

REGISTER FOR PROGRAMS AT [LIVINGWELL.NM.ORG](https://livingwell.nm.org)



Scan the QR code  
to experience  
LivingWell programs.

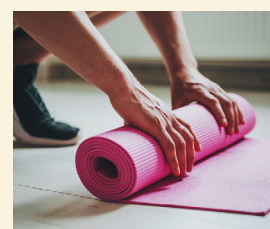
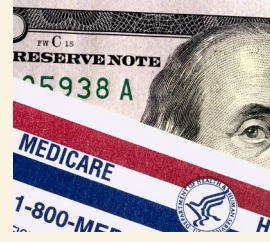


**LivingWell**   
CANCER RESOURCE CENTER  
part of  
**Northwestern Medicine**

*"Vision" artwork by Carol Chervenak. Created in LivingWell's Vision Board Art Class, February 2022.*

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# Program Registration

**All programs and services at LivingWell Cancer Resource Center, part of Northwestern Medicine, are provided at no cost to people impacted by cancer (patients, caregivers and family members), no matter where they are receiving medical care. Priority will be given to people in active treatment.**

Register for programs at [livingwell.nm.org](https://livingwell.nm.org). If you need help logging in, view instructions at [bit.ly/lwlogin](https://bit.ly/lwlogin).

We recognize in-person programs may not be the right fit for you, and we encourage you to talk to your care team if you have questions. Virtual and on-site programs are indicated throughout this guide.

Please register for in-person classes at least 24 hours before class starts. If you cannot attend a class, please notify us at least 24 hours before the class starts.

## On-site health and safety measures

Northwestern Medicine is committed to the health and safety of the communities we serve. We will continue to monitor and follow federal, state and local health authority guidelines regarding safety during the COVID-19 pandemic. As such, plans for an event may change if conditions warrant. You can help protect yourself and those around you by getting vaccinated against COVID-19. Learn more at [nm.org/covid19](https://nm.org/covid19).

## Masking

Everyone must wear a mask while in a LivingWell Cancer Resource Center. If you arrive wearing your own mask, we will ask you to replace or cover it with a mask provided by LivingWell.

## Screening

We will screen participants for COVID-19 symptoms as they enter LivingWell.

## Hours of operation

**Monday – Thursday:** 10 am – 8 pm

**Friday:** 9 am – Noon

**Closed:**



Saturday and Sunday

September 5

November 24

December 26

## Locations

### LivingWell Geneva

442 Williamsburg Avenue  
Geneva, Illinois 60134  
630.933.7860



### LivingWell Warrenville

4525 Weaver Parkway  
Suite 103  
Warrenville, Illinois 60555  
331.732.4900



# Medical Discussions

LivingWell offers medical updates and special discussions in-person and online to support you throughout a cancer journey. Watch recordings of previous medical discussions on our Facebook page or at [YouTube.com/c/Livingwellcnc](https://www.youtube.com/c/Livingwellcnc).

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

## SEPTEMBER

### Living With Prostate Cancer and Overcoming Treatment Complications

Hybrid discussion: On-site at LivingWell Geneva and virtual via Microsoft Teams

Wednesday, September 7, 6–7 pm

Vikas Desai, MD, Urology, Northwestern Medicine Regional Medical Group

Because the prostate is close to several vital structures, prostate cancer and its treatments can disrupt normal urinary, bowel and sexual functioning. Join Dr. Desai for an interactive session about the side effects of prostate cancer and how to work with your care team to manage them.

### The Truth About Sugar, Artificial Sweeteners and Cancer

Facebook Live discussion at [facebook.com/livingwellcnc](https://facebook.com/livingwellcnc)

Friday, September 16, 9–10 am

Grace Suh, MD, Hematology and Medical Oncology, Northwestern Medicine Regional Medical Group

There is a lot of information available in the news about sugar, alternative sweeteners and cancer. Learn what's fact and what's fiction.

### Advances in Multiple Myeloma Treatment

Hybrid discussion: On-site at LivingWell Geneva and virtual via Microsoft Teams

Monday, September 26, 1–2 pm

Arlene D'Souza, MD, Hematology and Medical Oncology, Northwestern Medicine Regional Medical Group

Join Dr. D'Souza for a medical discussion on multiple myeloma and the latest treatment options.

