



Northwestern Medicine Living Well Cancer Resources

Summer 2023 Program Guide



Scan the QR code to
experience Living Well Cancer
Resources programs.



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Program Registration

All programs and services at Northwestern Medicine Living Well Cancer Resources 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.

Hours of operation

Monday-Thursday: 10 am-8 pm

Friday: 9 am-Noon

Closed:

Saturday and Sunday

Monday, May 29

Tuesday, July 4

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. Learn more at nm.org/safety.

Masking and screening

Everyone must wear a mask while in Living Well Cancer Resources. If you arrive wearing your own mask, we will ask you to replace or cover it with a mask provided by Living Well. We will screen participants for COVID-19 symptoms as they enter Living Well.

Locations



Living Well Cancer Resources Geneva
442 Williamsburg Avenue
Geneva, Illinois 60134
630.933.7860



Living Well Cancer Resources Warrenville
4525 Weaver Parkway, Suite 103
Warrenville, Illinois 60555
331.732.4900

Medical Discussions

Living Well 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/livingwellc.

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.**

MAY

How Counseling and Support Can Benefit You and Your Family

Virtual: Monday, May 8, 6:00-6:30 pm

Missy Petty, LCPC, Northwestern Medicine Living Well Cancer Resources

Join counselor Missy Petty, LCPC, as she discusses the benefits of both counseling and support groups, and how to know which is best for you.



Immune Boosters or Treatment Busters? Supplements and Cancer Therapies

Virtual: Tuesday, May 30, 10:00-10:30 am

Umida Nasritdinova, Douglas Mazewski, PharmD, and Meghan Ritchey, PharmD, Pharmacy Residents, Northwestern Medicine

Can supplements really boost the immune system and provide “immunity” to disease? These presenters will give an overview of the benefits, side effects and possible risks to taking supplements during treatment.

JUNE

Pharmacy 101: Understanding the Ins and Outs of Cancer Medications

Virtual: Thursday, June 15, 11:00 am -Noon

Alexandra Sakowski, PharmD, Pharmacy Resident, Northwestern Medicine Delnor Hospital

Join a clinical oncology pharmacist to learn the differences between retail pharmacy and specialty pharmacies, as well as what kinds of pharmacists you might encounter during treatment. You will learn what a pharmacist can do for you.

Cancer 101

Virtual: Tuesday, June 27, 1:00-2:00 pm

Fahad Faruqi, MD, Medical Oncology, Northwestern Medicine Regional Medical Group

Learning you or a loved one have cancer is difficult and can lead to a long list of questions about what to do next. This discussion will give you useful information to help you make decisions about your care.



JULY

Getting Started on Advance Care Planning

Virtual: Friday, July 7, 10:00-11:00 am

Annette Meares, MSN, RN, Northwestern Medicine
Kishwaukee Hospital

A medical crisis is often unpredictable and it is important that your family understands the care you would like to receive if they need to make decisions for you. You will get an overview of the options and learn where to get started in your planning.

The Importance of Movement and Exercise in Treatment

Hybrid (Geneva): Monday, July 17, 4:00-4:50 pm

Erin Bloodworth, Wellness Coordinator, Northwestern
Medicine Living Well Cancer Resources

Erin Bloodworth is the Living Well wellness coordinator and a certified exercise physiologist. In this program,

you will explore the importance of exercise while in treatment and what modifications can be made throughout your journey.

AUGUST

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

Virtual: Monday, August 14, 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.

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/livingwellcrc.

Program	Location	May	June	July	August	Time
How Counseling and Support Can Benefit You and Your Family	Virtually via Teams	8	–	–	–	6:00-6:30 pm
Immune Boosters or Treatment Busters? Supplements and Cancer Therapies	Virtually via Teams	30	–	–	–	10:00-10:30 am
Pharmacy 101: Understanding the Ins and Outs of Cancer Medications	Virtually via Teams	–	15	–	–	11:00 am - Noon
Cancer 101	Virtually via Teams	–	27	–	–	1:00-2:00 pm
Getting Started on Advance Care Planning	Virtually via Teams	–	–	7	–	10:00-11:00 am
The Importance of Movement and Exercise in Treatment	Hybrid Geneva	–	–	17	–	4:00-4:50 pm
I've Finished Cancer Treatment, Now What? Survivorship 101	Virtually via Teams	–	–	–	14	6:30-7:45 pm



Counseling and Social Work Services

Living Well 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

Living Well'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 Living Well social worker, please email socialwork@livingwellcrc.org.

