

# Summer 2022 Program Guide



part of  
Northwestern Medicine



We're Open!  
For on-site programming

Register for  
programs at  
[livingwell.nm.org](http://livingwell.nm.org)

NEW!

Two locations to serve you:

NEW!

LivingWell Geneva  
442 Williamsburg Ave.  
Geneva, IL 60134  
630.933.7860

LivingWell Warrentville  
4525 Weaver Parkway, Suite 103  
Warrentville, IL 60555  
331.732.4900

Scan to experience LivingWell:



Visit [livingwellcrc.org](http://livingwellcrc.org)  
Registration [livingwell.nm.org](http://livingwell.nm.org)  
Facebook.com/livingwellcrc  
YouTube.com/c/livingwellcrc  
Email [info@livingwellcrc.org](mailto:info@livingwellcrc.org)

## Welcome!

We are excited to be opening our doors again for on-site programs, which will start on Monday, May 2 in our Geneva, Ill., location as well as our new location in Warrenville, Ill., next to the Northwestern Medicine Cancer Center and Proton Center.

## Program Registration

Register for programs on our new registration platform at [livingwell.nm.org](http://livingwell.nm.org). (Need help logging in? [View/download instructions.](#)) All LivingWell programs and services are provided at no cost to individuals impacted by cancer (patients, caregivers and family members) regardless of where medical care is being received.

Registration is limited for on-site programs. Priority will be give to those in active treatment. Virtual programs will remain available. Virtual and on-site programs are indicated throughout this guide. We recognize in-person programs may not be the best choice for all participants at this time and encourage you to consult your healthcare team if you have questions about your safety.

For on-site classes, please register at least 48 hours before class starts. If you are unable to attend a class, please cancel at least 48 hours prior to class start time.

## On-Site Health and Safety Measures

- **Universal Masking:** Everyone is required to wear a mask while in the center. If you arrive wearing your own mask, we will ask you to replace or cover it with a mask provided by LivingWell.
- **Screening:** Participants entering LivingWell will be screened for COVID-19 symptoms upon arrival. Please arrive five to 10 minutes before a program to allow adequate time to complete the screening.
- **Physical Distancing:** Everyone must maintain a distance of at least six feet from each other.

## Locations



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## Hours of Operation

**Monday - Thursday:** 10:00 am - 8:00 pm

**Friday:** 9:00 am - 12:00 pm

**Closed:**

- Saturday and Sunday
- Memorial Day - Monday, May 30
- Fourth of July - Monday, July 4

## Medical Discussions: Virtual

Medical updates and special discussions presented via Facebook and Microsoft Teams to help you live well throughout a cancer journey. Watch recordings of previous medical discussions on our [Facebook](#) page or [YouTube.com/c/Livingwellcrc](https://www.youtube.com/c/Livingwellcrc).

► Register at [livingwell.nm.org](https://livingwell.nm.org) to receive links to join discussions


### May

**Wednesday, May 4, 1:00 – 1:30 pm**

#### Anti-Estrogen Therapy for Breast Cancer

*Dr. Faisal Saghir, Hematology and Medical Oncology, Northwestern Medicine Regional Medical Group*

Learn about the latest hormone therapies designed to interfere with estrogen's ability to stimulate the growth of breast cancer cells. Dr. Saghir will also answer your questions during the Q&A portion of his live presentation on Facebook.

 This discussion will be live on Facebook. Link to join: [facebook.com/livingwellcrc](https://facebook.com/livingwellcrc).

**Friday, May 13, 10:00 – 11:00 am**

#### Am I Depressed or Something Else?

*Robin Katz, LCSW, OSW-C, Robert H. Lurie Comprehensive Cancer*

Feeling down and overwhelmed is a common response during the cancer journey. Learn what depression is and isn't, symptoms and treatment options.

**Tuesday, May 17, 6:00 – 7:00 pm**

#### Intimacy and Cancer: Sexual Health Changes During and After Treatment and Techniques to Work Through Them

*Rebecca Ness, MS, MSW, LCSW, Baptist MD Anderson Cancer Center, and Anna Leonarda, breast cancer survivor and founder of Entwine*

A cancer diagnosis and treatment can change the way you feel about sex and your body in big and small ways. In this discussion, sex therapist and licensed clinical social worker, Becky Ness, will share answers to questions and concerns she receives from patients about body image and intimacy, as well as strategies and resources to navigate changes. Breast cancer survivor Anna Leonarda will share her own experience with cancer and sexual limitations and what led her to create a company to help others with similar limitations.

