



# Northwestern Medicine Living Well Cancer Resources

Fall 2023 Program Guide



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

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# Program Registration

The mission of Northwestern Medicine Living Well Cancer Resources has always been to provide services to those impacted by cancer at no cost and regardless of where they receive medical care. Our volunteers and staff have dedicated themselves to delivering programs that encourage, empower, support and offer hope to those diagnosed with cancer and their family members and caregivers.

All programs and services at Living Well are provided at no cost to people impacted by cancer, including those diagnosed, caregivers and family members. The variety of classes, programs and events provide support from diagnosis through early survivorship. Living Well offers a Class Pass for our art, yoga and fitness programs that provides up to 50 of the in-person or virtual art or exercise classes.

Register for programs at [livingwell.nm.org](http://livingwell.nm.org). If you need help logging in, view instructions at [bit.ly/lwlogin](http://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. Throughout this guide, we indicate which classes and programs have virtual, hybrid and in-person availability.

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.

## Masks are optional at Northwestern Medicine

Masks are welcome at Living Well. We offer masks at all entrances. You can also ask a staff member for a mask. You may need to wear a mask in some areas. Please follow posted signs or follow the care team's instructions.

## 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

### Hours

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

**Friday:**  
9 am-Noon

**Closed:**  
Saturday and Sunday  
Monday, September 4 (all day)  
Tuesday, October 17 (1-5 pm)  
Thursday, November 23 (all day)  
Monday, December 25 (all day)

If you are interested in programs focused on survivorship, look for this icon throughout the guide.



# Medical Discussions

Living Well offers medical updates and special discussions to support you during your cancer journey, from initial diagnosis through treatment and into early survivorship. All discussions will be presented at Living Well Geneva or Living Well Warrenville and also available virtually via Microsoft Teams. You can watch recordings of previous medical discussions on our YouTube channel: [youtube.com/c/livingwellcrc](https://youtube.com/c/livingwellcrc).

Check the Medical Discussion Schedule on page 6 for more information about when and where to attend a discussion.

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

## SEPTEMBER



### **PSA Screening? Surgery? Radiation?**

In Person (Warrenville): Monday, September 11,  
6:00–7:00 pm

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

Prostate cancer is the most common non-skin cancer in America. In the United States, 1 in 8 men will be diagnosed with prostate cancer in their lifetime. Understand the complexities of prostate cancer, detection and management.

### **Leukemia: Understanding the Symptoms and Treatment of a Liquid Tumor**

In Person (Warrenville): Monday, September 18,  
6:00–7:00 pm

*Robert Eisner, MD, Medical Oncology, Northwestern  
Medicine Regional Medical Group*

Leukemia is a broad term for cancers of the blood cells. It can seem overwhelming at first, but knowing what to expect may help you feel more at ease.

## OCTOBER

### **Medicare Made Easier – Parts A and B**

In person (Warrenville): Monday, October 2,  
6:00–7:00 pm

*Candace McCarthy-King, Retired Executive Director,  
DuPage Federation of Human Services Reform*

Once a year, Medicare gives its nearly 65 million beneficiaries a chance to step back, review their coverage and make any changes that will help them get the best out of the federal government’s health insurance program. Learn from an expert during this open enrollment season.

### **Cancer Treatment Without Chemotherapy**

In Person (Warrenville): Monday, October 16,  
6:00–7:00 pm

*Dragana Tomic, MD, Northwestern Medicine  
Warrenville Cancer Center*

What is hormone therapy? Hormone therapy (also called hormonal therapy, hormone treatment or endocrine therapy) slows or stops the growth of hormone-sensitive tumors. It does this by blocking your body’s ability to produce hormones or by interfering with effects of hormones on breast cancer cells. Learn how hormones can treat breast cancer.



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



Virtual discussion via Microsoft Teams  
Monday, October 23, 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.

