

Summer 2022 Program Guide



part of
Northwestern Medicine



We're Open!
For on-site programming

Register for
programs at
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
Registration livingwell.nm.org
Facebook.com/livingwellcrc
YouTube.com/c/livingwellcrc
Email info@livingwellcrc.org

Welcome!

We are excited to have our doors open again for on-site programs in our Geneva, Ill., location as well as our new location in Warrenville, Ill., next to the Northwestern Medicine Warrenville Cancer Center and Proton Center.

Program Registration

Register for programs on our new registration platform at livingwell.nm.org. 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.

Priority will be give to those in active treatment. 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.

If you need help logging in, view instructions at bit.ly/loginLW.

For on-site classes, please register at least 24 hours before class starts. If you are unable to attend a class, please cancel at least 24 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.

Locations

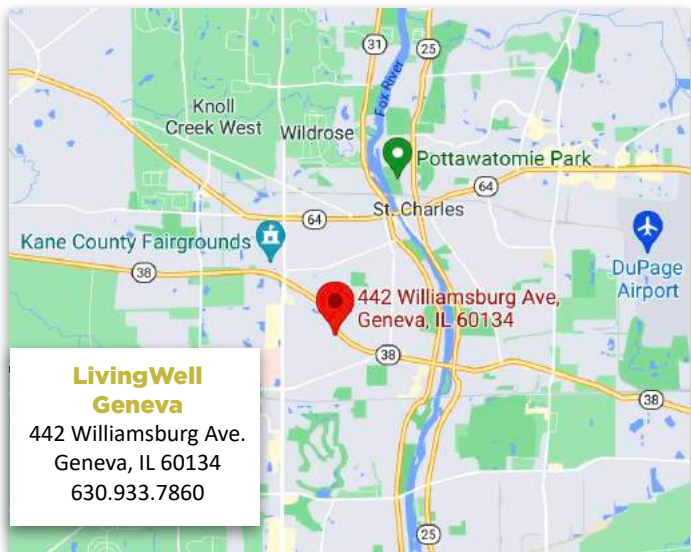


Table of Contents

Education	
Medical Discussions	3
Survivorship	4
Support and Networking	
Counseling/Social Work	4
Support Groups	5-7
Wig Boutique	7
Stress Management	
Education	8
Touch Therapy	9
Art	10-11
Nutrition	12
Fitness and Yoga	13-14

Hours of Operation

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

Friday: 9:00 am - 12:00 pm

Closed:

- Saturday and Sunday
- 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 to receive links to join discussions

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.

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

Dr. Hartsell primarily practices at the Northwestern Medicine 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.

**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.



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.

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.



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 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 to receive a link to join this virtual series.

Support Groups: July Schedule

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.

July On-Site Geneva

Good Grief (Evening)

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

Breast: General

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

Breast: Mastectomy

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

July Virtual

Scanxiety Drop-In Group

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

Caregiver Support

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

Facing Cancer Together (FACT)

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

Good Grief (Evening)

First Thursday of each month, 6:30 – 7:30 pm

Breast: General

First Wednesday of each month, 6:30 – 7:30 pm

Breast: Metastatic

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

Gynecological

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

Young Adult Brain Tumor

Second Wednesday of each month, 6:00 – 7:00 pm

Brain Tumor

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

Head and Neck

Monday, July 11, 6:00 – 7:00 pm

July On-Site Warrenville

Good Grief (Daytime)

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

Spanish-Speaking Group

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

Grupo de apoyo en español (en persona Warrenville)

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

► Para registrarse, envíe un correo electrónico a counseling@livingwellcrc.org e incluya su nombre y apellido y "grupo de español" en su línea de asunto.



Support Groups: August Schedule

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.

August On-Site Geneva

Caregiver Support

Fourth Tuesday of each month, 6:30 – 8:00 pm

Facing Cancer Together (FACT)

Fourth Tuesday of each month, 6:30 – 8:00 pm

Good Grief (Evening)

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

Breast: General

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

Breast: Metastatic

Second Monday of each month, 1:00 – 2:30 pm

Breast: Mastectomy

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

August Virtual

Scanxiety Drop-In Group

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

Caregiver Support

Second and third Tuesdays of each month, 6:30 – 7:30 pm

Facing Cancer Together (FACT)

Second and third Tuesdays of each month, 6:30 – 7:30 pm

Good Grief (Evening)

First Thursday of each month, 6:30 – 7:30 pm

Breast: General

First Wednesday of each month, 6:30 – 7:30 pm

Young Adult Brain Tumor

Second Wednesday of each month, 6:00 – 7:00 pm

August On-Site Warrenville

Brain Tumor

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

Caregiver Support

First Tuesday of each month, 6:30 – 8:00 pm

Facing Cancer Together (FACT)

First Tuesday of each month, 6:30 – 8:00 pm

Good Grief (Daytime)

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

Spanish-Speaking Group

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

Grupo de apoyo en español (en persona Warrenville)

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

▶ Para registrarse, envíe un correo electrónico a counseling@livingwellcrc.org e incluya su nombre y apellido y "grupo de español" en su línea de asunto.



