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LivingWell programs.



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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. If you need help logging in, view instructions at 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. Event details are subject to change based on community spread of COVID-19. We will follow Northwestern Medicine safety guidelines at the time of the event. You can help protect yourself and those around you by getting vaccinated against COVID-19. Learn more at nm.org/covid19.

Masking and screening

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. 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

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 online to support you during your cancer journey. All discussions will be presented virtually via Microsoft Teams. You can watch recordings of previous medical discussions on our YouTube channel: youtube.com/c/livingwellcrc.

Check the Medical Discussion Schedule on page 5 for more information about when and how to attend a discussion.

▶ Register for medical discussions at livingwell.nm.org

JANUARY

Lifting the Fog – Learning How to Manage Chemo Brain

Virtual: Tuesday, January 10, 1–2 pm

Eric Larson, PhD, Neuropsychologist, Northwestern Medicine Marianjoy Rehabilitation Hospital and Laura Miller, SLP, Marianjoy Rehabilitation Hospital

Are you dealing with mental fog or cloudiness? You aren't alone. "Chemo Brain" is a common side effect of treatment. We'll teach you how to reduce the symptoms and manage the challenges you're facing.



Overcome and Thrive: Living With Prostate Cancer

Virtual: Friday, January 20, 1–2 pm

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

With the prostate so close to several vital structures, treatment can disrupt your life; particularly urinary, bowel and sexual functions. Understand what is being affected and how to overcome these complications.

COVID-19 Update: What You Need to Know

Hybrid Geneva: Tuesday, January 24, 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.

FEBRUARY

A Spike in the Numbers

Virtual: Tuesday, February 7, 1–2 pm

Kevin Dawravoo, MD, Oncology, Northwestern Medicine Warrenville Cancer Center

Learn why pancreatic cancer is on the rise and understand that there's hope. Learn how early screening and increased choices in treatment are giving patients optimism.

Cancer and Psychiatry: The Role of Psychiatric Medications in Cancer Care

Virtual: Friday, February 17, 1–2 pm

Kanan Modhwadia, MD, Psychiatry, Northwestern Medicine Regional Medical Group

This discussion will cover the use of psychotherapy and the use of medications for mental health issues, such as antidepressants, during cancer treatment.

MARCH

What's on the Horizon?

Virtual: Friday, March 10, 1–2 pm

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

Multiple myeloma treatment can be hard to understand. Learn about the various pillars of myeloma therapy as well as emerging treatments.

Living Your Best Life

Virtual: Tuesday, March 21, 1–2 pm

Laura Waldoch, APN, NP, Palliative Medicine, Northwestern Medicine Delnor Hospital

Palliative care does not mean end-of-life care; it is a way to increase your quality of life. Explore the options you have and the best plan of care for your cancer journey.

Lung Cancer: The Basics

Virtual: Friday, March 31, 1–2 pm

Avanthi Ragam, MD, Northwestern Medicine Regional Medical Group, Northwestern Medicine Delnor Hospital

As the long-term effects of the COVID-19 pandemic are explored, will we see a rise in lung cancer? Learn about lung cancer and the screening options everyone should understand.

APRIL

Inheriting Cancer

Virtual: Tuesday, April 25, 1–2 pm

Carlee Dawson, Genetic Counselor, Northwestern Medicine Delnor Cancer Center and Northwestern Medicine Warrenville Cancer Center

Increasingly, genetics are playing a bigger role in our understanding of cancer. Learn about the advances being made in hereditary cancer genetics and the impact for you and your family.

Medical Discussion Schedule

Register for discussions at livingwell.nm.org. Hybrid classes offer the opportunity to join at the specified class location or virtually via Microsoft Teams. All discussions are recorded and posted to our YouTube channel at youtube.com/c/livingwellcnc.

Program	Location	January	February	March	April	Time
Lifting the Fog – Learning How to Manage Chemo Brain	Virtually via Teams	10	—	—	—	1–2 pm
Overcome and Thrive: Living With Prostate Cancer	Virtually via Teams	20	—	—	—	1–2 pm
COVID-19 Update: What You Need to Know	Hybrid Geneva	24	—	—	—	10–11 am
A Spike in the Numbers	Virtually via Teams	—	7	—	—	1–2 pm
Cancer and Psychiatry: The Role of Psychiatric Medications in Cancer Care	Virtually via Teams	—	17	—	—	1–2 pm
What's on the Horizon?	Virtually via Teams	—	—	10	—	1–2 pm
Living Your Best Life	Virtually via Teams	—	—	21	—	1–2 pm
Lung Cancer: The Basics	Virtually via Teams	—	—	31	—	1–2 pm
Inheriting Cancer	Virtually via Teams	—	—	—	25	1–2 pm



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. Both in-person and virtual counseling services are available.