### **Smile! Dental Hygiene and Treatment**

In Person (Geneva): Monday, October 30, 6:00–7:00 pm

*John Mason, DDS; Mason, Faith & Hoscheit*

Cancer treatments can have a wide-reaching effect on the body, including your mouth. If you have been diagnosed with any form of cancer, you'll be glad to know there are steps you can take to protect your teeth and gums during treatment. No matter what kind of cancer you have, here's what to expect at each stage of cancer treatment and how to safeguard your dental health.

## NOVEMBER

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### **Lung Cancer: Updates in the Detection and Treatment of America's No. 1 Killer**

In person (Geneva): Monday, November 6, 6:00–7:00 pm

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

Know the signs and symptoms of lung cancer. Find out how clinicians test for, diagnose and determine the stage of lung cancer.

### **Not One Disease, But Many: An Overview of Gastrointestinal Malignancies**

Virtual: Monday, November 13, 6:00–7:00 pm

*Yaseen Alkaddoumi, MD, Northwestern Medicine Orland Park Cancer Center*

If you or a loved one have a gastrointestinal (GI) cancer, knowing what to expect can help you cope. Learn about GI cancers, including risk factors, symptoms, how it is found and how it is treated.

### **Management of Cancer Pain**

In Person (Geneva): Monday, November 20, 6:00–7:00 pm

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

Understanding palliative care can help you navigate your pain management throughout a cancer journey. Learn more about the options available.



## Medical Discussion Schedule

Register for discussions at [livingwell.nm.org](http://livingwell.nm.org). Living Well offers medical updates and special discussions in both Geneva and Warrenville that are streamed live via Teams to support you throughout a cancer journey. All discussions are recorded and posted to our YouTube channel at [youtube.com/c/livingwellcrc](https://youtube.com/c/livingwellcrc).

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
<b>PSA Screening? Surgery? Radiation?</b>	Warrenville	11	–	–	–	6:00–7:00 pm
<b>Leukemia: Understanding the Symptoms and Treatment of a Liquid Tumor</b>	Warrenville	18	–	–	–	6:00–7:00 pm
<b>Medicare Made Easier – Parts A and B</b>	Warrenville	–	2	–	–	6:00–7:00 pm
<b>Cancer Treatment Without Chemotherapy</b>	Warrenville	–	16	–	–	6:00–7:00 pm
<b>I've Finished Cancer Treatment, Now What? Survivorship 101</b>	Virtually via Teams	–	23	–	–	6:30–7:45 pm
<b>Smile! Dental Hygiene and Treatment</b>	Geneva	–	30	–	–	6:00–7:00 pm
<b>Lung Cancer: Updates in the Detection and Treatment of America's No. 1 Killer</b>	Geneva	–	–	6	–	6:00–7:00 pm
<b>Not One Disease, But Many: An Overview of Gastrointestinal Malignancies</b>	Virtually via Teams	–	–	13	–	6:00–7:00 pm
<b>Management of Cancer Pain</b>	Geneva	–	–	20	–	6:00–7:00 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 support 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 virtually.

To schedule an initial consultation, please email [counseling@livingwellcrc.org](mailto: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
- Job 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](mailto:socialwork@livingwellcrc.org).

# Survivorship Programs

## Back-on-Track Surviving Survivorship Series

Virtual discussion via Microsoft Teams

Mondays, October 2–November 13, 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. We encourage attendance at every session, but it is not required.

<b>October 2:</b>	<b>Pressure to Thrive</b>
<b>October 9:</b>	<b>Discussion Group</b>
<b>October 16:</b>	<b>Managing Moods, Stress and Feeling Stuck</b>
<b>October 23:</b>	<b>Survivorship 101: Medical Discussion by Christopher George, MD</b>
<b>October 30:</b>	<b>Discussion Group</b>
<b>November 6:</b>	<b>Fear of Recurrence</b>
<b>November 13:</b>	<b>Envisioning Your Future</b>

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

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

Virtual discussion via Microsoft Teams

Monday, October 23, 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](http://livingwell.nm.org) to receive a link to join this virtual discussion.