## OCTOBER

### Immunotherapy

Virtual discussion via Microsoft Teams

Tuesday, October 11, 1–2 pm

Robert Bayer, MD, Hematology and Medical Oncology, Northwestern Medicine Regional Medical Group

If your treatment plan includes immunotherapy, knowing how it works and what to expect can often help you prepare for treatment and make informed decisions about your care.



### Navigating Medicare: What You Need to Know

Virtual discussion via Microsoft Teams

Wednesday, October 19, 2:00–3:30 pm

Candace McCarthy King, retired Executive Director, DuPage Federation of Human Services Reform

Learn what Medicare Part A and Part B cover. The discussion will also help you learn how Part D works and how to select the best and most affordable medication coverage. Supplemental coverage will also be reviewed for filling in the gaps of Medicare.



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

*Virtual discussion via Microsoft Teams*

**Friday, October 21, 1–2 pm**

*Miraj Shah-Khan, MD, Breast Surgery, Northwestern Medicine Regional Medical Group*

Learn about the management and treatment of the presence of abnormal cells inside a milk duct in the breast (known as ductal carcinoma in situ).



### Head and Neck Cancer Treatment and Toxicities

*Virtual discussion via Microsoft Teams*

**Tuesday, October 25, 1–2 pm**

*Therese Nash, PA, Northwestern Medicine Regional Medical Group*

Physician Assistant Therese Nash will share advances in understanding the treatment options for head and neck cancer.

## NOVEMBER

### Chemo-Induced Neuropathy: Can Physical Therapy Help?

*Virtual discussion via Microsoft Teams*

**Thursday, November 3, 1–2 pm**

*Ann Marie Flores, PT, MSPT, PhD; Certified Lymphedema Therapist; Director of Cancer Rehabilitation, Cancer Survivorship Institute, Robert H. Lurie Comprehensive Cancer Center of Northwestern University; Director, Cancer Rehabilitation Studies (CARES) Laboratory, Feinberg School of Medicine, Northwestern University*  
*Allison Wang, PT, DPT, PhD, Memorial Sloan Kettering Cancer Center*

In this discussion, you'll learn how physical therapy can play a role in the management of chemotherapy-induced neuropathy. Common symptoms include numbness, tingling, shooting pain or burning in the hands and feet, and can interfere with balance, walking and handling objects. Dr. Flores and Dr. Wang will also share information about new technology that is being tested, and they will highlight several clinical trials underway on the pharmacological management of chemo-induced neuropathy.

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

*Virtual discussion via Microsoft Teams*

**Monday, November 7, 6:30 – 7:45 pm**

*Christopher George, MD, Medical Director, Medical Oncology, Northwestern Medicine Regional Medical Group*

More information on this discussion can be found on page 8 of this program guide.

### Cannabis for Pain Management

*Virtual discussion via Microsoft Teams*

**Thursday, November 10, 1–2 pm**

*Judith Paice, PhD, RN, Director, Cancer Pain Program, Northwestern University Feinberg School of Medicine*

This medical discussion focuses on the use of marijuana as medicine to ease the pain, nausea and loss of appetite that are often associated with cancer. Dr. Paice covers safety, and different types and forms of cannabis.



## DECEMBER

### COVID-19 Update: What You Need to Know Now

*Hybrid discussion: On-site at LivingWell Geneva and virtual via Microsoft Teams*

**Tuesday, December 6, 10 – 11 am**

*Kevin Most, MD, Senior Vice President of Medical Affairs, Chief Medical Officer, Northwestern Medicine Central DuPage Hospital*

Join Dr. Most for a discussion about COVID-19, boosters, and the impact on patients with cancer and their caregivers.

### Bone Health and Breast Cancer

*Facebook Live discussion at [facebook.com/livingwellcrc](https://facebook.com/livingwellcrc)*

**Wednesday, December 14, 1:00 – 1:30 pm**

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

Patients who have had breast cancer treatment may be at increased risk for osteoporosis and fracture. Estrogen has a protective effect on bone, and reduced levels of the hormone trigger bone loss. Join Dr. Saghir for a discussion about osteoporosis, prevention and management.

