</td>
<td>4/2</td>
<td>6:00p</td>
</tr>
<tr>
<td>Eating Well: Mediterranean Lifestyle</td>
<td>4/7</td>
<td>6:00p</td>
</tr>
<tr>
<td>Eating Well: Mediterranean Lifestyle</td>
<td>4/21</td>
<td>10:00a</td>
</tr>
<tr>
<td>Being Well: Mediterranean Flavors</td>
<td>4/7</td>
<td>6:00p</td>
</tr>
<tr>
<td>W-Ville Crystal Singing Bowls</td>
<td>4/8</td>
<td>1:00p</td>
</tr>
<tr>
<td>Beautiful You</td>
<td>4/8</td>
<td>3:30p</td>
</tr>
<tr>
<td>Culinary Comforts: Intuitive Eating</td>
<td>4/8</td>
<td>12:30p</td>
</tr>
<tr>
<td>Culinary Comforts: Intuitive Eating</td>
<td>4/15</td>
<td>6:00p</td>
</tr>
<tr>
<td>Cooking for One or Two: Meatless Dishes</td>
<td>4/9</td>
<td>4:30p</td>
</tr>
<tr>
<td>Boxig Fitness: Face the Fight and Win</td>
<td>4/10</td>
<td>3:00p</td>
</tr>
<tr>
<td>Boxig Fitness: Face the Fight and Win</td>
<td>4/30</td>
<td>6:00p</td>
</tr>
<tr>
<td>Fertility and Cancer</td>
<td>4/14</td>
<td>6:00p</td>
</tr>
<tr>
<td>Young Chefs Cook</td>
<td>4/21</td>
<td>4:30p</td>
</tr>
<tr>
<td>Grief, Healing, Where We Go From Here</td>
<td>4/23</td>
<td>6:30p</td>
</tr>
<tr>
<td>How to Create a Healing Garden</td>
<td>4/30</td>
<td>6:00p</td>
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</tbody>
</table>