Survivorship Programs

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

Virtual discussion via Microsoft Teams

Monday, August 14, 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, July 17-August 28, 6:30-7:45 pm

Missy Petty, LCPC, Lead Counselor, Northwestern Medicine Living Well Cancer Resources

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.

July 17:	Pressure to Thrive
July 24:	Discussion Group
July 31:	Managing Moods, Stress and Feeling Stuck
August 7:	Discussion Group
August 14:	Survivorship101: Medical Discussion by Christopher George, MD
August 21:	Fear of Recurrence
August 28:	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-1:00 pm

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, May 22, 6:45-8:00 pm

Monday, July 24, 6:45-8:00 pm

In Person (Warrenville):

Monday, June 26, 6:45-8:00 pm

Monday, August 28, 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 primary language is Spanish and who have been affected by cancer.

Grupo de apoyo en español

En Persona (Warrenville):
Segundo miércoles de cada mes, 6:30–8:00 pm
Este grupo de apoyo está diseñado para pacientes y cuidadores que hayan sido afectados por el cáncer y que su idioma principal es español.

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

Hybrid (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, 6:00–7:00 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, July 12, 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.

*Monday, May 24: This group will be joined virtually by special guest Vincent Rock, Senior Program Manager for the American Brain Tumor Association.

Support Group Schedule

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

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

MAY

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, May 31, 6:00–8:00 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 using artistic expression, written reflection and open discussion.



JUNE

Reshaping Your Self-Image: Part 2

In Person (Warrenville):

Wednesday, June 7, 6:00–8:00 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.



Living Well Book Club

Virtual: Tuesday, June 21, 5:00–6:15 pm

Nancy Nieto, LPC, NCC, Counselor, Northwestern Medicine Living Well Cancer Resources

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

Book: *Between Two Kingdoms: A Memoir of a Life Interrupted* (Hardcover) by Suleika Jaouad

JULY

Self-Care: Restoring Your Inner Self

Virtual: Wednesday, July 19, 6:30–8:00 pm

Nancy Nieto, LPC, NCC, Counselor, Northwestern Medicine Living Well Cancer Resources

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.



AUGUST

Emotional Release and Journaling

In Person (Warrenville):

Wednesdays, August 2, 9, 23 and 30, 10:00 am–Noon

Cheri Hunt, Art Instructor, Northwestern Medicine Living Well Cancer Resources

Missy Petty, LCPC, Lead Counselor, Northwestern Medicine Living Well Cancer Resources

Expand your boundaries and tap into your emotions while creating a personal, artful journal.

Living Well Book Club

Virtual: Wednesday, August 16, 5:00–6:15 pm

Nancy Nieto, LPC, NCC, Counselor, Northwestern Medicine Living Well Cancer Resources

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.

Book: *How to Live Between Office Visits: A Guide to Life, Love and Health* (Paperback) by Bernie S. Siegel

The Importance of Caregivers and Caregiving

Virtual: Tuesday, August 29, 6:30–7:45 pm

Nancy Nieto, LPC, NCC, Counselor, Northwestern Medicine Living Well Cancer Resources

Cassie Nieves, LCSW, Counselor, Northwestern Medicine Living Well Cancer Resources

Join Living Well 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 on with your own needs, as well as how you can care for yourself as a caregiver.

Stress Management Schedule Register at livingwell.nm.org.

Program	Location	May	June	July	August	Time
Reshaping Your Self-Image: Part 1	Warrenville	31	–	–	–	6:00-8:00 pm
Reshaping Your Self-Image: Part 2	Warrenville	–	7	–	–	6:00-8:00 pm
Living Well Book Club	Virtually via Teams	–	21	–	16	5:00-6:15 pm
Self-Care: Restoring Your Inner Self	Virtually via Teams	–	–	19	–	6:30-8:00 pm
Emotional Release and Journaling	Warrenville	–	–	–	2, 9, 23, 30	10:00 am-Noon
The Importance of Caregivers and Caregiving	Virtually via Teams	–	–	–	29	6:30-7:45 pm



Kids' Programming

Classes and workshops designed just for kids! These offerings are for any children affected by cancer, whether they are patients or family members.

Check the Kids' Programming Schedule on page 15 for dates and times.