## Family Events

### Fall Festival

*LivingWell Geneva*

**Tuesday, October 25, 5 – 7 pm**

Make a beautiful fall candle with Jenna Lindman, candle maker and founder of IgniteHope. Children are welcome to join and make a fall craft with LivingWell Art Instructor, Cheri Hunt.

### Holiday Joy Family Night

*LivingWell Warrenville*

**Thursday, December 15, 5 – 7 pm**

All families impacted by cancer are invited to LivingWell Warrenville to enjoy our annual Holiday Joy celebration! Create holiday crafts and enjoy delicious treats. The Holiday Joy party is for families with children of all ages.



► **Register for family events at [livingwell.nm.org](https://livingwell.nm.org)**



# 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 you, at any phase of cancer care.

## Counseling

The emotional experience of cancer treatment can be as challenging as the physical part. Our team of counseling professionals can help you discuss your thoughts, feelings and reactions to a diagnosis. Counseling services are available in-person and virtual.

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 you with:

- Transportation
- Lodging
- Managing household finances
- Employment challenges

Social workers are also available to help you 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

*Virtual discussion via Microsoft Teams*

**Monday, November 7, 6:30 – 7:45 pm**

*Christopher George, MD, Medical Director, Medical Oncology,  
Northwestern Medicine Regional Medical Group*

Cancer treatment can require your full attention and energy for months or even years. After treatment, you may feel emotionally and physically drained, you may even feel disoriented as you try to adjust to life after treatment. Join Dr. George as he talks about what to expect as a cancer survivor and how to work with your care team as you recover from treatment.

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



## Back-On-Track Surviving Survivorship Series

*Virtual discussion via Microsoft Teams*

**Mondays, October 3 – November 21, 6:30 – 7:45 pm**

*Missy Petty, LCPC, Lead Counselor, LivingWell Cancer Resource Center, part of Northwestern Medicine*

Open to patients and caregivers, this seven-week “Back-on-Track: Surviving Survivorship” series is designed to help you navigate common challenges as you 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 care team, managing your health records, and envisioning a positive future. Attendance throughout the entire series is encouraged but not mandatory.

**October 3: Pressure to Thrive**

**October 10: Discussion Group**

**October 17: Managing Moods, Stress, Feeling Stuck**

**October 24: Discussion Group**

**November 7: Survivorship101: Medical Discussion by Christopher George, MD**

**November 14: Fear of Recurrence**

**November 21: Envisioning Your Future**

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



# Support Groups

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, Noon – 1pm**

This virtual drop-in group gives you an opportunity to process your anxiety. You can also learn strategies to help manage the stress that is commonly experienced while waiting for results from tests and scans. We encourage you to join anytime you are experiencing “scanxiety.”

## Caregiver Support

*Geneva:*

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

*Warrenville:*

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

*Virtual:*

**Second 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. You will have opportunities to network with other caregivers in similar situations.

## Facing Cancer Together (FACT)

*Geneva:*

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

*Warrenville:*

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

*Virtual:*

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

Open to any patients who are newly diagnosed, in treatment, completing treatment, or living with cancer as a chronic illness. This support group is for people with any type or stage of cancer.

## Good Grief

*Geneva:*

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

*Virtual:*

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

Navigating life after loss is challenging but having the support of others who understand can help you. This group provides emotional support and connection for people who have experienced the loss of an adult loved one to cancer in the past 18 months.

## Spanish-Speaking Support Group

*Warrenville:*

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

This support group is for patients and caregivers whose preferred language is Spanish and who have been affected by cancer. To register, please email [counseling@livingwellcrc.org](mailto:counseling@livingwellcrc.org) with “Spanish-Speaking Support Group” in the subject line and include your first and last name.

## Grupo de apoyo en español

*Warrenville:*

**Segundo miércoles de cada mes, de 6:30 p. m. a 8:00 p. m.**

Este grupo de apoyo está diseñado para pacientes y cuidadores que hayan sido afectados por el cáncer y que su idioma preferente sea español. Para registrarse, envíe un correo electrónico a [counseling@livingwellcrc.org](mailto:counseling@livingwellcrc.org) e incluya su nombre y apellido y “Grupo de apoyo en español” en el asunto.