**Friday, May 20, 10:00 – 10:45 am**

#### Neurographic Art for Stress Relief

*Robert Jackman, LCPC, Robert Jackman Psychotherapy, and Cheri Hunt, LivingWell art instructor*

Learn how neurographic art can be a valuable tool for reducing stress and anxiety. All you need is a piece of paper and pen; no art experience necessary!

### June

**Tuesday, June 7, 6:30 - 7:30 pm**

#### From Diagnosis and Beyond: Top 10 Questions Answered About Gynecologic Cancers

*Dr. Jenna Marcus, Gynecologic Oncology, Northwestern Medical Group*

Dr. Marcus will answer the most common questions from women about what a gynecologic cancer diagnosis means and which treatment is right for you. She will also be available to answer your specific questions during the Q&A portion of her presentation.

**Wednesday, June 8, 1:00 – 2:00 pm**

#### Social Security Disability Benefits and Cancer

*Candace McCarthy King, retired executive director, DuPage Federation of Human Services Reform*


Learn about the benefits available through the Social Security Administration, qualifications for these benefits and things to consider before applying. Candace has a wealth of knowledge on this important topic, so please bring your questions!

**Tuesday, June 14, 1:00 – 1:30 pm**

#### Chemo-Induced Neuropathy

*Dr. Robin Buerki, Neuro-Oncology, Northwestern Medicine Regional Medical Group*

Join Dr. Buerki for a live medical discussion on Facebook about the diagnosis and management of peripheral neuropathy, which can be caused by chemotherapy and other cancer treatments. Common symptoms include numbness, tingling, shooting pain or burning in the hands and feet.

 This discussion will be live on Facebook. Link to join: [facebook.com/livingwellcrc](https://facebook.com/livingwellcrc).

**Monday, June 27, 1:00 - 2:00 pm**

#### Skin Care While Undergoing Cancer Treatment

*Dr. Jill Cotseones, Dermatology, Northwestern Medicine Regional Medical Group*

Most people know about side effects, like hair loss, that can accompany cancer treatment. But cancer treatment can also impact your skin. Dr. Cotseones will share her expertise about skin care for oncology patients and answer your questions during a Q&A at the end of her presentation.



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### July


**Tuesday, July 12, 3:00 - 4:00 pm**

#### A Swimsuit and a Bike:

#### Resilience in the Face of Chronic Stressors

*Eric Larson, PhD, Neuropsychologist, Marianjoy Rehabilitation Hospital, part of Northwestern Medicine*

Dr. Larson will discuss how to respond to stressors that last a long time and that sometimes pile on top of other stressors. This is especially relevant to cancer survivors over the past two years. After confronting one illness (cancer), they were faced with another one (COVID) that threatened them as well as their families. Dr. Larson will also discuss a new idea in psychology that identifies and nurtures healthy responses to prolonged adversity. He'll review practices that have been shown to help people thrive during tough times that last longer than expected and identify resources to support those practices and sustain us in the long haul.

 This discussion will be live on Facebook. Link to join: [facebook.com/livingwellcrc](https://facebook.com/livingwellcrc).

**Friday, July 22, 10:00 - 11:00 am**

#### Cancer and Psychiatry:

#### Role of Psychiatric Medications in Cancer Care

*Dr. Kanan Modhwadia, Psychiatry, Northwestern Medicine Regional Medical Group*

Learn about the use of psychotherapy as well as mental health medications, such as antidepressants and anti-anxiety medications, during a cancer journey and the types of medications available. Choosing the right treatment plan should be based on a person's individual needs and medical situation, and under a health professional's care.

#### Every Third Wednesday

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

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

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



### August

**Friday, August 5, 1:00 – 1:30 pm**

#### Acupuncture: Benefits for Patients with Cancer

*Ania Grimone, LAc, CH, Northwestern Medicine Osher Center for Integrative Health*

Learn from a licensed acupuncturist at Northwestern Medicine about acupuncture and its use to manage a variety of symptoms and conditions associated with cancer and the side effects of cancer treatments.