Support Groups: Descriptions

Scanxiety Drop-In Group

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

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)

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

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.

Spanish-Speaking Group

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

Grupo de apoyo en español

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

Breast: General

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

Breast: Mastectomy

Open to any individual who has had or will be having a mastectomy to process the physical and emotional impact.

Breast: Metastatic

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

Gynecological

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

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

Brain Tumor

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

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.

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.

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



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

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: 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

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

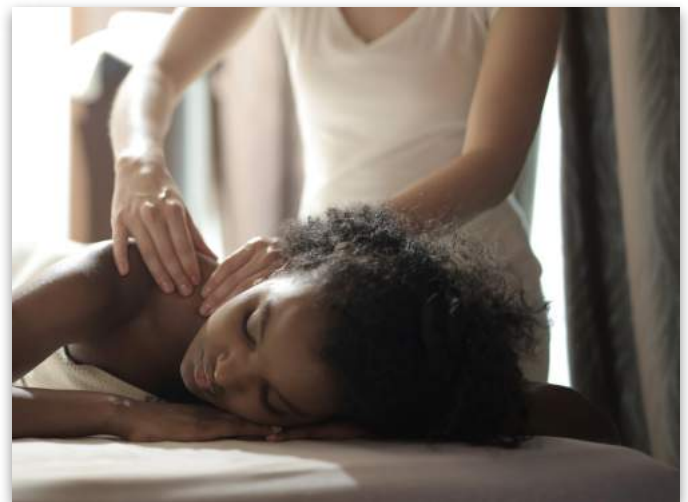
Experience the benefits of a gentle, hydrating facial given by a licensed, oncology-trained esthetician.

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

July On-Site Geneva

Tuesdays, July 5, 19, 10:00 am – 12:00 pm

Jewelry Making

Create beautiful jewelry using a range of techniques and materials.

Tuesdays, July 5, 12, 19, 26, 1:00 – 3:00 pm

Watercolors

Learn basic techniques to create traditional and abstract watercolor pieces of art.

Tuesdays, July 5, 12, 19, 26, 6:00 – 8:00 pm

Let Go ... With Art

Let go of what is getting in your way through art. In this series, you'll learn how to handle your inner critic and push through to uncover a healthier version of yourself.

Wednesdays, July 6, 20, 27, 1:00 - 3:00 pm

Journaling

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

July On-Site Warrenville

Mondays, July 11, 25, 10:00 am- 12:00 pm

Looking Inward: The Power of Self Care

Learn creative techniques for self care and surprise yourself with the process ... and results!

Mondays, July 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.

Thursday, July 28, 10:00 am – 12:00 pm

Jewelry Making

Create beautiful jewelry using a range of techniques and materials.

Thursdays, July 7, 21, 28, 1:00 – 3:00 pm

Watercolors

Learn basic techniques to create traditional and abstract watercolor pieces of art

Thursdays, July 7, 21, 28, 6:00 – 8:00 pm

Let Go ... With Art

Let go of what is getting in your way through art. In this series, you'll learn how to handle your inner critic and push through to uncover a healthier version of yourself.

July - August Virtual

Wednesdays, July 6 - August 31, 10:00 am - 12:00 pm

Mixed Media Virtual Summer Series

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 to receive a link to join this virtual series.

Monday, July 11, 1:00 - 1:30 pm

Facebook LIVE! Intro to Alcohol Inks

Watch this live demonstration on how to use alcohol inks to create a range of artwork.

▶ This demo will be on live on Facebook. Link to join: facebook.com/livingwellcc.



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.

► Register for classes at livingwell.nm.org

August On-Site Geneva

Tuesdays, August 2, 16, 30, 10:00 am - 12:00 pm

Doodle Your Zentangle

Through the Zentangle and Zendoodle methods of drawing, you can relax, expand your imagination and discover the fun and healing in creative expression and community.

Tuesdays, August 2, 9, 16, 23, 30, 1:00 - 3:00 pm

Path to Change

Small changes in our habits and daily routines can make big changes in how we start our day, look at our life, handle relationships and create boundaries. In this series, you will explore the practice of journaling to help work through the range of emotions from a cancer diagnosis.

Tuesdays, August 2, 9, 16, 23, 30, 6:00 - 8:00 pm

Collage

Through a variety of mediums, collage words and images that bring you courage, comfort and strength.

Wednesdays, August 3, 10, 17, 24, 31, 1:00 - 3:00 pm

Here Comes the Sun

Where there is no sunshine, make your own! Each week, we will create art on circular objects from around the house like vinyl records, CDs, pizza cardboard rounds, and more.