► Register for classes at livingwell.nm.org.

MAY THROUGH AUGUST

Kids Shadowboxing

In Person (Warrenville)

Tuesdays in May, 6:00-6:45 pm

Tuesdays in June through August, 2:00-2:45 pm

Delilah Matos, Certified USA Boxing Coach

Young adults will build confidence and learn to move their bodies. Join Delilah Matos as she coaches a low-impact, non-contact shadowboxing class that is geared toward youth who are 12 to 17 years old.

JUNE

Grief and Me

In Person (Geneva)

Wednesdays, June 14, 21 and 28, 3:00-4:30 pm

Cassie Nieves, LCSW, Counselor, Northwestern Medicine Living Well Cancer Resources

Cheri Hunt, Art Instructor, Northwestern Medicine Living Well Cancer Resources

Erin Bloodworth, Wellness Coordinator, Northwestern Medicine Living Well Cancer Resources

Join Living Well Counselor Cassie Nieves, Art Instructor Cheri Hunt and Wellness Coordinator Erin Bloodworth in a three-part interactive series, geared towards kids ages 5 to 12, that will focus on helping children cope with grief.

JULY

Art, Movement and Nature

In Person (Warrenville)

Thursdays, July 13, 20 and 27, 1:00-3:00 pm

Cheri Hunt, Art Instructor, Northwestern Medicine Living Well Cancer Resources

Erin Bloodworth, Wellness Coordinator, Northwestern Medicine Living Well Cancer Resources

This three-part series is geared towards kids ages 5 to 12. They will explore and gather natural ephemera to create one-of-a-kind projects, and move their body while enjoying the summer weather!

Kids Recipe Swap-o-Rama

In Person (Geneva)

Tuesday, July 25, 6:00-7:30 pm

Cheri Hunt, Art Instructor, Northwestern Medicine Living Well Cancer Resources

Mary Zupke, RD, LDN, MS, FAND, Northwestern Medicine Delnor Cancer Center

Bring your favorite recipes from home, and we'll choose our favorites to put together in a collection to share with family and friends!





Kids' Programming Schedule Register at livingwell.nm.org.

Program	Location	May	June	July	August	Time
Kids Shadowboxing	Warrenville	2, 9, 16, 23, 30	–	–	–	6:00-6:45 pm
	Warrenville	–	6, 13, 20, 27	11, 18, 25	1, 8, 15, 22, 29	2:00-2:45 pm
Grief and Me	Geneva	–	14, 21, 28	–	–	3:00-4:30 pm
Art, Movement and Nature	Warrenville	–	–	13, 20, 27	–	1:00-3:00 pm
Kids Recipe Swap-o-Rama	Geneva	–	–	25	–	6:00-7:30 pm



Touch Therapy

Talk to your physician about any concerns you may have before scheduling a touch therapy appointment at Living Well in Geneva or Warrenville. Your physician must complete a Medical Release Form and Living Well 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 Living Well 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 20 for class dates and times.

► **Register for classes at livingwell.nm.org.**

No classes June 12-27 or August 14-18

MAY THROUGH AUGUST



Mixed Media

Virtual: Tuesdays, 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):

Wednesdays, May 3-31, 1:00-3:00 pm

In Person (Geneva):

Tuesdays, June 6, July 11-25, 10:00 am-Noon

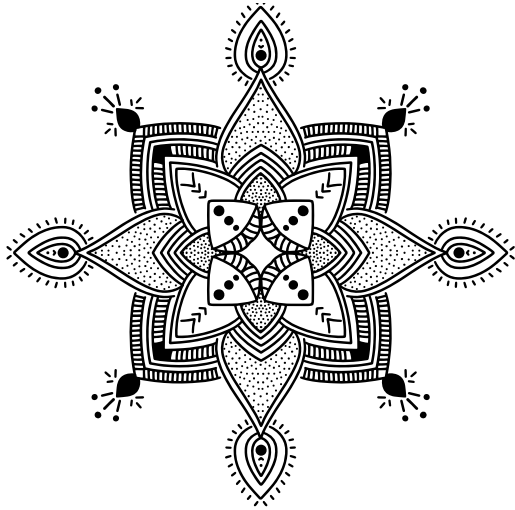
In Person (Warrenville):

Thursdays, June 8 and 29, July 13-27,
August 10, 24 and 31, 10:00 am-Noon

Bring your unfinished projects (from home or class) to work on in this open-to-anything class.