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 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.

Survivorship Programs

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

Virtual discussion via Microsoft Teams

Monday, April 3, 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 to receive a link to join this virtual discussion.

Back-on-Track Surviving Survivorship Series

Virtual discussion via Microsoft Teams

Mondays, March 6 – April 17, 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.

March 6:	Pressure to Thrive
March 13:	Discussion Group
March 20:	Managing Moods, Stress and Feeling Stuck
March 27:	Discussion Group
April 3:	Survivorship101: Medical Discussion by Christopher George, MD
April 10:	Fear of Recurrence
April 17:	Envisioning Your Future

Register at 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. Check the Support Group Schedule on page 10 for more information about when and how to attend a discussion. Register for support groups at 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 any time you are experiencing “scanxiety.”

Caregiver Support

In Person (Warrenville):

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

Virtual:

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

In Person (Geneva):

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

In Person (Warrenville):

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

Virtual:

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

In Person (Geneva):

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

Virtual:

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

In Person (Geneva):

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

Men’s Networking Groups

In Person (Geneva):

Monday, January 23, 6:45 – 8:00 pm

Monday, March 27, 6:45 – 8:00 pm

In Person (Warrenville):

Monday, February 27, 6:45 – 8:00 pm

Monday, April 24, 6:45 – 8:00 pm

Connect with other men affected by cancer in their lives. These drop-in groups will meet each month.



Spanish-Speaking Support Group

In Person (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 with “Spanish-Speaking Support Group” in the subject line and include your first and last name.

Grupo de apoyo en español

In Person (Warrenville):

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

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 e incluya su nombre y apellido y “Grupo de apoyo en español” en el asunto.

Breast: General

Virtual:

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

In Person (Geneva):

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

In Person (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

In Person (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

In Person (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

In Person (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

In Person (Warrenville):

Wednesday, January 11, 6:00 – 7:30 pm

Wednesday, March 29, 6:00 – 7:30 pm

This group is open to anyone diagnosed with a head and neck cancer, as well as caregivers. You will have opportunities to share personal experiences, coping strategies and learn about treatment and post-treatment changes.

Support Group Schedule

Register at livingwell.nm.org.

Program	Location	January	February	March	April	Time
Scanxiety Drop-In Group	Virtually via Teams	16	6, 20	6, 20	3, 17	Noon – 1pm
Caregiver Support	Warrenville	—	7	7	4	6:30 – 8:00 pm
	Virtually via Teams	10, 17	14, 21	14, 21	11, 18	6:30 – 7:30 pm
	Geneva	24	28	28	25	6:30 – 8:00 pm
Facing Cancer Together (FACT)	Warrenville	—	7	7	4	6:30 – 8:00 pm
	Virtually via Teams	10, 17	14, 21	14, 21	11, 18	6:30 – 7:30 pm
	Geneva	24	28	28	25	6:30 – 8:00 pm
Good Grief	Virtually via Teams	—	2	2	6	6:30 – 7:30 pm
	Geneva	19	16	16	20	6:30 – 8:00 pm
Spanish-Speaking Support Group <i>Grupo de apoyo en español</i>	Warrenville	11	8	8	12	6:30 – 8:00 pm
Men's Networking Groups	Geneva	23	—	27	—	6:45 – 8:00 pm
	Warrenville	—	27	—	24	6:45 – 8:00 pm
Breast: General	Virtually via Teams	9	1	1	5	6:30 – 7:30 pm
	Geneva	18	15	15	19	6:30 – 8:00 pm
Breast: Mastectomy	Geneva	25	22	22	26	6:30 – 8:00 pm
Breast: Metastatic	Geneva	9	13	13	10	1:00 – 2:30 pm
Gynecological	Warrenville	25	22	22	26	6:30 – 8:00 pm
Young Adult Brain Tumor	Virtually via Teams	11	8	8	12	6 – 7pm
Brain Tumor	Warrenville	25	22	22	26	6:30 – 8:00 pm
Head and Neck	Warrenville	11	—	29	—	6:00 – 7:30 pm

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. Check the Workshop Schedule on page 13 for dates and times.