### **Breast: General**

*Geneva:*

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

*Virtual:*

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

This group offers an opportunity for you and others with a breast cancer diagnosis to come together and support each other through diagnosis, treatment and early survivorship.

### **Breast: Mastectomy**

*Geneva:*

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

This support group is open to any person who has had or will have a mastectomy. It is designed to support you and others as you process the physical and emotional impact of a mastectomy.

### **Breast: Metastatic**

*Geneva:*

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

This group offers support and connection with others who understand the challenges of living with a metastatic breast cancer diagnosis.

### **Gynecological**

*Warrenville:*

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

If you have been diagnosed with ovarian, uterine, cervical or another gynecological cancer, this group gives you and others an opportunity 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 – 7 pm**

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

### **Brain Tumor**

*Warrenville:*

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

This group provides support and education to patients of all ages who have a diagnosis of a primary brain tumor. Caregivers are welcome to attend.

### **Head and Neck**

*Warrenville:*

**Wednesday, October 12, 6:00 – 7:30 pm**

Open to anyone diagnosed with a head and neck cancer and caregivers. You will have opportunities to share personal experiences and coping strategies.



# Stress Management

Live well by participating in our classes designed to promote self-care, help you stay in the moment and learn healthy coping strategies. You can register for classes at [livingwell.nm.org](http://livingwell.nm.org).

## ON-SITE AT LIVINGWELL GENEVA

### Tapping Tension Tamers

Wednesday, September 14, 6:00 – 6:45 pm

*Linda Dolan, Certified EFT Practitioner*

Need some tools to help you stay calm and collected during your day? Join Linda Dolan to discover and try 10 tension tamer techniques for quick “calm downs.” All techniques are natural, easy to learn and can be done anytime and anywhere.

### The Art of Breath

Wednesday, October 5, 1 – 3 pm

*Cheri Hunt, Art Instructor, LivingWell Cancer Resource Center, part of Northwestern Medicine*

*Erin Bloodworth, Wellness Coordinator, LivingWell Cancer Resource Center, part of Northwestern Medicine*

In this workshop, we will explore our breath in different positions and use it to relieve stress and anxiety, boost energy and stamina, enhance self-confidence, sharpen the ability to focus, strengthen our movement patterns and even relieve pain. You will also create art cards with prompts related to well-being affirmations, breathing reminders and intentions for the day.

### A Season of Grief: Coping During the Holidays

Tuesday, November 1, 6:00 – 7:30 pm

*Cassie Nieves, LCSW, Counselor, LivingWell Cancer Resource Center, part of Northwestern Medicine*

*Cheri Hunt, Art Instructor, LivingWell Cancer Resource Center, part of Northwestern Medicine*

Grieving the loss of a loved one is never easy, especially during times of gathering and celebration. Join Cassie Nieves, a LivingWell counselor, to learn how to set healthy expectations, manage holiday traditions and remember self-care. You will also create a votive candle to honor loved ones.

## ON-SITE AT LIVINGWELL WARRENVILLE

### Body Image Workshop

Thursday, September 15, 1 – 3 pm

*Cheri Hunt, Art Instructor, LivingWell Cancer Resource Center, part of Northwestern Medicine*

*Erin Bloodworth, Wellness Coordinator, LivingWell Cancer Resource Center, part of Northwestern Medicine*

A cancer diagnosis may change the way you feel about your body. Learn ways to start loving your body again through education and creative expression.



### Self-Care: Restoring Your Inner Self

Tuesday, September 27, 6:30 – 8:00 pm

*Nancy Nieto, LPC, NCC, LivingWell Cancer Resource Center, part of Northwestern Medicine*

When you experience sudden and major changes, they may affect how you take care of yourself. This workshop is intended to help you learn about different types of self-care and their benefits. You will also learn how to implement your self-care practices.

## ON-SITE AT LIVINGWELL WARRENVILLE



### Greetings From Chemo Country: Adult Coloring for Relaxation and Stress Relief

Thursday, October 6, 6–8 pm

*Jeri Davis, Artist and Author*

*Cheri Hunt, Art Instructor, LivingWell Cancer Resource Center, part of Northwestern Medicine*

Take a page from adult coloring book publisher and cancer survivor Jeri Davis, and express your cancer experience on paper. Davis will share her unique style and story as you design your own personalized coloring book page. All participants will receive a copy of Davis' adult coloring book, "Greetings From Chemo Country."

