Each week during LivingWell's temporary closure, we'll be bringing you ... 

**Fresh Ideas for Living Well**

**Marbleize Paper with ... Shaving Cream!**

Roll up your sleeves for this *fun art project* that kids of all ages can do. And, when you're finished with your paper, you can use it for *journaling and altered art*. LivingWell Art Instructor Cheri Hunt will be taking you on several virtual art adventures over the coming weeks, so stay tuned to our YouTube channel.

![Art activity](image)

**Try These Quick Stress Busters ...**

In the *third installment* of "Ask a Counselor," LivingWell counselors Christine McMinn, LCPC, CT, Kelley Navar, LCPC, and Missy Petty, LCPC, share quick and effective stress-busting tips. These super easy practices can be done in seconds—even while standing in the grocery store line. Try one today!
Make Vegetable Fried Rice in Minutes

In episode five of the "Quick Bites" cooking class series, Northwestern Medicine/LivingWell Dietitian Nancy Zawicki, RD, LDN, MS, demonstrates how to make a healthy version of fried rice in a snap. (For the recipe, visit livingwellcrc.org/recipe-corner.)

Learn About Breast Cancer Surgery Options from a Top Surgeon

Dr. Mary Ahn, Breast Surgeon, Northwestern Medicine Regional Medical Group, will be hosting this week's Facebook Live on Friday, May 22 (today!) at 1:00 pm. Join the Conversation at Facebook.com/livingwellcrc.
Here's a look at what's ahead on Facebook Live:

**Friday, May 29, 3:00 pm**
**Blood Cancers Q&A**  
*Dr. Arlene D'Souza, Hematology and Medical Oncology, Northwestern Medicine Regional Medical Group*

**Wednesday, June 3, 10:30 am**
**System Reactivation - How Is Northwestern Medicine keeping patients safe in Cancer Centers and Hospitals?**  
*Dr. Kevin Most, Senior Vice President of Medical Affairs, Chief Medical Officer, Northwestern Medicine Central DuPage Hospital*

**Friday, June 5, 2:00 pm**
**Beyond the Bowel Prep: Colon Cancer**  
*Dr. Kevin Dawraavoo, Hematology and Medical Oncology, Northwestern Medicine Regional Medical Group*

**Friday, June 19, 12:00 pm**
**Metabolic Health and Cancer**  
*Dr. Christy Kesslering, Radiation Oncology, Radiation Oncology Consultants, Northwestern Medicine*

**Wednesday, July 29, 4:30 pm**
**How Healthy is Your Prostate?**  
*Dr. Michael Kahn, Hematology and Medical Oncology, Northwestern Medicine Regional Medical Group*

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**Attend the Men's Breakfast Group—Virtually**

For several years, men impacted by cancer have been meeting one Saturday per month at LivingWell. This strong network is continuing online this Saturday, May 23 at 8:00 am. [Learn more](#)