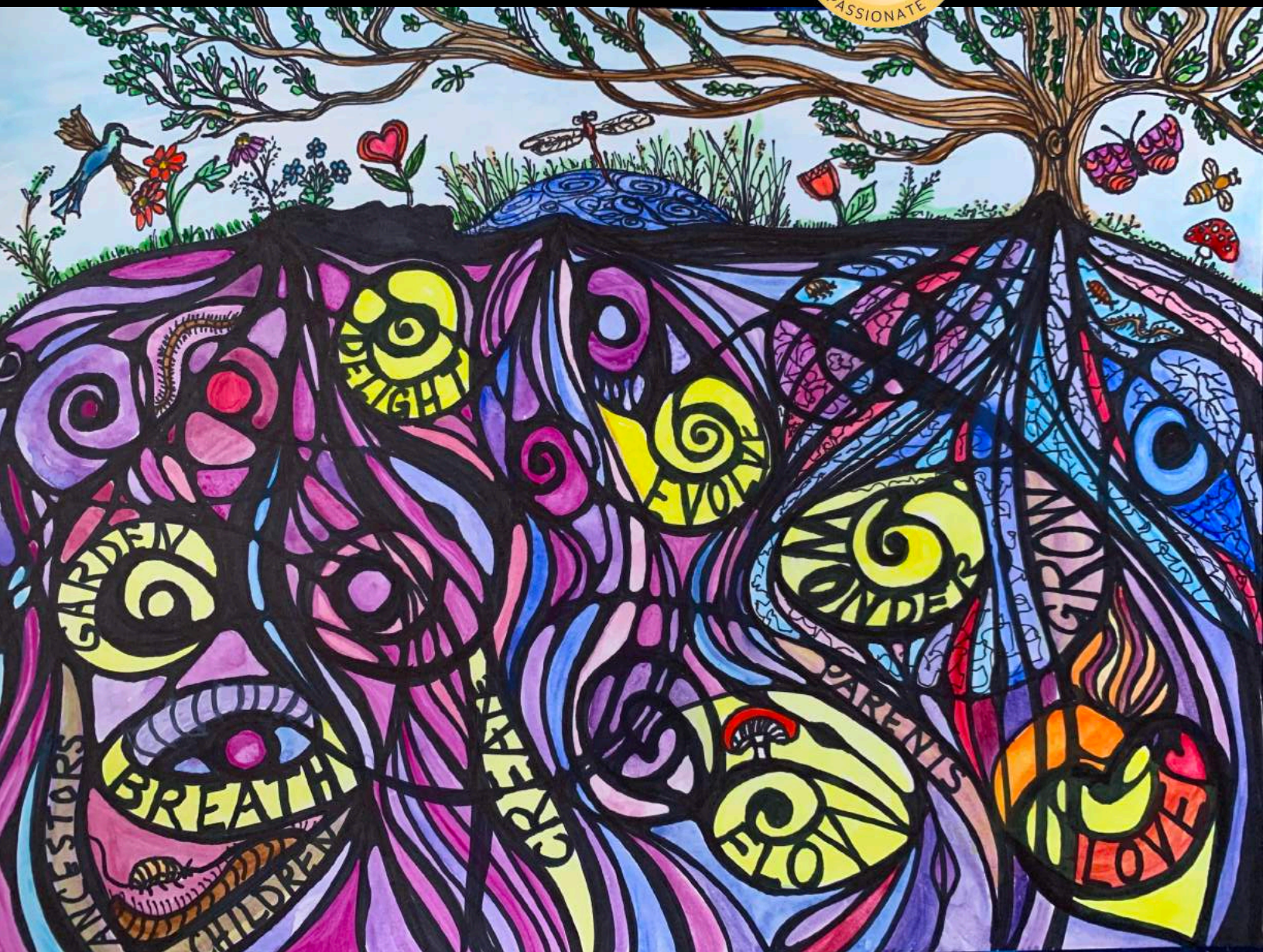


# Winter 2022 Program Guide



"Grounding" artwork by Carol Cummins created in LivingWell's Neurographic Art class, October 2021.