# Support Groups

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

*Check the Support Group Schedule on page 11 for more information about when and where to attend a group.*

**Please check the schedule for adjusted dates around the holidays.**

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

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## **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 tests, scans or test results. 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 connect 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 patient who is 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): Mondays, September 25 and November 27, 6:45-8:00 pm

In Person (Warrenville): Mondays, October 23 and December 18, 6:45-8:00 pm

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

### Head and Neck

In Person (Warrenville): Wednesday, October 11, 6:00-7:30 pm

Open to anyone diagnosed with a head and neck cancer, as well as caregivers. You will have opportunities to share personal experiences, learn coping strategies, and receive education and information about treatment and post-treatment changes.

### 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

Presencial (Warrenville): Segundo miércoles de cada mes, 6:30 a 8:00 pm

Este grupo de apoyo es para pacientes y cuidadores que han sido afectados por el cáncer y cuyo idioma principal es el 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

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 Support

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 cancer.

### Brain Tumor

In Person (Warrenville): 6:30-8:00 pm

September 27, October 25, November 20 and December 18

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.

### Support Group Schedule

Register at [livingwell.nm.org](http://livingwell.nm.org). Hybrid classes offer the opportunity to join at the specified class location or virtually via Microsoft Teams.

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

# Stress Management

Stress management classes and workshops are designed to promote self-care, staying present and healthy coping strategies for patients with cancer in treatment and early survivorship, as well as their caregivers.

Check the *Stress Management Schedule* on page 14 for more information about when and where to attend.

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

## SEPTEMBER

### Emotional Release and Journaling

In Person (Geneva): Tuesdays; September 5, 12, 19 and 26; 1:00–3:00 pm

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

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

Navigate the many changes that come with a cancer diagnosis and tap into your emotions while creating a personal, artful journal.



## OCTOBER



### Living Well Book Club

Virtual: Wednesday, October 4, 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:** *Love, Medicine and Miracles: Lessons Learned About Self-Healing From a Surgeon's Experience With Exceptional Patients* by Bernie S. Siegel, MD

### Self-Care: Restoring Your Inner Self

Virtual: Wednesday, October 18, 6:30–7:45 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 use your self-care practices in your everyday life.

## NOVEMBER

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### **Reshaping Your Self-Image**

In Person (Warrenville): Thursdays, November 2 and 9, 1:00–3:00pm

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

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

A cancer diagnosis can bring physical changes that can shift your perspective of your self-image. This two-part series presented is aimed at helping process the changes that cancer brings in a safe and creative environment. We recommend registering for both days. Only those who attended the first meeting may attend the second meeting.

### **Reshaping Your Self-Image: Part 1**

Part one of this two-part series will give you 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 through artistic expression, written reflection and open discussion.

### **Reshaping Your Self-Image: Part 2**

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 your journey.

### **Chakra Workshop Series**

In Person (Geneva): Mondays, November 6 through 27, 1:00–3:00pm

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

*Erin Bloodworth, Wellness Instructor, Northwestern Medicine Living Well Cancer Resources*

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.

### **Coping With Grief During the Holidays**

In Person (Geneva): Thursday, November 9, 6:00–8:00pm

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

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

Grieving the loss of a loved one is never easy, especially during times of gathering and celebration. Join Cassie Nieves, a Living Well counselor, to learn how to set healthy expectations, manage holiday traditions and remember self-care. You will work with Art Instructor Cheri Hunt to create a votive candle in honor of your loved one.

## DECEMBER

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### **Talking With Kids About Cancer**

Virtual: December 5, 6:30–7:30pm

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

Join Living Well 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.