**Monday, August 8, 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*

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 help you recover from treatment.

**Monday, August 22, 10:00 – 11:00 am**

#### Prostate Cancer:

#### What's New for Screening and Treatment

*Dr. William Hartsell, Radiation Oncology, Radiation Oncology Consultants, Northwestern Medical Group*

Dr. Hartsell primarily practices at the Northwestern Medicine Chicago Proton Center and has expertise in the use of conformal 3D therapy, intensity modulated radiation therapy (IMRT), stereotactic radiosurgery, high dose rate brachytherapy, and proton therapy. He will be sharing the latest advances in prostate cancer screening and treatment and answering questions during the Q&A portion of the presentation.

## Counseling and Social Work Services: On-Site and Virtual

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 aspect. Our team of counseling professionals can help patients and caregivers discuss their thoughts, feelings and reactions to a diagnosis. To schedule an initial consultation, 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: Virtual

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

Monday, August 8  
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.

► Register at [livingwell.nm.org](http://livingwell.nm.org) to receive a link to join this virtual discussion.

### Back-On-Track Surviving Survivorship Series

Mondays, July 11 – August 22

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 11:** Pressure to Thrive

**July 18:** Discussion Group

**July 25:** Managing Moods, Stress, Feeling Stuck

**August 1:** Discussion Group

**August 8:** Survivorship101 Medical Presentation by Dr. Christopher George (*see description at left*)

**August 15:** Fear of Recurrence

**August 22:** Envisioning Your Future

► Register at [livingwell.nm.org](http://livingwell.nm.org) to receive a link to join this virtual series.

## Support Groups: On-Site and Virtual

Connect with others who understand your cancer journey and learn new ways to cope and handle difficult situations.

► Register for support groups at [livingwell.nm.org](https://livingwell.nm.org).

### Scanxiety Drop-In Group (Virtual)

*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.”

### Caregiver Support (Virtual)

*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) (Virtual)

*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.

### Spanish-Speaking Group (On-Site Warrenville)

*Second Wednesday of each month, 6:30 – 8:00 pm*

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

### Grupo de apoyo en español (en persona Warrenville)

*Segundo miércoles de cada mes, 6:30 - 8:00 pm*

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

► Para registrarse, 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.



### Good Grief (Daytime) (On-Site Warrenville)

*Second Thursday of each month, 12:00 – 1:30 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.

### Good Grief (Evening) (Virtual)

*First and Third Wednesdays of each month, 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: On-Site and Virtual

Connect with others who understand your cancer journey and learn new ways to cope and handle difficult situations.

► Register for support groups at [livingwell.nm.org](http://livingwell.nm.org).

### Breast: General (On-Site Geneva)

*Third Wednesday of each month, 6:30 – 8:00 pm*

This group provides those with breast cancer to come together and support one another through diagnosis, treatment and early survivorship.

### Breast: General (Virtual)

*First 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 (On-Site Geneva)

*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 (Virtual)

*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.

## Wig Consultations: Virtual

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.

► Schedule a virtual wig consultation at <http://livingwell.nm.org>.



### Gynecological (Virtual)

*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.

### Young Adult Brain Tumor (Virtual)

*Second Wednesday of each month, 6:00 – 7:00 pm  
(starts June 8)*

This group provides support and education to young adults (ages 18 to 40) who have a diagnosis of a primary brain tumor.

### Brain Tumor (Virtual)

*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.

### Head and Neck (Virtual)

*Monday, July 11, 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.

## Beautiful You: On-Site Geneva

*Wednesday, June 15  
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.



## Stress Management: On-Site and Virtual

Live well by participating in our classes designed specifically to help you stay in the moment and learn healthy coping strategies. Classes that are “hybrid” are taught simultaneously on-site and online. You choose the environment that works best for you: home or LivingWell.

► Register for classes at [livingwell.nm.org](https://livingwell.nm.org)

### Self-Care: Restoring Your Inner Self (Virtual)

Wednesday, July 6, 6:00 - 7:30 pm

*Nancy Nieto, LPC, NCC, LivingWell Cancer Resource Center*  
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, 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.