JANUARY

Kids Mandala and Breath Workshop



In Person (Warrenville):

Thursday, January 19, 6:00 – 7:30 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

Children will create a mandala using a variety of mediums and complete a workshop focused on mindful breathing designed just for kids.



The Importance of Caregivers and Caregiving

Virtual: Tuesday, January 31, 6:30 – 7:45 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.

FEBRUARY

Open Your Heart Kids Workshop



In Person (Warrenville):

Thursday, February 9, 6:00 – 7:30 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

Kids will complete a heartfelt art project that they can take home and give to someone special for Valentine's Day. They can also participate in a heart-opening yoga practice for children.

Self-Care: Restoring Your Inner Self

Virtual: Wednesday, February 15, 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.

Write With Me: Feel the Grief, Experience the Healing

In Person (Geneva):

Thursday, February 16, 6:30 – 8:00 pm

John Polo, Speaker, Hope and Empowerment Coach, Better Not Bitter Widower Organization

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

John will lead a workshop on how writing and journaling can aid in grief and the healing process. He will discuss his own experience with writing and grief, and he will provide writing prompts for you to respond to.



Programs for children

FEBRUARY

LivingWell Book Club**Virtual: Wednesday, February 28, 5–6pm***Nancy Nieto, LPC, NCC, LivingWell Cancer Resource Center, part of Northwestern Medicine*

This drop-in group will meet every other month to reflect on and discuss different books that address the cancer experience. Please come prepared to join the conversation and share your thoughts.

February book: *Everything Happens for a Reason (And Other Lies I've Loved)* by Kate Bowler

MARCH

Chakra Workshop Series**In Person (Geneva): Wednesdays, March 1–22, 1–3pm***Cheri Hunt, Art Instructor, LivingWell Cancer Resource Center, part of Northwestern Medicine**Erin Bloodworth, Wellness Coordinator, LivingWell Cancer Resource Center, part of Northwestern Medicine*

You will create a variety of art (including collage and jewelry) using mixed media and be led through yoga sequences aligning with different chakras each week.

APRIL

**Talking With Kids About Cancer****Virtual: Thursday, April 13, 6:30 – 7:30 pm***Cassie Nieves, LCSW, Counselor, LivingWell Cancer Resource Center, part of Northwestern Medicine*

Talking with children about cancer can be hard. Join LivingWell counselor, Cassie Nieves, to learn age-appropriate tools and terms for explaining cancer and cancer treatment to children. You will also learn how to help children navigate their feelings, as well as different ways to support them as they process their loved one's diagnosis.

Reshaping Your Self-Image

A cancer diagnosis can bring physical changes that can shift your perspective of your self-image. This two-part series presented by Nancy Nieto, LPC, NCC and Cheri Hunt, art instructor, is aimed at helping process the changes that cancer brings in a safe and creative environment. Registration for both sessions is recommended, but not required.

Reshaping Your Self-Image: Part 1**In Person (Warrenville):****Wednesday, March 15, 6–8 pm**

Part one of this two-part series will provide an opportunity to explore the impact of physical and emotional changes after a cancer diagnosis. It will give you a chance to express how those changes have shaped your self-image utilizing artistic expression, written reflection and open discussion.

Reshaping Your Self-Image: Part 2**In Person (Warrenville):****Wednesday, March 29, 6–8 pm**

In part two of this two-part series, you will learn strategies to start navigating your path to self-love and self-acceptance. You will have an opportunity to create an artistic statement about their journey.

APRIL



LivingWell Book Club**Virtual: Tuesday, April 25, 5 – 6 pm***Nancy Nieto, LPC, NCC, LivingWell Cancer Resource Center, part of Northwestern Medicine*

This drop-in group will meet every other month to reflect on and discuss different books that address the cancer experience. Please come prepared to join the conversation and share your thoughts.

April book: *The Anatomy of Hope* by Jerome Groopman**Art of Breath Workshop****In Person (Warrenville): Thursday, April 27, 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, you will explore your breath in different positions. You will learn to use it to relieve stress and anxiety, boost energy and stamina, enhance self-confidence, sharpen the ability to focus, strengthen our movement patterns and potentially relieve pain.