MAY



Meditative Drawing

In Person (Warrenville):

Mondays, May 1-22, 1:00-3:00 pm

Explore Zendoodle, neurographic and meditative coloring. Seek stillness and silence the soul while awakening the mind. Boost your creativity through this relaxing art.

Woodburning

In Person (Geneva):

Tuesdays, May 2-23, 10:00 am-Noon

In Person (Warrenville):

Thursdays, May 4-25, 10:00 am-Noon

Curious about woodburning? Give it a try and see where it takes your creativity! Learn the free-handed art of decorating wood.

Needle Felting

In Person (Geneva):

Tuesdays, May 2-23, 1:00-3:00 pm

In Person (Warrenville):

Thursdays, May 4-25, 6:00-7:30 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.

Scratchboard Art

In Person (Warrenville):

Thursdays, May 4-25, 1:00-3:00 pm

We will use black and white clayboard to make incredible art. Join us for this unique class experience!

Intro to Simple Bookbinding

In Person (Geneva): May 30, 1:00 pm-3:00 pm

Learn the basics of book binding to create unique handmade journals.

JUNE

Acrylic Pouring

In Person (Warrenville):

Monday, June 5, 1:00-3:00 pm

Join us for this one-day workshop to learn the acrylic paint technique of pouring and dripping to create one-of-a-kind results.

Quilling

In Person (Geneva):

Tuesday, June 6, 1:00-3:00 pm

In Person (Warrenville):

Thursdays, June 1, 8 and 29, 6:00-7:30 pm

Create designs by coiling and shaping narrow paper strips, gluing them together to decorate cards, jewelry and 3D miniatures.



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

Living Well 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.

JUNE

Introduction to Oil Sticks Workshop

In Person (Geneva):

Wednesday, June 28, 1:00–3:00 pm

A one-day workshop to learn how to use oil sticks and create dreamy, creative art.

JULY

Mandala

In Person (Warrenville):

Mondays, July 3–24, 1:00–3:00 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.

Awaken Your Soul: Vision Board Workshop

In Person (Warrenville):

Thursday, July 6, 1:00–3:00 pm

Visualize your future, manifest your dreams! Vision boards help us gain self-awareness and reflect on what is important to us.

Lotta Prints

In Person (Geneva): Tuesdays, July 11–25, 1:00–3:00 pm

Learn a new way to cope with life's challenges using simple techniques for self-expression through art. Learn techniques to combine print, ink and stenciling.

Botanical Gelli Printing

In Person (Geneva):

Wednesdays, July 5–26, 1:00–3:00 pm

Tap into the lush foliage of the season and create one-of-a-kind prints without a press.

AUGUST

Alcohol Inks

In Person (Warrenville):

Mondays, August 7, 21 and 28, 1:00–3:00 pm

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

Cancer and Collage

In Person (Geneva):

Tuesdays, August 1, 8, 22 and 29, 10:00 am–Noon

Bringing together courage, comfort and strength, you will explore a variety of mediums to help express yourself.

Jewelry Making

In Person (Geneva):

Tuesdays, August 1, 8, 22 and 29, 1:00–3:00 pm

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

Week 1: Earrings

Week 2: Charm Bracelets

Week 3: Necklace Pendants

Week 4: Repurposed Jewelry

Scratchboard Art

In Person (Warrenville):

Thursdays, August 3, 10, 24 and 31, 1:00–3:00 pm

We will use black and white clayboard to make incredible art. Join us for this unique class experience!

Open Studio

In Person (Geneva):

Wednesdays, August 2 and 9, 4:30–6:30 pm

In Person (Warrenville):

Wednesdays, August 23 and 30, 4:30–6:30 pm

Join us before your support group! Bring an open mind and an unfinished art project to work on in this open-to-anything class.