### Create Your Own Healing Garden (Hybrid - LivingWell Geneva)

Thursday, July 21, 6:30 – 7:30 pm

*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 Deborah’s home, each of her gardens has a different theme, and every garden has a story. For Deborah, the stories are lessons learned in her healing journey. Come and learn how to create your own sanctuary!



### The Importance of Caregivers and Caregiving (Virtual)

Wednesday, August 17, 6:00 - 7:00 pm

*Lindsey Kovalik Bianchini, LCSW, LISW-CP and Nancy Nieto, LPC, NCC*

Being a caregiver can be an overwhelming experience. Join LivingWell counselors Lindsey Kovalik Bianchini and Nancy Nieto as they discuss how to navigate the complexities of caregiving for someone with cancer and the important role you play as their caregiver. This presentation will include ways to help balance the needs of the patient with your own needs and ways you can care for yourself as a caregiver.

### Healing Through Humor: The “Yes, ... and” Rule (Virtual)

Wednesday, August 31, 6:30 - 7:30 pm

*Caroline Rhoads, M.S.S., LSW, CET I*

In this workshop led by improv instructor/ensemble member and social worker Caroline Rhoads, you will learn the “Yes, ... and” rule of improv and explore how this tool can help in everyday situations and open up communications. Participants are encouraged to leave their judgement and inner critic at the door to reap the benefits of this experience.



## Stress Management Touch Therapy: On-Site Geneva and Warrenville

Talk to your physician about any concerns you may have before scheduling a touch therapy appointment. You will need a [Medical Release Form](#) completed by your physician and received prior to your first appointment. A [Release of Liability Form](#) is also required for on-site services. We offer a maximum of five touch therapy appointments for patients diagnosed with cancer.

► Make an appointment at [livingwellcrc.org/touch-therapy](https://livingwellcrc.org/touch-therapy)

### 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.

### Facials

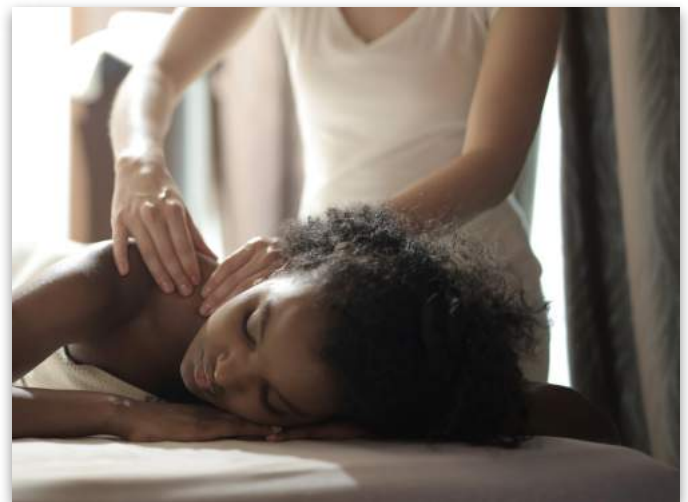
Experience the benefits of a gentle, hydrating facial given by a licensed, oncology-trained esthetician.

### 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.

### 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.



## Healing Through Art: On-Site and Virtual

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. Attendance throughout each series is highly encouraged but not mandatory.

► Register for classes at [livingwell.nm.org](http://livingwell.nm.org)

### May On-Site Geneva

**Tuesdays, May 17, 24, 31, 10:00 am – 12:00 pm**

#### Neurographic Art

This freeform intuitive drawing practice helps release stress, fear and anxiety. To start this relaxation practice, all you need is paper and a black Sharpie.

**Tuesdays, May 17, 24, 1:00 – 3:00 pm**

#### Gentle Gracious Gratitude

*“The struggle ends when gratitude begins.”*

— Neale Donald Walsch

The simple act of gratitude can make a significant impact on mental wellbeing. In this two-class series, you'll learn about the art of being grateful to help reduce feelings of anxiety and stress—and create art around it.

**Tuesdays, May 17, 24, 6:00 – 8:00 pm**

#### Pop of Color with PanPastels

Learn basic techniques and tips to get started with PanPastels.

**Wednesdays, May 18, 25, 1:00 - 3:00 pm**

#### Journaling

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

### May - August Virtual

**Wednesdays, May 18 - August 31, 10:00 am - 12:00 pm**

#### Mixed Virtual Media Summer Series

Each week this summer, join LivingWell art instructor Cheri Hunt via Microsoft Teams to work on a variety of mixed media projects. Every week will be something new!