Red = Off-Campus, Blue = Series, Green= Special Program

**Please turn over ▶**
<table>
<thead>
<tr>
<th>Art Classes (Recurring)</th>
<th>Mon 10:00a</th>
<th>Kids/Family</th>
<th>Thu 4:30p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reflection of Expression</td>
<td></td>
<td>Expressive Art Adventures (Ages 7-13)</td>
<td></td>
</tr>
<tr>
<td>Handmade Mixed Media Jewelry</td>
<td>Mon 1:00p</td>
<td>First Three Thursdays of Month, Jan-April</td>
<td></td>
</tr>
<tr>
<td>Journaling and Altered Art</td>
<td>Tue 11:00a</td>
<td>Find &quot;Young Chefs&quot; under each month on flipside</td>
<td></td>
</tr>
<tr>
<td>Creative Mania</td>
<td>Tue 1:00p</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Watercolor Workshop</td>
<td>Wed 10:00a</td>
<td></td>
<td></td>
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<tr>
<td>Alcohol Inks</td>
<td>Wed 1:00p</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zentangle and Zendoodle - January/February</td>
<td>Thur 10:00a</td>
<td>NEW! Young Adults With Cancer 2nd, starts in April</td>
<td>Mon. 6:30p</td>
</tr>
<tr>
<td>Gelli Printing - March/April</td>
<td>Thur 10:00a</td>
<td>Good Grief Transitions 2nd</td>
<td>Mon 6:30p</td>
</tr>
<tr>
<td>Open</td>
<td>Thur 12:00p</td>
<td>Breast (General) 3rd</td>
<td>Mon 7:00p</td>
</tr>
<tr>
<td>A Lesson in Mindfulness: Chakra Bracelet/Yoga</td>
<td>3/10 6:00p</td>
<td>Breast (Metastatic) 3rd</td>
<td>Mon 6:30p</td>
</tr>
<tr>
<td>A Lesson in Mindfulness: Mandala Drawing/Yoga</td>
<td>4/13 1:00p</td>
<td>Leukemia, Lymphoma, Myeloma 4th</td>
<td>Mon 6:30p</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wellness Classes (Recurring)</th>
<th>Mon 9:00a</th>
<th>Support (Recurring)</th>
<th>Tue 10:30a</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga</td>
<td></td>
<td>FACT (Facing Cancer Together)</td>
<td>Tue 6:30p</td>
</tr>
<tr>
<td>Chair Fitness for Lymphedema/Neuropathy</td>
<td>10:15a</td>
<td>Caregiver Support</td>
<td>Tue 6:30p</td>
</tr>
<tr>
<td>Tai Chi Movement</td>
<td>11:15a</td>
<td>Breast (Mastectomy) 4th</td>
<td>Wed 6:30p</td>
</tr>
<tr>
<td>Relaxation &amp; Meditation</td>
<td>12:15a</td>
<td>Good Grief 1st/3rd</td>
<td>Thu 6:30p</td>
</tr>
<tr>
<td>Circuit Training for Bone Health</td>
<td>5:00p</td>
<td>Mindful Grieving 1/9, 2/13, 3/12, 4/9</td>
<td>Thu 6:30p</td>
</tr>
<tr>
<td>Yoga</td>
<td>6:00p</td>
<td>Men's Breakfast Every 3rd</td>
<td>Sat 8:00a</td>
</tr>
<tr>
<td>W-Ville Yoga No class on March 9</td>
<td>6:00p</td>
<td>W-Ville Head and Neck, 1/6 and 4/6</td>
<td>Mon 6:00p</td>
</tr>
<tr>
<td>W-Ville Chair Fitness for Lymphedema/Neuropathy</td>
<td>10:00a</td>
<td>W-Ville Brain Tumor 2nd</td>
<td>Wed 6:00p</td>
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<thead>
<tr>
<th>Wellness Classes (Recurring)</th>
<th>Tue 9:15a</th>
<th>Dekab Cancer Support Group</th>
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<tbody>
<tr>
<td>Fitness for Cancer Recovery</td>
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<tr>
<td>Gentle &amp; Restorative Yoga</td>
<td>10:00a</td>
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<tr>
<td>Balance &amp; Core Challenge</td>
<td>1:00p</td>
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<td></td>
</tr>
<tr>
<td>Core and Pelvic Muscle Fitness</td>
<td>5:15p</td>
<td></td>
<td></td>
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<tr>
<td>Gentle &amp; Restorative Yoga</td>
<td>6:00p</td>
<td></td>
<td></td>
</tr>
<tr>
<td>W-Ville Fitness Cancer Recovery</td>
<td>10:00a</td>
<td></td>
<td></td>
</tr>
<tr>
<td>W-Ville Chair Yoga</td>
<td>11:00a</td>
<td></td>
<td></td>
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<tr>
<td>St. Joe Elgin Gentle Restorative Yoga First/Third Thurs.</td>
<td>5:00p</td>
<td></td>
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<table>
<thead>
<tr>
<th>Wellness Classes (Recurring)</th>
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<tbody>
<tr>
<td>Fitness for Cancer Recovery</td>
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<tr>
<td>Gentle &amp; Restorative Yoga</td>
<td>10:00a</td>
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<td></td>
</tr>
<tr>
<td>Chair Yoga</td>
<td>11:15a</td>
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<tr>
<td>W-Ville Fitness for Cancer Recovery</td>
<td>10:00a</td>
<td></td>
<td></td>
</tr>
<tr>
<td>W-Ville Gentle &amp; Restorative Yoga</td>
<td>11:00a</td>
<td></td>
<td></td>
</tr>
<tr>
<td>W-Ville Chair Yoga</td>
<td>6:00p</td>
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<table>
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<tr>
<th>Wellness Classes (Recurring)</th>
<th>Fri 9:00a</th>
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<tbody>
<tr>
<td>Fitness Bone Health and Yoga</td>
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**Service Appointments**

*Mark which one applies with an “x”*

- **Counseling**
  - Individual (Child) x Missy Petty
  - Individual (Adult) x Kelley Navar
  - Family x Christine McMinn

- **Touch Therapy**
  - Facials
  - Massage
  - Reflexology
  - Reiki

**Geneva Wig Boutique**

Walk-ins welcome. No appointment needed.

Red = Off-Campus, Blue = Series, Green = Special Program
Thank you to the following 2019 event sponsors for their generous support of the LivingWell Cancer Resource Center!

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Please save the date!

LivingWell Winter Benefit – February 8, 2020
For more information about events, sponsorship opportunities or other ways to get involved with LivingWell, please contact Molly Freed at molly.freed@nm.org or 630.262.1111.