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

Program	Location	May	June	July	August	Time
Mixed Media	Virtually via Teams	2, 9, 16, 23, 30	6	11, 18	1, 8, 22, 29	6:00-7:30 pm
		3, 10, 17, 24, 31	7, 28	5, 12, 19, 26	–	10:00-11:30 am
Open Studio	Geneva	–	6	11, 18, 25	–	10:00 am-Noon
	Geneva	3, 10, 17, 24, 31	–	–	–	1:00-3:00 pm
	Warrenville	–	8, 29	13, 20, 27	10, 24, 31	10:00 am-Noon
Meditative Drawing	Warrenville	1, 8, 15, 22	–	–	–	1:00-3:00 pm
Woodburning	Geneva	2, 9, 16, 23	–	–	–	10:00 am-Noon
	Warrenville	4, 11, 18, 25	–	–	–	10:00 am-Noon
Needle Felting	Geneva	2, 9, 16, 23	–	–	–	1:00-3:00 pm
	Warrenville	4, 11, 18, 25	–	–	–	6:00-7:30 pm
Scratchboard Art	Warrenville	4, 11, 18, 25	–	–	3, 10, 24, 31	1:00-3:00 pm
Intro to Simple Bookbinding	Geneva	30	–	–	–	1:00-3:00 pm
Acrylic Pouring	Warrenville	–	5	–	–	1:00-3:00 pm
Quilling	Geneva	–	6	–	–	1:00-3:00 pm
	Warrenville	–	1, 8, 29	–	–	6:00-7:30 pm
Introduction to Oil Sticks	Geneva	–	28	–	–	1:00-3:00 pm
Mandala	Warrenville	–	–	3, 10, 17, 24	–	1:00-3:00 pm
Awaken Your Soul: Vision Board Workshop	Warrenville	–	–	6	–	1:00-3:00 pm
Lotta Prints	Geneva	–	–	11, 18, 25	–	1:00-3:00 pm
Botanical Gelli Prints	Geneva	–	–	5, 12, 19, 26	–	1:00-3:00 pm
Alcohol Inks	Warrenville	–	–	–	7, 21, 28	1:00-3:00 pm
Cancer and Collage	Geneva	–	–	–	1, 8, 22, 29	10:00 am-Noon
Jewelry Making	Geneva	–	–	–	1, 8, 22, 29	1:00-3:00 pm
Open Studio	Geneva	–	–	–	2, 9	4:30-6:30 pm
	Warrenville	–	–	–	23, 30	4:30-6:30 pm



Wig Boutique and Beautiful You Workshops

At Living Well, 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.

Beautiful You Workshops

Living Well Geneva

Wednesdays, May 17, June 21, July 19

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.

► **Register for Beautiful You workshops at livingwell.nm.org.**

Nutrition Classes

Living Well 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. They are led by Living Well dietitians, Nancy Zawicki, RD, LDN, MS, and Mary Zupke, RD, LDN, MS, FAND. Classes include a cooking demonstration that complements each cancer-related topic.

MAY

Gardening: Plan Now, Harvest Later

Virtual: Wednesday, May 3, 1:00–2:00 pm

Tending to a garden can provide an opportunity for healing, stress reduction, physical exercise and endless learning. Learn tips and tricks of planting a garden that will bring you a bountiful harvest!

It's Picnic Time: Make It Plant-Based

Virtual: Wednesday, May 17, 6:00–7:00 pm

Eating a plant-based diet improves the health of your gut so you are better able to absorb the nutrients from food that support your immune system and reduce inflammation. Learn how to take these foods on the go and enjoy your summer in a healthy way.

JUNE

Super Salads Using Super Foods

Virtual: Wednesday, June 14, 1:00–2:00 pm

Superfoods offer exceptional health benefits and help promote health by increasing your immune function and decreasing your chance of disease or progression. Implement more superfoods into your diet with these great salad recipes.

The Right Balance: Exercise, Nutrition and Lifestyle

Virtual: Wednesday, June 28, 1:00–2:00 pm

Sleep, regular exercise and nutrition all have a direct impact on our health and well-being, each linking to the other. Keeping them in balance is especially important when we face stressful times in our lives.

JULY

Breakfast Anytime: Easy, Nutritious and Budget-Friendly

Virtual: Wednesday, July 12, 1:00–2:00 pm

Many studies have linked eating breakfast to good health, including better memory and concentration, lower levels of “bad” low-density lipoprotein cholesterol. Studies have also shown that eating breakfast can lower chances of getting diabetes and heart disease. Learn how to make your breakfasts easy, nutritious and on budget.



Tomato Season: A Wonderful Time of Year

Virtual: Wednesday, July 19, 1:00–2:00 pm

Loaded with lycopene, tomatoes are a healthy way to enjoy summer! Learn new and fresh ways to add tomatoes to your menu.