Scan to experience LivingWell:



Visit [livingwellcrc.org](https://livingwellcrc.org)  
[Facebook.com/livingwellcrc](https://Facebook.com/livingwellcrc)  
[YouTube.com/c/livingwellcrc](https://YouTube.com/c/livingwellcrc)  
Call 630.933.7860  
Email [info@livingwellcrc.org](mailto:info@livingwellcrc.org)

Please note: programming is subject to change, so please visit [livingwellcrc.org](https://livingwellcrc.org) for the latest classes and services.



## Virtual Medical Discussions

Medical updates and special presentations for living well. Watch recordings of previous Facebook Live discussions on our [Facebook](#) page or [YouTube.com/c/Livingwellcrc](https://www.youtube.com/c/Livingwellcrc).

**Friday, January 14, 10:00 – 11:00 am**

### Gynecological Cancer: What You Need to Know Now

Dr. Raanan Alter, Gynecologic Oncology, Northwestern Medicine Regional Medical Group

- 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](mailto:info@livingwellcrc.org), including your first and last name and "Gyne" in your subject line.

**Thursday, January 20, 1:00 – 1:30 pm**

### What to Expect When You're Expecting Lung Surgery

Dr. Andrew Arndt, Thoracic Surgery, Northwestern Medicine Regional Medical Group

- This discussion will be live on Facebook at <http://facebook.com/livingwellcrc>. No registration required.

**Friday, January 28, 1:00 – 1:30 pm**

### Post-Operative Pain Management and Opioid Use

Dr. Katelyn Stepan, Head and Neck Surgery, Northwestern Medicine

- This discussion will be live on Facebook at <http://facebook.com/livingwellcrc>. No registration required.

**Tuesday, February 1, 10:00 – 10:30 am**

### Breast Reconstruction and Revision Options

Dr. Bahram Ghaderi, St. Charles Plastic Surgery

- 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](mailto:info@livingwellcrc.org), including your first and last name and "Breast Reconstruction" in your subject line.

**Tuesday, February 8, 10:00 – 11:00 am**

### How to Get the Help you Need: Resources for Patients Newly Diagnosed with Cancer

Rebecca Ness, LCSW, MD Anderson Cancer Center

- 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](mailto:info@livingwellcrc.org), including your first and last name and "Resources" in your subject line.

**Thursday, February 10, 1:00 – 2:00 pm**

### Effects of Cancer Treatment on Cardiovascular Health

Dr. Nausheen Akhter, Cardiology, Northwestern Medical Group

- 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](mailto:info@livingwellcrc.org), including your first and last name and "heart" in your subject line.

**Friday, March 4, 10:00 – 10:30 am**

### The Truth about Sugar and Artificial Sweeteners

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.

**Friday, March 11, 10:00 – 11:00 am**

### Lymphedema Treatment and Risk Reduction

Jennifer Rosko, PT, CLT-LANA, and Christine Wietrzykowski, PT, CLT-LANA, Northwestern Medicine Regional Medical Group

- 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](mailto:info@livingwellcrc.org), including your first and last name and "Lymphedema" in your subject line.

**Monday, March 28, 6:30 – 7:45 pm**

### I've Finished Cancer Treatment, Now What? Survivorship 101

Dr. Christopher George, Medical Director, Medical Oncology, Northwestern Medicine Regional Medical Group

- 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](mailto:info@livingwellcrc.org), including your first and last name and "Survivorship Dr. George" in your subject line.

**Wednesday, April 6, 10:00 – 11:00 am**

### Pelvic Floor Therapy: Is It for Me?

Bridget McMillion, PT, DPT, WCS, and Georgia Nicolaidis, MSPT, Northwestern Medicine Rehabilitation Services

- 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](mailto:info@livingwellcrc.org), including your first and last name and "Pelvic Floor" in your subject line.

**Tuesday, April 12, 1:00 – 1:30 pm**

### Preventing and Managing the Effects of Toxicities From Cancer Treatment: Hair Loss, Nausea, Fertility, Premature Menopause

Dr. Fahad Faruqi, Hematology and Medical Oncology, Northwestern Medicine Regional Medical Group

- This discussion will be live on Facebook at <http://facebook.com/livingwellcrc>. No registration required.

**Every Third Wednesday**

**6:00 - 7:00 pm**

### Understanding the Low Carb, High Fat (LCHF) Ketogenic Diet

Dr. Christy Kesslering, Radiation Oncology  
Each month, Dr. Kesslering will start with a presentation on a topic related to LCHF followed by a Q&A session and networking.