### **Living Well Book Club**

Virtual: Tuesday, December 6, 5:00–6:15pm

*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:** *No Cure for Being Human: (And Other Truths I Need to Hear)* by Kate Bowler



**Stress Management Schedule** Register at [livingwell.nm.org](http://livingwell.nm.org).

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
<b>Emotional Release and Journaling</b>	Geneva	5, 12, 19, 26	—	—	—	1:00–3:00 pm
<b>Living Well Book Club</b>	Virtually via Teams	—	4	—	—	5:00–6:15 pm
<b>Self-Care: Restoring Your Inner Self</b>	Virtually via Teams	—	18	—	—	6:30–7:45 pm
<b>Reshaping Your Self-Image: Part 1</b>	Warrenville	—	—	2	—	1:00–3:00 pm
<b>Chakra Workshop Series</b>	Geneva	—	—	6, 13, 20, 27	—	1:00–3:00 pm
<b>Reshaping Your Self-Image: Part 2</b>	Warrenville	—	—	9	—	1:00–3:00 pm
<b>Coping With Grief During the Holidays</b>	Geneva	—	—	9	—	6:00–8:00 pm
<b>Talking With Kids About Cancer</b>	Virtually via Teams	—	—	—	5	6:30–7:30 pm
<b>Living Well Book Club</b>	Virtually via Teams	—	—	—	6	5:00–6:15 pm

# Events

Join other families impacted by cancer at these evenings of fun! Register for events at [livingwell.nm.org](http://livingwell.nm.org). Please register at least 24 hours before the event starts. If you cannot attend, please notify us at least 24 hours before the event starts.

## OCTOBER

### Fall Festival

Living Well Warrentville

Thursday, October 26, 5:30-7:30pm

Children and families of all ages are invited to join us for an evening of fall-themed crafts and games.



## DECEMBER

### Holiday Joy

Living Well Geneva

Thursday, December 14, 5:30-7:30pm

Children and families of all ages are invited to join us for an evening of holiday-themed crafts and games.



## Event Schedule

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
Fall Festival	Warrentville	–	26	–	–	5:30-7:30pm
Holiday Joy	Geneva	–	–	–	14	5:30-7:30pm

# 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 Consent and Release Form is also required for on-site services. We offer a maximum of five touch therapy appointments for patients diagnosed with cancer.

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► **Call to make an appointment for any of the following types of touch therapy.**

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## 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
- Bolster the immune system
- Decrease pain and fatigue
- Improve sleep

## Facials

Experience the benefits of a gentle, hydrating facial given by a licensed esthetician specially trained in working with people who have cancer.



## 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 reduce 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. No previous art experience is needed. We encourage you to attend throughout each series is encouraged, but it is not required.

*Check the Healing Through Art Schedule on page 20 for more information about when and where to attend.*

► **Register for classes at [livingwell.nm.org](http://livingwell.nm.org) at least 24 hours before class starts. If you cannot attend the class, please notify us at least 24 hours before the class starts. You may not attend a class without registering in advance.**

Get creative with an **Art Class Pass** for on-site and virtual classes! Living Well has an art class pass that enables you to choose up to 50 on-site or virtual art classes. These classes can help you reduce stress and heal throughout your cancer journey. We will notify you when you approach your class limit.

## SEPTEMBER THROUGH DECEMBER

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### Mixed Media for Caregivers

Virtual: Tuesdays, 6:00–7:30 pm

Caregivers, take time for yourself to 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.

## OCTOBER THROUGH DECEMBER

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### Open Studio

In Person (Geneva): Tuesdays, 10:00 am – Noon

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

## SEPTEMBER

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### Alcohol Inks

In Person (Geneva): Tuesdays, September 5–26, 10:00 am–Noon

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

### Jewelry Making

In Person (Geneva): Wednesdays, September 6–27, 1:00–3:00 pm

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

### Open Studio

In Person (Warrenville): Thursdays, September 14–28, 10:00 am–Noon

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



### Mixed Media for Newly Diagnosed Patients

Virtual: Wednesdays, 10:00–11:30 am

People with cancer can focus on art and let their imagination guide creativity through mixed media: collage, abstract art, decoupage, layering, stenciling and fun use of ephemera.