### A Lesson in Mindfulness: Chakra Bracelet Making and Yoga

Thursday, November 17, 1–3 pm

*Cheri Hunt, Art Instructor, LivingWell Cancer Resource Center, part of Northwestern Medicine*

*Erin Bloodworth, Wellness Coordinator, LivingWell Cancer Resource Center, part of Northwestern Medicine*

Create a chakra beaded healing bracelet and enjoy a relaxing yoga class to connect with your body and its movements.

## VIRTUAL

### The Importance of Caregivers and Caregiving

Wednesday, September 21, 6–7 pm

*Lindsey Kovalik Bianchini, LCSW, LISW-CP*

*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 and Improv

Wednesday, November 9, 6:30–7:30 pm

*Caroline Rhoads, MSS, LCSW, CET I*

This workshop is led by comedy improv instructor and ensemble member, and social worker Caroline Rhoads. You will learn improv techniques to help in everyday situations and improve communication.

### The Importance of Caregivers and Caregiving

Tuesday, November 29, 6:30–7:30 pm

*Nancy Nieto, LPC, NCC, LivingWell Cancer Resource Center, part of Northwestern Medicine*

*Cassie Nieves, LCSW, Counselor, LivingWell Cancer Resource Center, part of Northwestern Medicine*

Join LivingWell counselors as they discuss how to navigate caring for someone with cancer and the important role you play as their caregiver. This presentation will offer ways to balance the needs of your loved one with your own needs, as well as how you can care for yourself as a caregiver.





# Touch Therapy

Talk to your physician about any concerns you may have before scheduling a touch therapy appointment at LivingWell Geneva or LivingWell Warrenville. Your physician must complete a Medical Release Form and LivingWell must receive it before 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) for any of the following types of touch therapy.



## Massage

A light, relaxing massage can be enjoyed by people at all stages of cancer. Massages have been shown to:

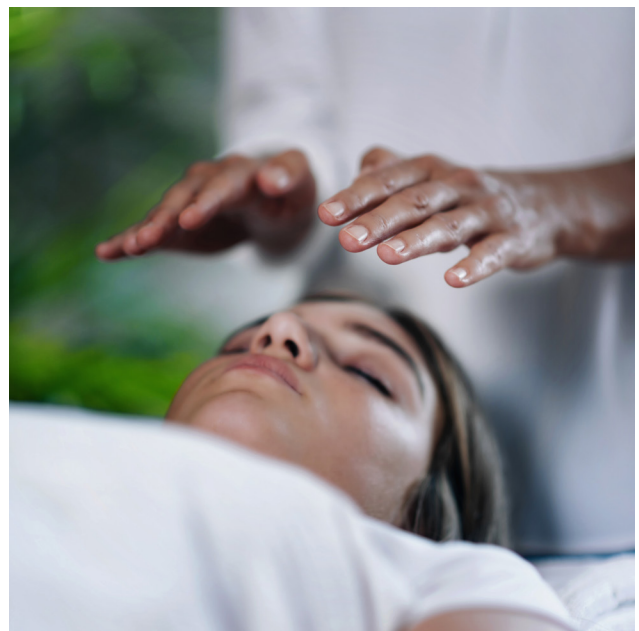
- Reduce stress, anxiety and depression
- Help with circulation
- Boost your immune system
- Reduce pain and fatigue
- Improve sleep

## Facials

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

## 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 your body's own healing process.



## 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.

# Healing Through Art

Art is a beautiful way to express yourself, explore untapped creativity, manage stress and connect with others. All LivingWell classes are led by our art instructor, Cheri Hunt, and no previous art experience is needed. Supply lists will be emailed to you after you register. Attendance throughout each series is highly encouraged but not required. Register for classes at [livingwell.nm.org](http://livingwell.nm.org)

## SEPTEMBER AND OCTOBER

### Fall Gelli Printing

*Geneva:* Tuesdays, September 6, 13, 20, 27, 1–3 pm

*Warrenville:* Thursdays, September 8, 22, 29, 1–3 pm

This fall, discover the art of gelli printing using leaves and other fall foliage as your backdrop.