Stress Management Schedule Register at livingwell.nm.org.

Program	Location	January	February	March	April	Time
Kids Mandala and Breath Workshop 	Warrenville	19	—	—	—	6:00 – 7:30 pm
The Importance of Caregivers and Caregiving	Virtually via Teams	31	—	—	—	6:30 – 7:45 pm
Open Your Heart Kids Workshop 	Warrenville	—	9	—	—	6:00 – 7:30 pm
Self-Care: Restoring Your Inner Self	Virtually via Teams	—	15	—	—	6:30 – 8:00 pm
Write With Me: Feel the Grief, Experience the Healing	Geneva	—	16	—	—	6:30 – 8:00 pm
LivingWell Book Club	Virtually via Teams	—	28	—	25	5 – 6 pm
Chakra Workshop Series	Geneva	—	—	1, 8, 15, 22	—	1 – 3 pm
Reshaping Your Self-Image: Part 1	Warrenville	—	—	15	—	6 – 8 pm
Reshaping Your Self-Image: Part 2	Warrenville	—	—	29	—	6 – 8 pm
Talking With Kids About Cancer	Virtually via Teams	—	—	—	13	6:30 – 7:30 pm
Art of Breath Workshop	Warrenville	—	—	—	27	1 – 3 pm

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 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. Check the Healing Through Art Schedule on page 17 for class dates and times. Register for classes at livingwell.nm.org.

JANUARY THROUGH APRIL

Mixed Media

Virtual: Tuesdays and Thursdays, 6:00 – 7:30 pm

Wednesdays, 10:00 – 11:30 am

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

In Person (Geneva): Tuesdays, 10 am – Noon

In Person (Warrenville): Thursdays, 10 am – Noon

Bring an open mind or an unfinished art project to work on in this open-to-anything class.

No classes February 2, March 2 or April 6.

JANUARY

Zendoodle

In Person (Warrenville):

Mondays, January 9 – 30, 1 – 3 pm

Explore the benefits of Zendoodle to find silence and stillness of your soul while awakening your mind.

Boost your creativity while caring for yourself through relaxation and art.

Shifting Your Being

In Person (Geneva):

Tuesdays, January 10 – 31, 1 – 3 pm

Rekindle your brightness after being knocked down with a cancer diagnosis. Journal. Paint. Explore and release, all through expressive art.

JANUARY

Needle Felting**In Person (Warrenville):****Thursdays, January 12 – 26, 1 – 3 pm**

In this class, you will use a felting needle to draw and create 2D and 3D objects. Felting needles will also be used to create unique sculptures, jewelry, trinkets and pins. No experience is needed for this class.



FEBRUARY

Art From the Heart**In Person (Geneva):****Wednesdays, February 1 – 22, 1 – 3 pm**

This mixed media class offers the opportunity to put your heart into creating your own unique works of art.

Pan Pastels**In Person (Warrenville):****Thursdays, February 2 – 23, 1 – 3 pm****In Person (Geneva):****Tuesdays, February 7 – 28, 1 – 3 pm**

Learn the medium of pan pastels and create a variety of projects in vibrant colors.

Alcohol Inks**In Person (Warrenville):****Mondays, February 6 – 27, 1 – 3 pm**

Learn basic techniques of using alcohol and acrylic inks. Use different papers, tiles, glass and metal to create unique art.

MARCH

Chakra Workshop Series**In Person (Geneva): Wednesdays, March 1 – 22, 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

You will create a variety of art (including collage and jewelry) using mixed media and be led through yoga sequences aligning with different chakras each week.

How to Relax**In Person (Warrenville):****Thursdays, March 2 – 30, 1 – 3 pm**

Find a routine and balance and learn how to seek peace in your life, all through the power of art.

Mandala**In Person (Warrenville): Mondays, March 6 – 27, 1 – 3 pm**

Be in the moment and focus on creating a mandala, a geometric pattern of the universe. Use it to focus your attention and be mindful.

Self-Care Journal**In Person (Geneva): Tuesdays, March 7 – 28, 1 – 3 pm**

Learn strategies to help put your thoughts and feelings down on paper and be guided in ways to incorporate art into your journaling.

APRIL

Meditative Drawing**In Person (Warrenville): Mondays, April 3 – 24, 1 – 3 pm**

Create a peaceful place away from everyday stress, anxiety and cancer using drawing techniques, such as Zendoodle, neurographic and mandala.

