Try something new this summer! Join us in a relaxing art class, register for one of our nutrition series, take a yoga class, drop in on one of our Facebook Live medical discussions or schedule an appointment with one of our oncology counselors. Let’s make summer meaningful and mindful, together!
Online Education

Medical updates and special presentations for living well. Watch recordings of previous Facebook Live discussions on our Facebook page or YouTube.com/c/Livingwellcrc.

Tuesday, May 11, 1:00 pm
What Causes Cancer?
Dr. Robert Bayer, Hematology and Medical Oncology, Northwestern Medicine Regional Medical Group
● This discussion will be live on Facebook at http://facebook.com/livingwellcrc. No registration required.

Friday, May 21, 10:00 am
Sunshine and Coffee in Colon Cancer Prevention
Dr. Grace Suh, Hematology and Medical Oncology, Northwestern Medicine Regional Medical Group
● This discussion will be live on Facebook at http://facebook.com/livingwellcrc. No registration required.

Wednesday, May 26, 1:00 pm
Mindfulness Practices for Everyday Life
Gary Wilson, M.A., M.A.PC., LCPC, Staff Chaplain, ACPE Certified Educator, Mindfulness-Based Stress Reduction (MBSR) Teacher, Northwestern Medicine
● This discussion will be live on Facebook at http://facebook.com/livingwellcrc. No registration required.

Tuesday, June 8, 1:00 pm
Artificial Intelligence and Oncology
Moziyar Etemadi, MD, PhD, Research Assistant Professor of McCormick School of Engineering and Anesthesiology, Northwestern University
● To register and receive a link to join this virtual discussion, complete New Participant Form (if you haven’t already) and email info@livingwellcrc.org, including your first and last name and “AI” in your subject line.

Thursday, June 17, 2:30 pm
Making Endocrine Therapy for Breast Cancer More Effective
John Ayers, MD, Hematology and Medical Oncology, Northwestern Medicine Regional Medical Group
● This discussion will be live on Facebook at http://facebook.com/livingwellcrc. No registration required.

Wednesday, June 23, 4:00 pm
Robotic Thoracic Surgery for Lung and Esophageal Cancers
Jamie Wade, MD, Thoracic Surgery, Northwestern Medicine Regional Medical Group
● This discussion will be live on Facebook at http://facebook.com/livingwellcrc. No registration required.

Thursday, July 22, 9:00 am
Upper GI Cancers: Latest Treatment News
Dr. Kevin Dawravoo, Hematology and Medical Oncology, Northwestern Medicine Regional Medical Group
● This discussion will be live on Facebook at http://facebook.com/livingwellcrc. No registration required.

Monday, July 26, 1:00 pm
What Is Immunotherapy?
Dr. Michael Kahn, Hematology and Medical Oncology, Northwestern Medicine Regional Medical Group
● This discussion will be live on Facebook at http://facebook.com/livingwellcrc. No registration required.

Tuesday, August 3, 6:00 pm
My Follow-up Scan is Complete. Now What? An Overview of Cancer Imaging
Panel of Northwestern Medicine radiologists: Rajeev Polasani, MD, Chairman, Diagnostic Imaging, Central DuPage Hospital Northwestern Medicine, Waseem Khan, MD, Amar Patel, MD, Sanket Shah, MD, Fatma Ahmed, MD, and David Chiang, MD
● To register and receive a link to join this virtual discussion, complete New Participant Form (if you haven’t already) and email info@livingwellcrc.org, including your first and last name and “Cancer Imaging” in your subject line.

Monday, August 16, 6:30 - 7:45 pm
I’ve Finished Cancer Treatment. What Now? Survivorship 101
Dr. Christopher George, Medical Director, Medical Oncology, Northwestern Medicine Regional Medical Group
● To register and receive a link to join this virtual presentation, complete New Participant Form (if you haven’t already) and email info@livingwellcrc.org, including your first and last name and “Survivorship 101” in your subject line.

Wednesday, August 25, 2:00 pm
Watch and Wait? Treating Chronic Lymphocytic Leukemia (CLL)
Dr. Robert Eisner, Hematology and Medical Oncology, Northwestern Medicine Regional Medical Group
● This discussion will be live on Facebook at http://facebook.com/livingwellcrc. No registration required.