### Jewelry Making

*Geneva:* Mondays, September 12, 19, 26, 1–3 pm

*Warrenville:* Thursdays, September 8, 15, 22, 29, 6–8 pm

Create one-of-a-kind pieces of jewelry with beads, wire, repurposed jewelry and clay.

### Living Out Loud

*Geneva:* Wednesdays, September 7, 14, 21, 28, 1–3 pm

This series will help you connect with your center through journaling and a variety of art techniques.

### Paint by Prompt

*Geneva:* Tuesdays, October 4, 11, 18, 25, 1–3 pm

*Warrenville:* Thursdays, October 6, 13, 20, 27, 1–3 pm

Try watercolor painting with simple prompts that guide your creativity.

### Oh My Ephemera!

*Warrenville:* Thursdays, October 13, 20, 27, 6–8 pm

Using collectible memorabilia from the LivingWell art room, otherwise known as “ephemera,” you’ll turn vintage objects into decorative pieces using different techniques and materials.

### Visual Journaling

*Geneva:* Wednesdays, October 12, 19, 26, 1–3 pm

*Warrenville:* Mondays, October 3, 10, 17, 24, 1–3 pm

Try a new way of journaling. In this series, you’ll use images, doodles, paint and more to collect your thoughts and emotions in a visual journal.

### Open Studio

*Geneva:* Tuesdays, September 6, 13, 20, 27, 10am–Noon

*Geneva:* Tuesdays, October 4, 11, 18, 25, 10am–Noon

*Warrenville:* Thursdays, September 15, 29, 10am–Noon

*Warrenville:* Thursdays, October 13, 27, 10am–Noon

Bring an open mind or an unfinished art project to work on in this open-to-anything class with Art Instructor Cheri Hunt.

### Mixed Media Fall Series — Daytime

*Virtual:* Wednesdays, September 7–December 28, 10:00–11:30 am

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.

### Mixed Media Fall Series - Evening

*Virtual:* Tuesdays, September 6–December 27

6:00–7:30 pm

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.



## NOVEMBER AND DECEMBER

### Ripple Effects of Gratitude

*Geneva:* Wednesdays, November 2, 9, 16, 23, 30, 1–3 pm

Celebrate National Gratitude Month through art projects designed to help you find and express gratitude with others.

### Mixed Media

*Warrenville:* Mondays, November 7, 14, 21, 28, 1–3 pm

Relax and let your imagination guide you in expressing your creativity through mixed media: collage, abstract art, decoupage, layering, stenciling and fun use of ephemera.



### Open Studio

*Geneva:* Tuesdays, November 8, 15, 22, 29, 10 am–Noon

*Warrenville:* Thursdays, November 3, 10, 1–3 pm

*Warrenville:* Thursdays, December 8, 29, 10 am–Noon

Bring an open mind or an unfinished art project to work on in this open-to-anything class with Art Instructor Cheri Hunt.

### Heal the Heart

*Geneva:* Tuesdays, November 8, 15, 22, 29, 1–3 pm

Create healing images to help release emotions from a cancer diagnosis. You will use different techniques and mediums.

### Jewelry Making

*Geneva:* Tuesdays, December 6, 13, 20, 27, 1–3 pm

*Warrenville:* Thursdays, December 1, 8, 29, 1–3 pm

Create one-of-a-kind pieces of jewelry with beads, wire, repurposed jewelry and clay.

### Well-Being Journal

*Geneva:* Wednesdays, December 7, 14, 21, 28, 1–3 pm

Discover yourself in this series focused on creating a well-being journal that includes self-care and self-love affirmations and mindful prompts.

### Holiday Card Making

*Warrenville:* Tuesdays, December 6, 13, 20, 27, 10 am–Noon

Personalize your holiday cards by making them yourself. Use card stock, stamps, colored pencils, pens, paints, and collage techniques to make your holiday message memorable.



### Get creative with an Art Class Pass for on-site classes

LivingWell has an art class pass that enables you to choose up to 50 on-site art classes. These classes can help you reduce stress and heal throughout your cancer journey.