► Register at [livingwell.nm.org](http://livingwell.nm.org) to receive a link to join this virtual series.

### May On-Site Warrenville

**Mondays, May 23, June 20, 27, 1:00 - 3:00 pm**

#### Flowers of Utopia

Grow with your art class! In this class, you will use watercolor or acrylic paints (whatever you feel most comfortable using and have at home) to create abstract buds in bloom.

**Thursdays, May 19, 26, 1:00 pm – 3:00 pm**

#### Gentle Gracious Gratitude

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**Thursdays, May 19, 26, 6:00 - 8:00 pm**

#### Neurographic Art

This freeform intuitive drawing practice helps release stress, fear and anxiety. To start this relaxation practice, all you need is paper and a black Sharpie.

### New “Class Pass” for On-Site Art Classes

Now that we are open for onsite classes, LivingWell has an **Art Class Pass**. Similar to our “Exercise Class Pass” (see p. 15), the Art Class Pass allows you to select up to 50 on-site 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:** You can take an unlimited number of online art classes!



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### June On-Site Geneva

**Tuesdays, June 7, 14, 21, 28, 10:00 am - 12:00 pm**

#### Gelli Printing

Apply paint onto a “Gelli” (soft silicone) plate to create one-of-a-kind prints. Learn this innovative and fun art form!

**Tuesdays, June 7, 14, 21, 28, 1:00 - 3:00 pm**

#### Get Into the Flow of Alcohol Inks

Learn basic techniques of alcohol inks and then use different papers, tiles, glass and metal to create unique art with your new skill.

**Tuesdays, June 7, 14, 21, 28, 6:00 - 8:00 pm**

#### Fairy Garden and Felted Fairy Teacup

During the first three weeks of this series, you’ll create your own fairy garden with acorns, rocks and other nature finds from your backyard. In the final two weeks, you’ll use an old teacup and transform it into a felted fairyland.

**Wednesdays, June 1, 8, 15, 22, 29, 1:00 - 3:00 pm**

#### The Practice of Mandalas

Swiss psychiatrist, Carl Jung, studied the mandala and believed it to be the key to understanding and self-acceptance. Using a variety of mediums, we will create our own circles of reason to help us calm from worry and promote inner harmony.

### May - August Virtual

**Wednesdays, May 18 - August 31, 10:00 am - 12:00 pm**  
**Mixed Virtual Media Summer Series**

Each week this summer, join LivingWell art instructor Cheri Hunt via Microsoft Teams to work on a variety of mixed media projects. Every week will be something new!

► Register at [livingwell.nm.org](http://livingwell.nm.org) to receive a link to join this virtual series.

### June On-Site Warrentonville

**Thursdays, June 2, 9, 16, 23, 30, 10:00 am - 12:00 pm**

#### Gelli Printing

Apply paint onto a “Gelli” (soft silicone) plate to create one-of-a-kind prints. Come and experience this innovative and fun art form!

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**Please note:** You can take an unlimited number of online art classes!



## Hot Topics in Nutrition: Virtual

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 summer nutrition classes are virtual. Classes will include a cooking demonstration that complements each cancer-related topic.

► Register for classes at [livingwell.nm.org](https://livingwell.nm.org)

### May

**Wednesday, May 4, 6:00 - 7:00 pm**

#### Meatless Meals With Beans for Your Cinco De Mayo

Plant-based proteins are part of the Mediterranean diet and lifestyle—and easy to incorporate into your meal planning. Check out some simple ways to use beans and other plant-based proteins in your current meal planning.

**Wednesday, May 18, 1:00 - 2:00 pm**

#### Pre- and Probiotics for Gut Health

Do you know the difference between a prebiotic and probiotic? Watch a food demonstration to learn about both and how to incorporate them into a recipe for a dynamic-duo dish! Also learn about how to protect the gut microbiome and support the immune system to keep healthy.


### June

#### Facebook Live!

**Wednesday, June 8, 6:00 - 6:30 pm**

#### Farm Fresh Foods That Help Fight Inflammation

Chronic inflammation is linked to many diseases such as cancer, heart disease, diabetes, arthritis and Alzheimer's. Join us for a live discussion about locally grown foods that can help contribute to a healthier lifestyle and decrease chronic inflammation.