Understanding the Low Carb, High Fat (LCHF) Ketogenic Diet
Every Third Wednesday, 6:00 - 7:00 pm

Dr. Christy Kesslering, Radiation Oncology, Northwestern Medicine
Each month we will start with a presentation on various related topics followed by a Q&A session and networking. Topics will include:
• What is a LCHF/Ketogenic diet and why should I care?
• Frequently asked questions and common mistakes
• Review of the science from various health perspectives including weight, chronic disease, cancer and fitness.

● To register and receive a link to join this virtual discussion, complete New Participant Form (if you haven’t already) and email info@livingwellcrc.org, including your first and last name and “LCHF” in your subject line.
Counseling and Social Work Services

LivingWell oncology trained and licensed 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.

Counseling
The emotional experience of cancer treatment can be as challenging as the physical experience. Our team of Licensed Clinical Professional Counselors can help patients and caregivers talk about their thoughts, feelings, and reactions to a diagnosis. To schedule an initial consultation or telephone counseling session, please email counseling@livingwellcrc.org.

Social Work
LivingWell’s licensed social workers connect patients to resources and education to help reduce stress and remove barriers to care. Resources are available to help with transportation and lodging, managing household finances and employment challenges. Social workers are also available to help patients and caregivers cope after a diagnosis and treatment changes. To connect with a LivingWell social worker, please email socialwork@livingwellcrc.org.

Virtual Wig Consultations
For patients experiencing hair loss as a result of cancer treatments, LivingWell offers virtual wig consultations. Our wig specialists will help you choose a wig that fits your needs, lifestyle and budget from the privacy of your home.

▶ To schedule a virtual wig consultation, visit bit.ly/WigConsult.

Back-On-Track Surviving Survivorship Series
Mondays, July 19 – August 30
6:30 – 7:45 pm
Many patients find themselves wondering, “Now what?” after their cancer treatment ends. This seven-week online “Back-on-Track: Surviving Survivorship” series, presented by Missy Petty, LCPC, is designed to 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.

July 19: Pressure to Thrive
July 26: Discussion Group
August 2: Managing Moods, Stress, Feeling Stuck
August 9: Discussion Group
August 16: Survivorship Toolkit
August 23: Fear of Recurrence
August 30: Envisioning Your Future

▶ To register and receive the link to join this virtual series, complete New Participant Form (if you haven’t already) and email info@livingwellcrc.org, including your first and last name and “Survivorship Series” in your subject line.
Support Groups

The following LivingWell support groups meet virtually. To receive a link to join one, email counseling@livingwellcrc.org and include your first and last name and “support group” in your subject line.

Caregiver Support
Every other Tuesday, 6:30 – 7:30 pm
(May 25; June 8, June 22; July 6, 20; August 3, 17)
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)
Every other Tuesday, 6:30 – 7:30 pm
(May 25; June 8, June 22; July 6, 20; August 3, 17)
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.

Good Grief
First and third Thursdays 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 – 7:30 pm
Provides support to those individuals who lost an adult loved one and are navigating life with grief after the one year mark of their loss and up to three years beyond.

Brain Tumor (No meeting in June)
Second Wednesday of each month, 6:00 – 7:00 pm
Co-facilitated by a LivingWell social worker and neuro-oncology APN, this group provides support and education to patients who have a diagnosis of a primary brain tumor. Caregivers are welcome to attend.

Breast (General)
Third Monday of each month, 6:30 – 7:30 pm
This group provides those with breast cancer to come together and support one another through diagnosis, treatment, and early survivorship.

Breast (Mastectomy)
Fourth Wednesday of each month, 6:30 – 7:30 pm
Open to any individual who has had or will be having a mastectomy to process the physical and emotional impact a diagnosis can have on those with a breast cancer diagnosis. Facilitated by a survivor and longtime LivingWell/Northwestern Medicine volunteer.

Breast (Metastatic)
Third Monday of each month, 3:00 – 4:00 pm
Support and connection with others who understand the challenges of living with a metastatic breast cancer diagnosis.

Us TOO Prostate
Third Tuesday of each month, 10:00 – 11:00 am
Join the Meeting (join by phone at 312.535.8110 access code: 177 958 0656)
Fourth Tuesday of each month, 7:00 – 8:00 pm
Join the meeting (join by phone at 312.535.8110 access code: 177 011 1280)
Provides educational resources and support to those impacted by prostate cancer at two different dates and times per month.

Head and Neck
Monday, July 12, 6:00 – 7:00 pm
Open to anyone diagnosed with a head and neck cancer, this group provides an opportunity for participants to share personal experiences, coping strategies and receive education and information about treatment and post treatment changes.
Stress Management
Live well by participating in our classes designed specifically to help you stay in the moment and learn healthy coping strategies.