Print, Print, Print**In Person (Geneva): Tuesdays, April 4 – 25, 1 – 3 pm**

Incorporating gelli printing, foam sheets, linoleum blocks and more, creating one-of-a-kind prints.

Jewelry Making**In Person (Warrenville):****Thursdays, April 6 – 20, 1 – 3 pm**

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

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.

Healing Through Art Schedule Register at livingwell.nm.org.

Program	Location	January	February	March	April	Time
Mixed Media	Virtually via Teams	10, 12, 17, 19, 24, 26, 31	2, 7, 9, 14, 16, 21, 23, 28	2, 7, 9, 14, 16, 21, 23, 28	4, 6, 11, 13, 18, 20, 25, 27	6:00 – 7:30 pm
		11, 18, 25	1, 8, 15, 22	1, 8, 15, 22	5, 12, 19, 26	10:00 – 11:30 am
Open Studio	Geneva	10, 17, 24, 31	7, 14, 21, 28	7, 14, 21, 28	4, 11, 18, 25	10 am – Noon
	Warrenville	12, 19, 26	9, 16, 23	9, 16, 23, 30	13, 20, 27	
Zendoodle	Warrenville	9, 16, 23, 30	—	—	—	1 – 3 pm
Shifting Your Being	Geneva	10, 17, 24, 31	—	—	—	1 – 3 pm
Needle Felting	Warrenville	12, 19, 26	—	—	—	1 – 3 pm
Art from the Heart	Geneva	—	1, 8, 15, 22	—	—	1 – 3 pm
Pan Pastels	Warrenville	—	2, 9, 16, 23	—	—	1 – 3 pm
	Geneva	—	7, 14, 21, 28	—	—	1 – 3 pm
Alcohol Inks	Warrenville	—	6, 13, 20, 27	—	—	1 – 3 pm
Chakra Workshop Series	Geneva	—	—	1, 8, 15, 22	—	1 – 3 pm
How to Relax	Warrenville	—	—	2, 9, 16, 23, 30	—	1 – 3 pm
Mandala	Warrenville	—	—	6, 13, 20, 27	—	1 – 3 pm
Self-Care Journal	Geneva	—	—	7, 14, 21, 28	—	1 – 3 pm
Meditative Drawing	Warrenville	—	—	—	3, 10, 17, 24	1 – 3 pm
Print, Print, Print	Geneva	—	—	—	4, 11, 18, 25	1 – 3 pm
Jewelry Making	Warrenville	—	—	—	6, 13, 20	1 – 3 pm

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.



Beautiful You Workshop

Living Well Geneva

Wednesdays, January 18, March 15, April 12

4:30 – 6:00 pm

Jenny Burns, Salon Owner, Stylist and Makeup 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.

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 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. Check the Nutrition Class Schedule on page 20 for class dates and times. Register at livingwell.nm.org.

JANUARY



Warm Up With Winter Soups and Stews

Virtual: Wednesday, January 11, 6 – 7 pm

Soups can help you stave off the cold and flu, and they're a great antidote for times when you are sick too! Learn how most soups are loaded with disease-fighting nutrients and can give your immune system a boost.

Gut Health – Prebiotics and Probiotics

Virtual: Wednesday, January 25, 1 – 2 pm

Gut bacteria, collectively referred to as the gut flora or gut microbiota, perform many important functions in your body. Explore how eating balanced amounts of probiotics and prebiotics can help ensure that you have the right balance of these bacteria to keep your gut microbiota healthy.

FEBRUARY

Budget-Friendly Meal Prep for Delicious Meals

Virtual: Wednesday, February 8, 6 – 7 pm

Meal preparation enables you to eat your favorite meals while pre-determined portion sizes helps ensure that you don't eat more than your body needs. This is scientifically linked to a more diverse, higher-quality diet. Understand how having well-balanced meals on hand will help you manage what you eat and help you stay on track with your personal diet goals.

Beans for Plant-Based Meals

Virtual: Wednesday, February 22, 6 – 7 pm

Beans and legumes are excellent sources of dietary fiber, protein, vitamin B, and many other important vitamins and minerals. They may help reduce your blood sugar, boost your heart health and maintain a healthy gut. Learn how to incorporate them into your diet.