 *This discussion will be live on Facebook. Link to join: [facebook.com/livingwellcrc](https://facebook.com/livingwellcrc).*

**Wednesday, June 22, 1:00 - 2:00 pm**

#### Decoding Food Labels:

#### What's Gluten Free? What's Soy? What's Healthy?

Food labels can be confusing. Learn how to make the best use of the nutrition facts on food labels. Knowing how to decipher the portion size, ingredient listings and other parts of the description will help you evaluate foods to make healthier choices.

### July

**Wednesday, July 13, 6:00 - 7:00 pm**

#### Cancer-Fighting Foods and Phytonutrients

Learn ways to decrease your cancer risk by increasing your intake of phytonutrients. Phytonutrients are natural compounds found in plants. Each phytonutrient comes from a variety of different plant sources and has different proposed effects on, and benefits for, the body.


### August

#### Facebook LIVE!

**Wednesday, August 10, 1:00 - 1:30 pm**

#### Healthy Snacks

Participate in a hands-on cooking experience, preparing healthy snacks. Learn how to manage early satiety by incorporating small, frequent meals that pack a punch. Incorporate a variety of colors with the snacks using fresh ingredients.

 *This discussion will be live on Facebook. Link to join: [facebook.com/livingwellcrc](https://facebook.com/livingwellcrc).*

**Wednesday, August 24, 1:00 - 2:00 pm**

#### Meal Planning and Shopping; Eating Local

Start your fall meal planning by adding simple Mediterranean foods or meals to your weekly rotation of menus. The Mediterranean diet is a healthy-eating plan recommended by the Academy of Nutrition and Dietetics and the US Dietary Guidelines to promote health and prevention of chronic disease.

### 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.

► To make an appointment, complete the form at <https://bit.ly/LWNutrition>. You may also email questions to [askdietitian@livingwellcrc.org](mailto:askdietitian@livingwellcrc.org).

## Mindful Movements: Hybrid

Support healing, increased flexibility and range of motion, and reduce stress with fitness and yoga classes modified for a variety of needs. Hybrid classes are taught simultaneously on-site and online. You choose the environment that works best for you: home or LivingWell.

► Register for classes at [livingwell.nm.org](https://livingwell.nm.org)

### Class Schedule

#### Geneva

##### **Mondays**

10:00 - 10:45 am, Yoga

11:00 - 11:45 am, Chair Yoga

##### **Tuesdays**

5:00 - 5:45 pm, Yoga

##### **Thursdays**

12:30 - 1:15 pm, Movement and Meditation

#### Virtual Only

##### **Wednesdays**

9:00 - 9:45 am, Chair Fitness for Lymphedema & Neuropathy  
*Begins May 11*

#### Warrenville

##### **Tuesdays**

10:00 - 10:30 am, Movement for Bone Health

10:45 am - 11:15 am, Balance and Core Fitness

11:30 am - 12:15 pm, Chair Fitness for Lymphedema & Neuropathy

*Begins May 10*

##### **Wednesdays**

6:00 - 7:00 pm, Restorative Yoga  
*Third Wednesday of each month*

##### **Thursdays**

10:00 - 10:45 am, Chair Yoga  
*Begins May 12*

##### **Fridays**

10:00 - 11:00 am, Yoga

#### New "Class Pass" for On-Site Exercise Classes

Now that we are open for onsite classes, LivingWell has an **Exercise Class Pass**. Similar to our "Art Class Pass" (see p. 10), the Exercise Class Pass allows you to select up to 50 on-site 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:** You can take an unlimited number of virtual exercise classes!



## Mindful Movements: Class Descriptions

### 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.

### Chair Yoga

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

### Movement 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 strength training to help increase bone density.

### 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.

### 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.

### Restorative Yoga

Learn and practice restorative poses designed to relax and restore the whole body. You must be able to get up and down from the floor for this class.

### 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.



### Try Gong Sound Healing! (Facebook Live)

First Thursday of each month

1:00 - 2:00 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.

► This class will be live on Facebook at [facebook.com/livingwellcrc](https://www.facebook.com/livingwellcrc).