Healing Through Humor: Power of Play
Friday, June 25, 2:00 – 3:00 pm
Caroline Rhoads, MSW Intern, Sidney Kimmel Cancer Center
In this workshop, you will learn basic improv skills and explore how these skills can help in everyday situations and collaboration. Participants are encouraged to leave their judgement and inner critic at the door to reap the benefits of playfulness and spontaneity.

To register and receive the link to join this virtual workshop, complete New Participant Form (if you haven’t already) and email info@livingwellcrc.org, including your first and last name and “Healing Through Humor” in your subject line.

Learn How to Meditate Series
Tuesdays, July 27 – August 31, 1:30 – 2:30 pm
Sheri Minnick, MS, E-RYT, YACEP, ACE GFI
Limited class size, register early!
Meditation is a simple process, however, it is best to learn to meditate from experience. During the six-week series you will learn how to establish a daily meditation practice, recognize fear, take steps to free yourself from worries, and experience the joy of being fully present in the here and now. Please note: This is a progressive series, and you must be committed to attending all six sessions to receive full benefit.

To register and receive the link to join this virtual series, complete New Participant Form (if you haven’t already) and email info@livingwellcrc.org, including your first and last name and “Meditation” in your subject line.

Cultivating a Journaling Practice
Wednesdays, August 4, 11, 18, 25, 2:00 – 3:30 pm
Limited class size, register early!
This four-week series presented by Christine McMinn, LCPC CT and Cheri Hunt, Art Instructor, is aimed at helping you develop an art and journaling practice or deepen yours if you already have one.
This class is designed to educate you on the benefits of journaling, empower you to start exploring your thoughts and feelings related to the impact of a cancer diagnosis on your life, and provide you with the skills, strengths, and strategies to continue your practice long after you complete this series. We’ll incorporate journaling prompts, offer space for writing and reflection, explore how art can enhance your journaling practice and provide you with opportunity to connect, share and learn from others in class.

To register and receive the link to join this virtual series, complete New Participant Form (if you haven’t already) and email info@livingwellcrc.org, including your first and last name and “Journaling” in your subject line.
Healing Through Art

Through a cancer journey, art is a beautiful way to express yourself, explore untapped creativity, manage stress and help you connect with others. All LivingWell classes are facilitated by our art instructor, Cheri Hunt, and no previous art experience is required. Supply lists will be emailed to you prior to the start of class.

Everyday a Day of Zen

*Wednesdays, May 5, 12, 19, 26 10:00 – 11:30 am*

Start your Wednesdays in May learning more about the intention-activating power of daily rituals, finding your mantra, soul collage and bullet journaling. Attendance throughout this series is encouraged but not mandatory.

► To register and receive the link to join this virtual series, complete [New Participant Form](mailto:info@livingwellcrc.org) (if you haven’t already) and email info@livingwellcrc.org, including your first and last name and “Zen” in your subject line.

Get Lost in Water Colors

*Wednesdays, July 7, 14, 21, 28, 10:00 – 11:30 am*

Disconnect from any uncertainties and chaos and fall into a creative flow state that is both meditative and healing by creating with watercolors. Attendance throughout this series is encouraged but not mandatory.

► To register and receive the link to join this virtual series, complete [New Participant Form](mailto:info@livingwellcrc.org) (if you haven’t already) and email info@livingwellcrc.org, including your first and last name and “Water Colors” in your subject line.

Acrylic Pouring Demonstration

*Wednesday, June 2, 10:00 - 11:30 am*

This class will be a demo of how to do acrylic pouring and include techniques you can use to create different effects.

► To register and receive the link to join this virtual series, complete [New Participant Form](mailto:info@livingwellcrc.org) (if you haven’t already) and email info@livingwellcrc.org, including your first and last name and “Acrylic Pouring” in your subject line.

Botanical Printing

*Wednesdays, August 4, 11, 18, 25, 10:00 – 11:30 am*

Come join us during the month of August to create stunning prints with plants on paper and textiles. You’ll be using flowers and greens that you find in nature—right in your backyard! Attendance throughout this series is encouraged but not mandatory.

► To register and receive the link to join this virtual series, complete [New Participant Form](mailto:info@livingwellcrc.org) (if you haven’t already) and email info@livingwellcrc.org, including your first and last name and “Botanical” in your subject line.