July - August Virtual

Wednesdays, July 6 - August 31, 10:00 am - 12:00 pm

Mixed Media Virtual Summer Series


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 to receive a link to join this virtual series.

Monday, July 11, 1:00 - 1:30 pm

Facebook LIVE! Intro to Alcohol Inks

Watch this live demonstration on how to use alcohol inks to create a range of artwork.

 This demo will be on live on Facebook. Link to join: facebook.com/livingwellcrc.

August On-Site Warrenville

Mondays, August 8, 22, 29, 10:00 am - 12:00 pm

Looking Inward: The Power of Self Care

Learn creative techniques for self care and surprise yourself with the process ... and results!

Mondays, August 1, 8, 15, 22, 29, 1:00 - 3:00 pm

Here Comes the Sun

Where there is no sunshine, make your own! Each week, we will create art on circular objects from around the house like vinyl records, CDs, pizza cardboard rounds, and more.

Thursdays, August 11, 25, 10:00 am - 12:00 pm

Doodle Your Zentangle

Through the Zentangle and Zendoodle methods of drawing, you can relax, expand your imagination and discover the fun and healing in creative expression and community.

Thursdays, August 4, 11, 18, 25, 1:00 - 3:00 pm

Path to Change

Small changes in our habits and daily routines can make big changes in how we start our day, look at our life, handle relationships and create boundaries. In this series, you will explore the practice of journaling to help work through the range of emotions from a cancer diagnosis.

Thursdays, August 4, 11, 18, 25, 6:00 - 8:00 pm

The Weight of Grief

This class will offer creative ideas and a mix of mediums 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.

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. 14), 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!



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

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/livingwellcrrc.

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 askadietitian@livingwellcrrc.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. All of our classes are “hybrid,” which means they 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

Yoga/Fitness Class Schedule: July - August

Geneva

Mondays

10:00 - 10:45 am - Yoga****
 11:00 - 11:45 am - Chair Yoga****
 12:00 - 12:45 pm - Chair Fitness for Lymphedema and Neuropathy*
 5:00 - 5:45 pm - Chair Yoga and Standing Balance*
 6:00 - 6:45 pm - Yoga*

Tuesdays

5:00 - 5:45 pm - Yoga**

Wednesdays

10:00 - 10:45 am - Movement for Bone Health*
 11:00 - 11:45 am - Chair Yoga and Guided Relaxation for Stress Relief*

Thursdays

12:30 - 1:15 pm - Restorative Yoga



Warrenville

Tuesdays

10:00 - 10:30 am - Movement for Bone Health
 10:45 - 11:15 am - Core Fitness
 11:30 am - 12:15 pm - Chair Fitness for Lymphedema and Neuropathy**
 12:30 - 1:15 pm - Chair Yoga and Standing Balance*
 1:30 - 2:15 pm - Restorative Yoga*

Wednesdays

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

Thursdays

10:00 - 10:45 am - Chair Yoga**
 11:00 - 11:45 am - Chair Fitness for Lymphedema and Neuropathy*
 1:00 - 1:45 pm - Movement for Bone Health*
 4:30 - 5:15 pm - Chair Yoga and Guided Relaxation for Stress Relief*

Fridays

10:00 - 11:00 am - Yoga

*No class on July 25-28

** No class on July 26, August 16-30

*** In July, class will meet on fourth Wednesday, July 27

**** No class on July 25

Schedule an Exercise Consultation

If you are new to LivingWell and have questions about exercise and any limitations that you may have with your cancer diagnosis or treatment, please email LivingWell’s wellness coordinator, Erin Bloodworth, at info@livingwellcrc.org to schedule a consultation. Include “schedule exercise consultation” in your subject line.

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

Receive all of the benefits of yoga from the safety of a chair. This class will focus on posture, flexibility, proprioception, mindfulness and mobility from a seated position.

Chair Yoga and Standing balance

Standing time is associated with improved cardio-metabolic health, and a lower risk of all-cause mortality and cardiovascular disease. This class encourages participants to practice standing balance exercises in a safe environment following a seated mobility session.

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.

Core Fitness

Core exercises improve balance and stability by training the muscles in the pelvis, lower back, hips and abdomen to work in harmony. This class will be performed standing and lying on a mat.

Chair Fitness for Lymphedema and Neuropathy

Lymph fluid relies on movement and the contraction of your muscles to make it flow. This class will address the movements necessary to aid the lymphatic system and stimulate receptors of the hands and feet to help reduce the pain and symptoms related to neuropathy.

Restorative Yoga

Practice restorative poses designed to relax and restore the whole body. Each pose will be held for a period of time to release tension and deepen relaxation. Class may include both standing and mat yoga poses.

Chair Yoga and Guided Relaxation for Stress Relief

Science has now identified that stress causes us to age more quickly. Learn stress reduction methods in this fully guided practice of seated yoga postures followed by a guided relaxation practice.



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. 11), 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!