MARCH

Benefits of Fish and Omega-3 Fats

Virtual: Wednesday, March 8, 1 – 2 pm

Omega-3 polyunsaturated fatty acids (PUFAs) are considered immunonutrients, and they are commonly used in nutritional therapy for people with cancer because of their many biological effects. Learn more about how to add more fish to your menu.

How to Increase Protein in Meals and Snacks

Virtual: Wednesday, March 22, 1 – 2 pm

A high protein intake can offer numerous benefits, and helps build and maintain muscle, which is important for those with cancer who may be having problems eating and are losing weight.

APRIL

Gear Up for Spring With Healthy Habits**Virtual: Wednesday, April 5, 1–2 pm**

Someone's chances of developing cancer are often affected by the lifestyle choices they make. Some simple lifestyle changes may make a difference. This class will teach you about these healthy tips.

The Power of Antioxidants and Herbs**Virtual: Wednesday, April 19, 6–7 pm**

Antioxidants are natural compounds produced in plants that react and neutralize free radicals, reducing oxidative stress and inflammation. Spices and herbs are the most potent antioxidant foods, and they can be easily added to numerous dishes, enhancing flavor and potentially providing health benefits.

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. You may also email your questions to askadietitian@livingwellcrc.org.

Nutrition Class ScheduleRegister at livingwell.nm.org.

Program	Location	January	February	March	April	Time
Warm Up With Winter Soups and Stews	Virtually via Teams	11	—	—	—	6–7 pm
Gut Health – Prebiotics and Probiotics	Virtually via Teams	25	—	—	—	1–2 pm
Budget-Friendly Meal Prep for Delicious Meals	Virtually via Teams	—	8	—	—	6–7 pm
Beans for Plant-Based Meals	Virtually via Teams	—	22	—	—	6–7 pm
Benefits of Fish and Omega-3 Fats	Virtually via Teams	—	—	8	—	1–2 pm
How to Increase Protein in Meals and Snacks	Virtually via Teams	—	—	22	—	1–2 pm
Gear Up for Spring With Healthy Habits	Virtually via Teams	—	—	—	5	1–2 pm
The Power of Antioxidants and Herbs	Virtually via Teams	—	—	—	19	6–7 pm

Mindful Movements

Support healing, increased flexibility and range of motion, and reduce stress with fitness and yoga classes modified for a variety of needs. Hybrid classes offer opportunities to join at the specified class location or virtually via Microsoft Teams. Check the Mindful Movements Schedule on page 23 for dates and times. Register at livingwell.nm.org.

Yoga

Hybrid Geneva: Mondays, 10:15 – 11:00 am

Hybrid Geneva: Tuesdays, 5:00 – 5:45 pm

Hybrid Warrenville: Thursdays, 5:30 – 6:15 pm

Hybrid Warrenville: Fridays, 10 – 11 am

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

Hybrid Geneva: Mondays, 11:15 am – Noon

Hybrid Warrenville: Thursdays, 10:15 – 11:00 am

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

Hybrid Geneva: Mondays, 5:00 – 5:45 pm

Hybrid Warrenville: Tuesdays, 11:15 am – Noon

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

Movement for Bone Health

Hybrid Geneva: Wednesdays, 10:15 – 11:00 am

Hybrid Warrenville: Tuesdays, 10:15 – 11:00 am

Hybrid Warrenville: Thursdays, 11:15 am – Noon

People 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.



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 erin.bloodworth@nm.org to schedule a consultation. Please include “schedule exercise consultation” in your subject line.

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.

Chair Fitness for Lymphedema and Neuropathy

Hybrid Warrenville: Tuesdays, 12:15 – 1:00 pm

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

Hybrid Geneva: Mondays, 6:00 – 6:45 pm

Hybrid Geneva: Thursdays, 12:30 – 1:15 pm

Hybrid Warrenville:

Third Wednesday of each month, 6:00 – 6:45 pm

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

Hybrid Geneva: Wednesdays, 11:15 am – Noon

Hybrid Warrenville: Thursdays, 4:30 – 5:15 pm

Science has found 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.



Tai Chi Meditation in Motion

In Person (Geneva): Mondays, 12:30 – 1:15 pm

In Person: (Warrenville): Thursdays, 12:30 – 1:15 pm

This class uses a gentle form of exercise focused on maintaining strength, flexibility, and balance while helping to reduce stress and anxiety. This is a standing practice.