We will notify you when you are getting close to the limit of on-site classes. You can take an unlimited number of virtual art classes.

# Wig Boutique and Consultations

At LivingWell, we are committed to supporting you throughout your cancer journey. That includes offering wig consultations and workshops to help you feel better and more confident.

For patients experiencing hair loss because of cancer treatments, LivingWell offers both virtual and in-person wig consultations. Our wig specialists will help you choose a wig that fits your needs and lifestyle.

Schedule a wig consultation at [livingwell.nm.org](http://livingwell.nm.org).



## Workshops

### Beautiful You workshops

*LivingWell Geneva*

Select one of three dates:

- Wednesday, September 21, 4:30 – 6:00 pm
- Wednesday, October 19, 4:30 – 6:00 pm
- Wednesday, November 16, 4:30 – 6:00 pm

*Jenny Burns, salon owner, stylist, make-up artist*

If you are experiencing hair loss from cancer treatment, Beautiful You is designed to help you feel beautiful inside and out. Jenny Burns, a Geneva-based salon owner, stylist and



makeup artist, will help you learn how to care for your scalp and hair regrowth. She will also work with you to choose the best-fitting wig, accessorize with scarves and hats, and recreate natural-looking eyebrows with an eye pencil.

Beautiful You workshops are available at no cost. You can register for Beautiful You workshops at [livingwell.nm.org](http://livingwell.nm.org).

### 'Beautiful You' en Español

*LivingWell Warrenville*

**Miércoles, 12 de octubre, de 10:00 a 11:30 a. m.**

*Jessica Gallegos, estilista, maquilladora*

El taller 'Beautiful You' está diseñado para ayudar a cualquier persona que experimente pérdida de cabello como resultado del tratamiento del cáncer a sentirse bien por dentro y por fuera. Jessica Gallegos, estilista y maquilladora, compartirá cómo cuidar el cuero cabelludo y la regeneración del cabello, elegir la peluca que mejor se ajuste, complementar con bufandas y sombreros y recrear cejas de aspecto natural con un delineador.

El taller en español 'Beautiful You' está disponible para usted sin costo alguno. Regístrese en [livingwell.nm.org](http://livingwell.nm.org).



# Nutrition Classes

LivingWell offers nutrition classes designed to help patients with cancer and their caregivers make informed choices about nutrition and move through cancer treatment into survivorship.

Classes are virtual via Microsoft Teams or Facebook Live and are led by Northwestern Medicine and LivingWell dietitians, Nancy Zawicki, RD, LDN, MS, and Mary Zupke, RD, LDN, MS, FAND. Classes include a cooking demonstration that complements each cancer-related topic.

## SEPTEMBER

### Fast and Fresh Main Dish Salads

*Virtual class via Microsoft Teams*

**Wednesday, September 14, 6 – 7 pm**

Learn how to use different prep techniques to make interesting main dish salads that are packed with antioxidants.

### Dairy Alternatives: Are They Healthy?

*Virtual class via Microsoft Teams*

**Wednesday, September 28, 1 – 2 pm**

This class will help you learn how dairy alternatives rank when considering calcium, protein and plant-based diets.

## OCTOBER

### Fighting Cancer With Color: Fall Foods From the Rainbow

*Facebook Live class at [facebook.com/livingwellcrc](https://facebook.com/livingwellcrc)*

**Wednesday, October 12, 6:00 – 6:30 pm**

Research has shown that colorful foods are often the highest in phytonutrients. They are also known for improving the immune system, and they are natural cancer fighters.

### Cancer Fighting Breakfasts: High in Protein and Anti-Inflammatory Foods

*Virtual class via Microsoft Teams*

**Wednesday, October 26, 6 – 7 pm**

How can breakfast help you reach your nutrition goals? This class will provide some simple nutritious breakfast ideas for any busy schedule.

## NOVEMBER

### Fact vs. Fiction: Common Questions About Healthy Eating During Cancer Treatment

*Facebook Live class at [facebook.com/livingwellcrc](https://facebook.com/livingwellcrc)*

**Wednesday, November 2, 1:00 – 1:30 pm**

Nutrition is an important consideration when you are receiving cancer treatment. Eating healthy food before, during and after treatment can help you feel better and stronger.