Mixed Media

*Wednesdays, June 9, 16, 23 and 30, 10:00 – 11:30 am*

Discover and explore collage, abstract art, decoupage, layering, stenciling and fun use of ephemera during the month of June. Attendance throughout this series is encouraged but not mandatory.

► To register and receive the link to join this virtual series, complete [New Participant Form](mailto:info@livingwellcrc.org) (if you haven’t already) and email info@livingwellcrc.org, including your first and last name and “Mixed Media” in your subject line.

New “Class Pass” for *Onsite* Art Classes

As soon as we are safely able to reopen for onsite classes, you will have the ability to participate in all of our onsite art classes through an *Art Class Pass.* Similar to our “Exercise Class Pass” (see p. 9), the Art Class Pass will allow you to select up to 50 art classes to provide stress reduction and healing support throughout your cancer journey. You won’t have to keep track of classes, either. We’ll let you know when you are getting close to the limit.

(Please note: Participants can take an unlimited number of online art classes.)
Living Well With Nutrition
LivingWell offers two different series of virtual culinary classes to help patients with cancer and their caregivers move through cancer treatment into survivorship. After the completion of both series, participants “graduate” and can take the tools learned to make informed decisions about food and meal prep and continue healthy eating habits. “Hot Topics!” classes are not part of a series. They are open to anyone diagnosed with cancer and their caregivers.

Nutrition Consultations
Have your questions answered and learn nutrition recommendations that will help you during cancer treatment from Sandie Hunter, RD, LDN, MS, CSO, clinical nutrition manager at Northwestern Medicine. Consultations are limited to people diagnosed with cancer. Please email questions to askadietitian@livingwellcrc.org.

Hot Topics!
Join these special presentations, led by Northwestern Medicine/LivingWell dietitian, Mary Zupke, RD, LDN, MS, FAND, to help you make informed choices about nutrition.

Farm Fresh Foods That Help Fight Inflammation
Wednesday, May 5, 1:00 - 2:00 pm
Chronic inflammation is linked to many diseases such as cancer, heart disease, diabetes, arthritis, depression and Alzheimer’s. Join us for a discussion about locally grown foods that can help contribute to a healthier lifestyle and decrease chronic inflammation.

- To register and receive the link to join this virtual class, complete New Participant Form (if you haven’t already) and email info@livingwellcrc.org including your first and last name and “farm fresh” in your subject line.

Soy and Cancer: Managing Diet Myths
Wednesday, August 4, 1:00 - 2:00 pm
Soy is found in a wide variety of food products that are becoming more widely available on grocery shelves today. Join us for a discussion on evidenced-based guidelines and recommendations involving soy, cancer and overall health.

- To register and receive the link to join this virtual class, complete New Participant Form (if you haven’t already) and email info@livingwellcrc.org including your first and last name and “soy” in your subject line.

Eating Well While Undergoing Cancer Treatment
Tuesdays, June 1, 8, 15, 22, 1:00 - 2:00 pm
Designed for patients in active treatment and their caregivers, the four-week Eating Well series focuses on symptom management during cancer treatment and incorporating plant-based foods into the diet. Presented by Northwestern Medicine/LivingWell dietitian, Nancy Zawicki, RD, LDN, MS

- Week 1: Making the Most of Every Bite Before and During Chemo
- Week 2 Protecting the Immune System
- Week 3: Sideling Side Effects: Tips for handling taste changes, sore mouth, painful swallowing, nausea and vomiting and gastrointestinal digestion distress.
- Week 4: Reducing Inflammation with Anti-Inflammatory Foods

▶ To register and receive the link to join this virtual series, complete New Participant Form (if you haven’t already) and email info@livingwellcrc.org, including your first and last name and “Eating Well June” in your subject line. Attendance throughout the entire series is highly encouraged but not mandatory.

Being Well: Transitioning to Survivorship
Tuesdays, July 6, 13, 20, 27, 1:00 - 2:00 pm
Designed for cancer survivors and their caregivers, this four-week series focuses on healthy recipes and wellness topics to help improve mind, body and spirit while adjusting to life post treatment. Presented by Northwestern Medicine/LivingWell dietitian, Nancy Zawicki, RD, LDN, MS

- Week 1: Moving Forward After A Cancer Diagnosis
- Week 2: Managing a Healthy Weight after Treatment
- Week 3: Mediterranean Style of Eating
- Week 4: Gut Health

▶ To register and receive the link to join this virtual series, complete New Participant Form (if you haven’t already) and email info@livingwellcrc.org, including your first and last name and “Being Well” in your subject line. Attendance throughout the entire series is highly encouraged but not mandatory.
**Special Programming**

**Social Security Disability Benefits and Cancer**  
*Thursday, May 13, 1:00 – 2:00 pm*  
Kristin Hartsaw, program director, DuPage Federation of Human Services Reform, will be leading this presentation that reviews benefits available through the Social Security Administration, qualifications for these benefits and things to consider before applying. Kristin has a wealth of knowledge on this important topic, so please bring your questions!