AUGUST

Hydration: The Many Options of Meeting Needs

Virtual: Wednesday, August 9, 6:00–7:00 pm

Hydration is so much more than just drinking water! Learn how fluids carry nutrients to cells, flush bacteria from the bladder and prevent constipation. Staying hydrated makes treatment side effects less severe and lowers your chances of missing or delaying cancer treatments.

Eating Healthy and Living Well: Mediterranean Meal Options

Virtual: Wednesday, August 23, 1:00–2:00 pm

The Mediterranean diet, with its emphasis on fresh vegetables and fruit, whole grains, legumes, olive oil, fish, poultry and lean meats, provides an array of health benefits, research suggests. Find out how to get started!

Nutrition Consultations

Sandie Hunter, RD, LDN, MS, CSO, a 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 Schedule [Register at livingwell.nm.org](https://livingwell.nm.org).

Program	Location	May	June	July	August	Time
Gardening: Plan Now, Harvest Later	Virtually via Teams	3	–	–	–	1:00–2:00 pm
It's Picnic Time: Make it Plant Based	Virtually via Teams	17	–	–	–	6:00–7:00 pm
Super Salads Using Super Foods	Virtually via Teams	–	14	–	–	1:00–2:00 pm
The Right Balance: Exercise, Nutrition and Lifestyle	Virtually via Teams	–	28	–	–	1:00–2:00 pm
Breakfast Anytime: Easy, Nutritious and Budget-Friendly	Virtually via Teams	–	–	12	–	1:00–2:00 pm
Tomato Season: A Wonderful Time of Year	Virtually via Teams	–	–	19	–	1:00–2:00 pm
Hydration: The Many Options of Meeting Needs	Virtually via Teams	–	–	–	9	6:00–7:00 pm
Eating Healthy and Living Well: Mediterranean Meal Options	Virtually via Teams	–	–	–	23	1:00–2:00 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 26 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): Fridays, 10:00–11:00 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.

Yoga in Spanish

Northwestern Medicine Cancer Center Orland Park

15300 West Avenue

Lower-Level Conference Room C

Hybrid: Tuesdays, 6:00–6:45 pm

Build strength, balance and flexibility while creating a higher state of mindfulness. This class will include both standing and mat yoga poses, and a number of methods for stretching and gaining strength.

Yoga en español

Northwestern Medicine Centro de Cáncer

Orland Park

15300 West Avenue

Lower-Level Conference Room C

Híbrido: Martes, 6:00–6:45 pm

Desarrolla fuerza, equilibrio y flexibilidad mientras creas un estado superior de atención plena. Esta clase incluirá posturas de yoga de pie y de colchoneta y una serie de métodos para estirar y ganar fuerza.

Schedule an exercise consultation

If you have questions about exercise and any limitations related to your cancer diagnosis or treatment, please email Living Well Wellness Coordinator Erin Bloodworth at erin.bloodworth@nm.org to schedule a consultation. Please include “schedule exercise consultation” in your subject line.

Chair Yoga

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.

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

Living Well 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.

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 who have had cancer treatment and those who have osteoporosis and osteopenia are often at a higher risk for bone fractures with falls. This class emphasizes strength training to help you maintain bone density. Standing and mat work (on the ground) are included in this class.

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 (Warrenville):

Fourth Wednesday of each month, 5:45-6:15 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 and Guided Relaxation for Stress Relief

Hybrid (Geneva): Wednesdays, 11:15 am-Noon

Research 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 Mediation 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 (Shadowboxing 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 shadowboxing class that will have you feeling empowered and ready to face any obstacle with impact.