### Pantry Clean-Up

*Virtual class via Microsoft Teams*

**Wednesday, November 16, 1 – 2 pm**

The first step to creating a pantry full of food that will support you during your cancer journey is to take inventory of your pantry, and then learn how to stock it with healthy foods.

## DECEMBER

### Plant-Based Holiday Appetizers and Treats

*Facebook Live class at [facebook.com/livingwellcrc](https://facebook.com/livingwellcrc)*

**Wednesday, December 7, 1:00 – 1:30 pm**

Our registered dietitians have some delicious holiday recipes that will provide good nutrition while satisfying your taste buds.

### Nutrition Consultations

Sandie Hunter, RD, LDN, MS, CSO, clinical nutrition manager at Northwestern Medicine, can answer your questions and help you learn about nutrition recommendations that can help you during cancer treatment. Consultations are limited to people diagnosed with cancer. To make an appointment, please complete the form at [bit.ly/lwnutrition](https://bit.ly/lwnutrition). You may also email your 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.

## Yoga

Build strength, balance and flexibility while becoming more mindful. This gentle and sometimes invigorating class will help you manage stress as you tune into your mind/body connection. Class may include both standing and mat yoga poses.

## Chair Yoga

Receive 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 heart disease. This class encourages you to practice standing balance exercises in a safe environment after 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 your bone density.

## 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 help your lymphatic system and stimulate receptors in your hands and feet to reduce the pain and neuropathy-related symptoms.

## Restorative Yoga

Practice restorative poses designed to relax and restore your whole body. Each pose will be held for a period to release tension and deepen relaxation. This class may include standing and mat yoga poses.

## Chair Yoga for Relaxation and Stress Relief

Learn how you can reduce your stress levels in this fully guided practice of seated yoga postures followed by a guided relaxation practice.



## Work out with an Exercise Class Pass for on-site classes

LivingWell has an exercise class pass that enables you to choose up to 50 on-site yoga and/or fitness classes. These classes can help you increase your flexibility and range of motion, support your healing and reduce stress.

We will notify you when you are getting close to the limit of on-site classes. You can take an unlimited number of virtual exercise classes.

## MINDFUL MOVEMENTS CLASS SCHEDULE

All of our fitness and yoga classes are hybrid, which means they are taught on-site and online at the same time. You can register for classes at [livingwell.nm.org](http://livingwell.nm.org).

### On-site at LivingWell Geneva and virtual

#### Monday

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

#### Tuesday

5:00 – 5:45 pm	Yoga**
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#### Wednesday

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

#### Thursday

12:30 – 1:15 pm	Restorative Yoga
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\*No class November 22 – 29

\*\*No class November 22

### On-site at LivingWell Warrenville and virtual

#### Tuesday

10:00 – 10:45 am	Movement for Bone Health*
11:00 – 11:45 am	Chair Yoga and Standing Balance*
Noon – 12:45 pm	Chair Fitness for Lymphedema and Neuropathy*

#### Wednesday

6:00 – 7:00 pm	Restorative Yoga (third Wednesday of each month)
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#### Thursday

10:00 – 10:45 am	Chair Yoga*
11:00 – 11:45 am	Movement for Bone Health*
4:30 – 5:15 pm	Chair Yoga for Relaxation and Stress Relief*

#### Friday

10:00 – 11:00 am	Yoga
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### Schedule an exercise consultation

If you have questions about exercise and any limitations related to your cancer diagnosis or treatment, please email LivingWell Wellness Coordinator Erin Bloodworth at [info@livingwellcrc.org](mailto:info@livingwellcrc.org) to schedule a consultation. Please include “schedule exercise consultation” in your subject line.





Two locations to serve you:

**LivingWell Geneva**  
442 Williamsburg Avenue  
Geneva, Illinois 60134  
630.933.7860

**LivingWell Warrenville**  
4525 Weaver Parkway  
Suite 103  
Warrenville, Illinois 60555  
331.732.4900

Email [info@livingwellcrc.org](mailto:info@livingwellcrc.org)

 [livingwellcrc.org](http://livingwellcrc.org)

 [facebook.com/livingwellcrc](https://facebook.com/livingwellcrc)

 Channel: LivingWell