- 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](mailto: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 counseling professionals 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](mailto: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](mailto:socialwork@livingwellcrc.org).



## Survivorship Programs

### I've Finished Cancer Treatment, Now What? Survivorship 101

Monday, March 28  
6:30 - 7:45 pm

Presented by Dr.  
Christopher George,  
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. Join Dr. George as he addresses what to expect as a “cancer survivor” and how you can partner with your medical team to recover from the treatment.

► To register and receive the link to join this medical presentation, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name, and “Survivorship Dr. George” in your subject line.

### Back-On-Track Surviving Survivorship Series

Mondays, March 14 – April 25

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.

**March 14:** Pressure to Thrive

**March 21:** Discussion Group

**March 28:** Survivorship 101: Medical Discussion by Dr. Christopher George (*see description at left*)

**April 4:** Managing Moods, Stress, Feeling Stuck

**April 11:** Discussion Group

**April 18:** Fear of Recurrence

**April 25:** 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](mailto: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](mailto:counseling@livingwellcrc.org) and include your first and last name and “support group” in your subject line.

### **NEW! Meaning-Centered Psychotherapy Eight-Week Program**

*Thursdays, April 28 - June 16, 3:00 – 4:30 pm*

*Limited class size, register early!*

Discussions in this group are based on the work of neurologist, psychiatrist and “Man’s Search for Meaning” author Viktor Frankl to help patients look for meaning in past, present, future and everyday life. This group is appropriate for patients with any type and stage of cancer struggling with life’s meaning in the face of cancer. The eight-week program is designed to help participants sustain or enhance meaning and purpose through contemplation exercises and discussion.

*Please note: This is a progressive series, and you must be committed to attending all eight sessions to receive full benefit.*

### **NEW! Scanxiety Drop-In Group**

*First and third Mondays of each month, 12:00 – 1:00 pm*

This virtual drop-in group provides patients and caregivers an opportunity to process their anxiety and learn strategies to help manage the stress that is commonly experienced while awaiting tests/scans or test results. Participants are encouraged to drop-in and join anytime they are experiencing “scanxiety.”

### **NEW! Spanish-Speaking Group**

*Second Wednesday of each month, 6:30 – 7:30 pm*

This virtual support group is designed for Spanish-speaking patients and caregivers who have been affected by cancer.

### **¡NUEVO! Grupo de apoyo en español**

*Segundo miércoles de cada mes, 6:30 - 7:30 pm*

Este grupo de apoyo virtual está diseñado para pacientes y cuidadores que han sido afectados por cáncer.

► *Para recibir un enlace para unirse, envíe un correo electrónico a [counseling@livingwellcrc.org](mailto:counseling@livingwellcrc.org) e incluya su nombre y apellido y "grupo de español" en su línea de asunto.*



### **Caregiver Support**

*First and Third Tuesdays of each month, 6:30 – 7:30 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)**

*First and Third Tuesdays of each month, 6:30 – 7:30 pm*

Bi-monthly 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.

### **NEW! Good Grief (Daytime)**

*Second Thursday of each month, 12:00 - 1:00 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 18 months.

### **Good Grief (Evening)**

*First and third Wednesdays, 6:30 – 7:30 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 18 months.



## Cancer-Specific Support Groups

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

### Breast (General)

*Third Wednesday 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.

### Breast (Metastatic)

*Second Monday of each month, 1:00 – 2:00 pm*

Support and connection with others who understand the challenges of living with a metastatic breast cancer diagnosis.

### NEW! Gynecological

*Fourth Wednesday of each month, 6:30 – 7:30 pm*

This group provides those with ovarian, uterine, cervical, or other gynecological cancers a chance to come together and support one another through diagnosis, treatment, early survivorship and maintenance.

### Head and Neck

*Monday, April 4, 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. Caregivers are welcome to attend.

### Brain Tumor

*Fourth Wednesday of each month, 12:00 - 1:00 pm*

This group provides support and education to patients who have a diagnosis of a primary brain tumor. Caregivers are welcome to attend. **Don't Miss! At the Tuesday, May 25 meeting, Vincent Rock, MSW, LCSW, Program Manager, American Brain Tumor Association, will be a guest speaker sharing valuable information about ABTA resources.**

## 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/Wig-Consults](https://bit.ly/Wig-Consults).



## Beautiful You

*Wednesday, April 20*

*3:30 – 5:00 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](mailto:info@livingwellcrc.org), including your first and last name and “Beautiful You” in your subject line.