▶ To register and receive the link to join this virtual presentation, complete New Participant Form (if you haven’t already) and email info@livingwellcrc.org, including your first and last name and “Social Security” in your subject line.

**Beautiful You**  
*Wednesday, August 18  
1:00 – 2:00 pm*  
Beautiful You is designed to help anyone experiencing hair loss as a result of cancer treatment feel beautiful inside and out. Jenny Burns, Geneva-based salon owner, stylist and makeup artist, will share how to care for your scalp and hair regrowth, choose the best-fitting wig, accessorize with scarves and hats, and recreate natural-looking eyebrows with an eye pencil.

▶ To register and receive the link to join this virtual presentation, complete New Participant Form (if you haven’t already) and email info@livingwellcrc.org, including your first and last name, class date, and “Beautiful You” in your subject line.
Mindful Movements
Support healing, increased flexibility and range of motion, and reduce stress with fitness and yoga classes modified for a variety of needs. Take unlimited online classes with LivingWell fitness/yoga instructors. For links to each class, please contact info@livingwellcrc.org. (To participate, you must have a current LivingWell New Participant Form and Medical Release Form on file. Access forms at livingwellcrc.org/forms.)

Mondays
9:00 – 10:00 am, 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. Instructor: Sheri Minnick

10:00 – 10:45 am, Chair Yoga
Learn to increase balance, flexibility, mobility, stamina and strength while connecting with your body and its movements. Instructor: Sheri Minnick

Tuesdays
10:00 – 10:45 am, Chair Fitness for Cancer Recovery
Movements in this class are designed to increase strength and get the lymphatic system flowing. For this class, we will be using a set of dumbbells. As an alternative, you can use soup cans, bottles of water, or something similar. Instructor: Susan Litviak

11:00 – 11:30 am, Balance and Core Fitness
Improve balance and core strength, and develop strong and supportive hip stabilizer and abdominal muscles. Exercises in this class will be performed standing. Instructor: Susan Litviak

11:45 am - 12:30 pm, 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. Instructor: Susan Litviak

Wednesdays
10:15 - 11:00 am, Chair Fitness for Lymphedema and Neuropathy
This class includes exercises to help stimulate receptors of the hands and feet. The movements get the lymphatic system flowing. Please have a tennis, spiked or lightweight ball available, as well as a set of lightweight dumbbells. As an alternative, you can use soup cans, bottles of water, or something similar. Instructor: Mary Keane

4:45 – 5:15 pm, 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 various exercises to help increase bone density. Class will include a warm up, individually guided circuit weight training (you make it as challenging as you need) and cool down. We will be using a set of dumbbells. As an alternative, you can use soup cans, bottles of water, or something similar. Instructor: Susan Litviak

Thursdays
10:00 – 10:45 am, Fitness for Cancer Recovery
Manage the side effects of treatment through exercise. Increase strength, stamina and balance. In this class, we will be using a set of dumbbells. As an alternative, you can use soup cans, bottles of water or something similar. Exercises in this class will be performed standing. Instructor: Sheri Minnick

11:00 – 11:45 am, Core and Flexibility
Increase balance, flexibility and core strength. Modifications will be given for those with physical limitations. Both standing and mat-based exercises will be performed. Please have a yoga or pilates mat for this class. Instructor: Sheri Minnick

Fridays
10:30 – 11:30 am, 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. Instructor: Rita Meier

New “Class Pass” for Onsite Exercise Classes
As soon as we are safely able to reopen for onsite classes, you will have the ability to participate in all of our onsite exercise classes through an Exercise Class Pass. Similar to our “Art Class Pass” (see p. 6), the Exercise Class Pass will allow you to select up to 50 yoga/fitness classes to increase flexibility and range of motion, support healing and reduce stress. You won’t have to keep track of classes, either. We’ll let you know when you are getting close to the limit.

(Please note: Participants can take an unlimited number of online exercise classes.)