Face the Fight (Shadow Boxing Fitness)

In Person (Warrenville):

Wednesdays, 11:00 – 11:45 am

Delilah Matos, Certified USA Boxing Coach

Build confidence, regain trust in your body and reduce stress. Join Delilah Matos for a low-impact, non-contact shadow boxing class that will have you feeling empowered and ready to face any obstacle with impact.

Mindful Movements Schedule

Register at livingwell.nm.org. Hybrid classes offer opportunities to join at the specified class location or virtually via Microsoft Teams.

Program	Location	January	February	March	April	Time
Yoga	Hybrid Geneva	9, 16, 23, 30	6, 13, 20, 27	6, 13, 20, 27	3, 10, 17, 24	10:15 – 11:00 am
	Hybrid Geneva	10, 17, 24, 31	7, 14, 21, 28	7, 14, 21, 28	4, 11, 18, 25	5:00 – 5:45 pm
	Hybrid Warrentville	6, 13, 20, 27	3, 10, 17, 24	3, 10, 17, 24, 31	7, 14, 21, 28	10 – 11 am
	Hybrid Warrentville	5, 12, 19, 26	2, 9, 16, 23	2, 9, 16, 23, 30	6, 13, 20, 27	5:30 – 6:15 pm
Chair Yoga	Hybrid Geneva	9, 16, 23, 30	6, 13, 20, 27	6, 13, 20, 27	3, 10, 17, 24	11:15 am – Noon
	Hybrid Warrentville	5, 12, 19, 26	2, 9, 16, 23	2, 9, 16, 23, 30	6, 13, 20, 27	10:15 am – 11:00 am
Chair Yoga and Standing Balance	Hybrid Geneva	9, 16, 23, 30	6, 13, 20, 27	6, 13, 20, 27	3, 10, 17, 24	5:00 – 5:45 pm
	Hybrid Warrentville	3, 10, 17, 24, 31	7, 14, 21, 28	7, 14, 21, 28	4, 11, 18, 25	11:15 am – Noon
Movement for Bone Health	Hybrid Warrentville	3, 10, 17, 24, 31	7, 14, 21, 28	7, 14, 21, 28	4, 11, 18, 25	10:15 – 11:00 am
	Hybrid Geneva	4, 11, 18, 25	1, 8, 15, 22	1, 8, 15, 22, 29	5, 12, 19, 26	10:15 – 11:00 am
	Hybrid Warrentville	5, 12, 19, 26	2, 9, 16, 23	2, 9, 16, 23, 30	6, 13, 20, 27	11:15 am – Noon
Chair Fitness for Lymphedema and Neuropathy	Hybrid Warrentville	3, 10, 17, 24, 31	7, 14, 21, 28	7, 14, 21, 28	4, 11, 18, 25	12:15 – 1:00 pm
Restorative Yoga	Hybrid Geneva	9, 16, 23, 30	6, 13, 20, 27	6, 13, 20, 27	3, 10, 17, 24	6:00 – 6:45 pm
	Hybrid Geneva	5, 12, 19, 26	2, 9, 16, 23	2, 9, 16, 23, 30	6, 13, 20, 27	12:30 – 1:15 pm
	Hybrid Warrentville	18	15	15	19	6:00 – 6:45 pm
Chair Yoga for Relaxation and Stress Relief	Hybrid Geneva	4, 11, 18, 25	1, 8, 15, 22	1, 8, 15, 22, 29	5, 12, 19, 26	11:15 am – Noon
	Hybrid Warrentville	5, 12, 19, 26	2, 9, 16, 23	2, 9, 16, 23	6, 13, 20, 27	4:30 – 5:15 pm
Tai Chi Meditation in Motion	Geneva	9, 16, 23, 30	6, 13, 20, 27	6, 13, 20, 27	3, 10, 17, 24	12:30 – 1:15 pm
	Warrentville	5, 12, 19, 26	2, 9, 16, 23	2, 9, 16, 23, 30	6, 13, 20, 27	12:30 – 1:15 pm
Face the Fight (Shadow Boxing Fitness)	Warrentville	4, 11, 18, 25	1, 8, 15, 22	1, 8, 15, 22, 29	5, 12, 19, 26	11:00 – 11:45 am



Two locations to serve you:


LivingWell Geneva
442 Williamsburg Avenue
Geneva, Illinois 60134
630.933.7860

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

Email: info@livingwellcrc.org

 livingwellcrc.org

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