## Stress Management

Live well by participating in our classes designed specifically to help you stay in the moment and learn healthy coping strategies.

### Self Care: Restoring Your Inner Self

*Tuesday, February 22, 6:30 - 7:45 pm*

Experiencing sudden and major changes that uproot your life can affect how you take care of yourself. In this workshop facilitated by LivingWell counselor Nancy Nieto, LPC, NCC, you will learn about various types of self care, their benefits and strategies on how to implement your personal self-care practices. Develop your path to rejuvenating, restoring, and strengthening your inner self.

► *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](mailto:info@livingwellcrc.org), including your first and last name and "Self Care" in your subject line.*



### Healing Through Humor: Letting Go

*Wednesday, April 27, 6:30 - 7:30 pm*

Part of improv is letting go of how you think things should go to make way for what your improv team brings to the table. In this workshop led by improv instructor/ensemble member and social worker Caroline Rhoads, M.S.S., LSW, CET I, you apply the principles from improv to let go and make peace with what you can't control. Participants are encouraged to leave their judgement and inner critic at the door to reap the benefits of this experience.

► *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](mailto:info@livingwellcrc.org), including your first and last name and "Letting Go" in your subject line.*



## Stress Management for Children and Teens

### Navigating Big Feelings, Calming Little Minds

*Monday, March 28, 1:00 - 2:00 pm*

In this one-hour class facilitated by LivingWell social worker, Lindsey Kovalik Bianchini LCSW, LISW-CP, and wellness coordinator Heather Avery E-RYT 500, your child will discover how to understand their big feelings and learn new ways to cope with what they are experiencing in times of stress. Your child will also be taught a deep relaxation technique to manage their big feelings, quiet their minds and still their bodies. Open to children between the ages of 5 and 10 who are receiving cancer treatment, are cancer survivors, have a family member with cancer or have recently experienced the loss of a family member to cancer.

► *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](mailto:info@livingwellcrc.org), including your and your child's first and last name and "Children Workshop" in your subject line.*

### Managing Anxiety, Creating Calm for Teens

*Thursday, March 31, 1:00 - 2:00 pm*

Anxiety and depression can leave teen and pre-teen minds feeling overwhelmed. In this one-hour class, LivingWell social worker, Lindsey Kovalik Bianchini LCSW, LISW-CP, will offer participants practical skills to manage their emotions followed by a deep relaxation technique guided by LivingWell's wellness coordinator, Heather Avery, E-RYT 500, to increase body awareness. Open to children between the ages of 11 and 17 who are receiving cancer treatment, are cancer survivors, have a family member with cancer or have recently experienced the loss of a family member to cancer.

► *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](mailto:info@livingwellcrc.org), including your and your child's first and last name and "Teen Workshop" 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 after you register.

### February

#### **Mondays, February 14, 28, 10:00 – 11:30 am** **The Wonders of Alcohol Inks**

Enjoy the wonder, the colors and the excitement of getting lost in the flow and unknown of alcohol inks. It's a great release of stress. Come join the fun and spontaneity of alcohol inks. Attendance at both classes is highly encouraged but not mandatory.

► 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](mailto:info@livingwellcrc.org), including your first and last name and "Alcohol Inks" in your subject line.

#### **Wednesdays, February 2, 9, 16, 23, 10:00 – 11:30 am** **Heart-O-Rama**

February is the month of hearts, so let's dive in! We'll use a variety of mediums and surfaces to make heart-shaped art. Each week, you will learn a new technique using whatever supplies you have at home: paper, pencils, pens, markers, and/or crayons. Attendance throughout this series is highly encouraged but not mandatory.

► 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](mailto:info@livingwellcrc.org), including your first and last name and "Heart Art" in your subject line.

#### **Thursdays, February 3, 10, 17, 24, 6:30 - 8:00 pm** **Oodles of Doodles**

We have all doodled while on the phone or even listening to a teacher in class, but did you know that doodling alleviates stress and helps you process emotions? There is no right or wrong way to doodle and everyone can do it. Come and relax with this old, but new creative outlet. You will love doodling all over again!