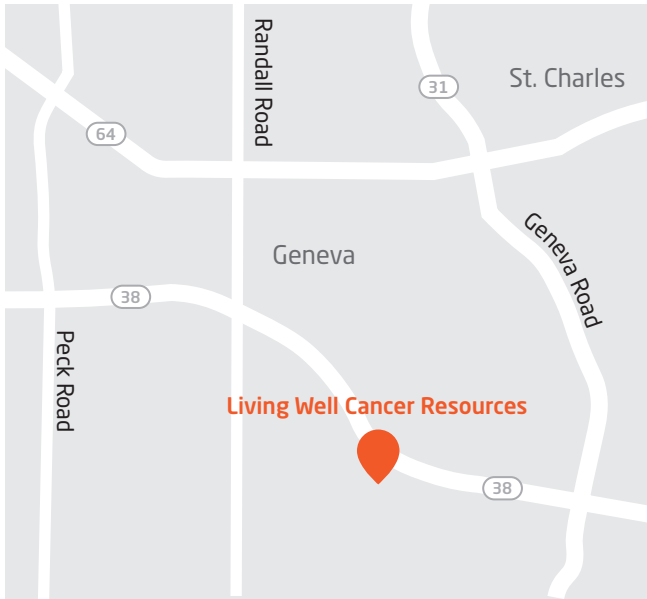
Mindful Movements Schedule

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

Program	Location	May	June	July	August	Time
Yoga	Hybrid Geneva	1, 8, 15, 22	5, 12, 19, 26	3, 10, 17, 24, 31	7, 14, 21, 28	10:15-11:00 am
	Hybrid Geneva	2, 9, 16, 23, 30	20, 27	11, 18, 25	1, 8, 15, 22, 29	5:00-5:45 pm
	Hybrid Warrenville	5, 12, 19, 26	2, 9, 16, 23, 30	7, 14, 21, 28	4, 11, 18, 25	10:00-11:00 am
Yoga in Spanish (Yoga en español)	Hybrid Northwestern Medicine Cancer Center Orland Park	2, 9, 16, 23, 30	6, 13, 20, 27	11, 18, 25	1, 8, 15, 22, 29	6:00-6:45 pm
Chair Yoga	Hybrid Warrenville	4, 11, 18, 25	1, 8, 15, 22, 29	6, 13, 20, 27	3, 10, 17, 24, 31	10:15-11:00 am
Chair Yoga and Standing Balance	Hybrid Geneva	1, 8, 15, 22	5, 12, 19, 26	3, 10, 17, 24, 31	7, 14, 21, 28	5:00-5:45 pm
	Hybrid Warrenville	2, 9, 16, 23, 30	6, 13, 20, 27	11, 18, 25	1, 8, 15, 22, 29	11:15 am-Noon
Movement for Bone Health	Hybrid Warrenville	2, 9, 16, 23, 30	6, 13, 20, 27	11, 18, 25	1, 8, 15, 22, 29	10:15-11:00 am
	Hybrid Geneva	3, 10, 17, 24, 31	7, 14, 21, 28	5, 12, 19, 26	2, 9, 16, 23, 30	10:15-11:00 am
	Hybrid Warrenville	4, 11, 18, 25	1, 8, 15, 22, 29	6, 13, 20, 27	3, 10, 17, 24, 31	11:15 am-Noon
Chair Fitness for Lymphedema and Neuropathy	Hybrid Warrenville	2, 9, 16, 23, 30	6, 13, 20, 27	11, 18, 25	1, 8, 15, 22, 29	12:15 - 1:00 pm
Restorative Yoga	Hybrid Geneva	1, 8, 15, 22	5, 12, 19, 26	3, 10, 17, 24, 31	7, 14, 21, 28	6:00-7:00 pm
	Hybrid Warrenville	24	28	26	23	5:45-6:15 pm
Chair Yoga and Guided Relaxation for Stress Relief	Hybrid Geneva	3, 10, 17, 24, 31	7, 14, 21, 28	5, 12, 19, 26	2, 9, 16, 23, 30	11:15 am-Noon
Tai Chi Mediation in Motion	Geneva	1, 8, 15, 22	5, 12, 19, 26	3, 10, 17, 24, 31	7, 14, 21, 28	12:30-1:15 pm
	Warrenville	4, 11, 18, 25	1, 8, 15, 22, 29	6, 13, 20, 27	3, 10, 17, 24, 31	12:30-1:15 pm
Face the Fight (Shadowboxing Fitness)	Warrenville	3, 10, 17, 24, 31	7, 14, 21, 28	5, 12, 19, 26	2, 9, 16, 23, 30	11:00-11:45 am



Living Well Cancer Resources Geneva



Living Well Cancer Resources Warrenville



Living Well Cancer Resources Geneva

442 Williamsburg Avenue
Geneva, Illinois 60134
630.933.7860

Living Well Cancer Resources Warrenville

4525 Weaver Parkway
Suite 103
Warrenville, Illinois 60555
331.732.4900

TTY for both locations: 711

livingwellcrc.org

Northwestern Medicine Cancer Center Orland Park



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