► 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](mailto:info@livingwellcrc.org), including your first and last name and "Doodle" in your subject line.

### March

#### **Monday, March 14, 10:00 – 11:30 am** **A Vision for the Future**

Start off spring by focusing on the future. Create a personal vision board to visualize your goals and to remind you of the things you want to do, be and have.

► 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](mailto:info@livingwellcrc.org), including your first and last name and "Vision Board" in your subject line.

#### **Monday, March 28, 10:00 – 11:30 am** **Acrylic on What?**

Grab a piece of wood, a coffee can, a terracotta pot—virtually anything you have laying around the house. Then, grab a pencil, an assortment of white and colored acrylic paints, paint brushes, a palette to hold and mix paint, and a glass of water to rinse your brushes. From there, we will have fun painting together on your everyday objects, turning trash into treasures!

► 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](mailto:info@livingwellcrc.org), including your first and last name and "Acrylic" in your subject line.

#### **Wednesdays, March 2, 9, 16, 23, 30, 10:00 - 11:30 am** **Journaling Workshop**

Learn strategies to help put your thoughts and feelings down on paper and incorporate art into your own journal.

► 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](mailto:info@livingwellcrc.org), including your first and last name and "Journaling" in your subject line.

#### **Thursdays, March 3, 10, 17, 24, 31, 6:30 – 8:00 pm** **The Art of Self Expression**

This class will offer creative ideas to help with your emotions and feelings by expressing yourself with art. Release tension, a racing mind before bed time, the anxiety of a diagnosis, and the weight of grief after a loss.

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](mailto:info@livingwellcrc.org), including your first and last name and "Self Expression" 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 after you register.

### April

**Monday, April 11 and 25, 10:00 – 11:30 am**

#### The Its and Bits of Collage

You'll create your own scrap paper to make whimsical collages in this two-part series! In the process, you'll explore different mediums and find small joys creating with your own papers. Attendance throughout this series is highly encouraged but not mandatory.

► 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](mailto:info@livingwellcrc.org), including your first and last name and "Collage" in your subject line.

**Wednesdays, April 6, 13, 20, 27, 10:00 – 11:30 am**

#### Arrrrgh! Rest, Refuel, Reset and Recharge

Each week in this series, we will focus on one of the "R" words—creating art and journaling around it. This weekly practice will help you move forward in your cancer journey and gather "R" ideas and perspectives from others. Attendance throughout this series is highly encouraged but not mandatory.

► 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](mailto:info@livingwellcrc.org), including your first and last name and "Arrrrgh" in your subject line.

**Thursdays, April 7, 14, 21, 28, 6:30 – 8:00 pm**

#### Butterflies!

The symbol of the butterfly will be used throughout this art series to help transform, move through, and allow healing. We will create for each stage of metamorphosis, as it applies to you. A variety of mediums will be used to help you express your feelings and emotions around a cancer diagnosis, anxiety, and/or grief. Attendance throughout this series is highly encouraged but not mandatory.

*"Resilience is not about overcoming, but becoming."*

— Author, Sherri Mandell

► 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](mailto:info@livingwellcrc.org), including your first and last name and "Butterflies" in your subject line.





## HOT Topics in Nutrition

LivingWell offers a variety of culinary classes designed to help patients with cancer and their caregivers make informed choices about nutrition and move through cancer treatment into survivorship. Classes are facilitated by Northwestern Medicine/LivingWell dietitians, Nancy Zawicki, RD, LDN, MS, and Mary Zupke, RD, LDN, MS, FAND. All winter nutrition classes are virtual. Classes will include a cooking demonstration that complements each cancer-related topic.

### March

**Wednesday, March 2, 6:00 - 7:00 pm**

#### Soy and Cancer: Managing Myths

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 a link to join this virtual discussion, complete [New Participant Form](#) (if you haven't already) and email [info@livingwellcrc.org](mailto:info@livingwellcrc.org), including your first and last name and "Soy" in your subject line.*

**Wednesday, March 16, 1:00 - 2:00 pm**

#### Mediterranean Meal Prep Made Easy

Start your spring season healthfully by adding simple Mediterranean meals to your menu and weekend food prep. The Mediterranean diet is a healthy eating plan recommended by the Dietary Guidelines for Americans to promote health and prevent chronic disease.

► *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](mailto:info@livingwellcrc.org), including your first and last name and "Mediterranean" in your subject line.*

**Wednesday, March 30, 6:00 - 7:00 pm**

#### Build a Cancer-Fighting Pantry

The first step to creating a "cancer-fighting pantry" is to take inventory of your pantry and then learn how to stock it with a variety of healthy foods to create quick, easy and flavorful meals.

► *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](mailto:info@livingwellcrc.org), including your first and last name and "Pantry" in your subject line.*

### April

#### Facebook LIVE!

**Wednesday, April 13, 1:00 - 1:30 pm**

#### Flavoring Foods Healthfully – Herbs, Spices and Vinegars

Take your dishes from basic to brilliant! In this live cooking segment on Facebook, you'll learn how to incorporate herbs, spices and vinegars into your meals and wake up your taste buds!

► *This discussion will be live on Facebook at <http://facebook.com/livingwellcrc>. No registration required.*

**Wednesday, April 27, 1:00 - 2:00 pm**

#### Eating Whole Grains

Do you know the health benefits whole grains provide in your diet? They provide fiber, B Vitamins, iron and more. When eaten in their whole form, whole grains contribute to good nutrition. Learn how to identify a whole grain, how to interpret a food label, and about the wide variety of whole grains available.

► *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](mailto:info@livingwellcrc.org), including your first and last name and "Whole Grains" in your subject line.*



#### 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](mailto:askadietitian@livingwellcrc.org).

## Mindful Movements

Support healing, increased flexibility and range of motion, and reduce stress with fitness and yoga classes modified for a variety of needs. For links to each class, please contact [info@livingwellcrc.org](mailto: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](http://livingwellcrc.org/forms).)

### Mondays

#### 9:00 – 10:00 am, Yoga

Build strength, balance and flexibility while creating a higher state of mindfulness. This gentle and sometimes invigorating class will help manage stress as you tune into your mind/body connection. Class may include both standing and mat yoga poses. Instructor: Leah Richards

#### 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: Leah Richards

### Tuesdays

#### 9:00 - 9:30 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: Sheri Minnick

#### 11:45 am - 12:30 pm, Yoga

Build strength, balance and flexibility while creating a higher state of mindfulness. This gentle and sometimes invigorating class will help manage stress as you tune into your mind/body connection. This class may include both standing and mat yoga poses.

Instructor: Sheri Minnick

### Wednesdays

#### 8:30 - 9:15 am, Chair Fitness for Lymphedema and Neuropathy

This class includes exercises to help stimulate receptors of the hands and feet. The movements are designed to get your circulation and 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: Sheri Minnick

### Thursdays

#### 10:00 – 10:45 am, Fitness for Cancer Recovery

Manage the side effects of treatment and continue building stamina early post treatment through exercise. This class is designed to increase your strength and balance. The last 15 minutes of class will be dedicated to core strengthening and flexibility. Modifications will be made available to suit your individual needs. We will be using a set of weights and a mat. As an alternative, you can use soup cans, bottles of water or something similar. Instructor: Sheri Minnick

#### 11:00 am - 12:00 pm, Movement and Meditation

When life becomes challenging, we often react to everything—big or small. This class is designed to bring deep relaxation, restoring mind and body. Find your center in this fully guided practice of gentle yoga postures followed by a new meditation practice each class that will leave you feeling renewed and refreshed. Instructor: Leah Richards

### Fridays

#### 10:00 – 11:00 am, Yoga

Build strength, balance and flexibility while creating a higher state of mindfulness. This gentle and sometimes invigorating class will help manage stress as you tune into your mind/body connection. This class may include both standing and mat yoga poses. Instructor: Rita Meier

### Gong Sound Healing

**First Thursday of each month, 1:00 - 2:00 pm  
via Facebook Live**

**On Thursday, April 7, start time will be 12:00 pm**

Immerse yourself in the healing sounds of three Paiste gongs to help calm mind and body and aid in deep meditation. Singing crystal and Tibetan bowls will also be used in class to raise the vibration and heighten the experience. Instructor: Jenny Bergold

► *This class will be live on Facebook at <http://facebook.com/livingwellcrc>. No registration required.*