### **Peace of Mind**

In Person (Warrenville): Thursdays, September 14-28, 1:00-3:00 pm

Create a whole month of healing and peace just for you. Participate in meditative drawing, painting and making peace poles on International Peace Day. These activities will soothe your soul, creating peace within.

### **Gelli Printing**

In Person (Warrenville): Mondays, September 18-25, 1:00-3:00 pm

Discover the art of gelli printing using leaves and other fall foliage as your backdrop.

## **OCTOBER**

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### **Needle Felting**

In Person (Warrenville): Mondays; October 2, 9, 16 and 30; 1:00-3:00 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.

### **Meditative Drawing**

In Person (Geneva): Tuesdays; October 3, 10, 24 and 31; 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.

### **Collage**

In Person (Geneva): Wednesdays, October 4-25,  
1:00-3:00pm

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

### **Mandala**

In Person (Warrenville): Thursdays, October 5 and 12,  
10:00am-Noon

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.

### **Woodburning**

In Person (Warrenville): Thursdays, October 5 and 12,  
1:00-3:00pm

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

## **NOVEMBER**

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### **Watercolor**

In Person (Geneva): Tuesdays, November 7-28,  
1:00-3:00pm

Experiment with Neocolor II crayons, water-soluble graphite and a variety of different forms of watercolor to create vibrant, beautiful projects.

### **Jewelry Making**

In Person (Geneva): Wednesdays, November 1-29,  
1:00-3:00pm

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

### **Quilling**

In Person (Warrenville): Thursdays, November 2-16,  
10:00am-Noon

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

### **Clay Workshop**

In Person (Warrenville): Thursday, November 16,  
1:00-3:00pm

In this class, you will be working with Sculpey® clay and alcohol inks, playing with air-dry clay and exploring paper clay all to create jewelry, trinkets, bowls and more.

## **DECEMBER**

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### **Collage**

In Person (Warrenville): Mondays, December 4-18,  
1:00-3:00pm

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

### **Bookbinding**

In Person (Geneva): Tuesdays, December 5-19,  
1:00-3:00pm

Learn the basics of bookbinding to create unique handmade journals.

### **Needle Felting**

In Person (Geneva): Wednesdays, December 6-20,  
1:00-3:00pm

In this class, you will use a felting needle to 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.

### **Mixed Media for Newly Diagnosed Patients**

Virtual: Wednesdays, December 6-20, 10:00-11:30am

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.

### **Image Transfers**

In Person (Warrenville): Thursdays, December 7 and 21, 1:00-3:00pm

Explore with photos to canvas, packing tape transfers and gelli plate image transfer. This class will use images and photos you bring to class to create new and exciting pieces.

**Healing Through Art Schedule** Register at [livingwell.nm.org](https://livingwell.nm.org).

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
<b>Mixed Media for Caregivers</b>	Virtually via Teams	5, 12, 19, 26	3, 10, 17, 24	7, 14, 21, 28	5, 12, 19	6:00-7:30 pm
<b>Mixed Media for Newly Diagnosed Patients</b>	Virtually via Teams	6, 13, 20, 27	4, 11, 18, 25	1, 8, 15, 22, 29	6, 13, 20	10:00-11:30 am
<b>Open Studio</b>	Geneva	–	3, 10, 17, 24, 31	7, 14, 21, 28	5, 12, 19	10:00 am-Noon
<b>Alcohol Inks</b>	Geneva	5, 12, 19, 26	–	–	–	10:00 am-Noon
<b>Jewelry Making</b>	Geneva	6, 13, 20, 27	–	–	–	1:00-3:00 pm
<b>Open Studio</b>	Warrenville	14, 21, 28	–	–	–	10:00 am-Noon
<b>Peace of Mind</b>	Warrenville	14, 21, 28	–	–	–	1:00-3:00 pm
<b>Gelli Printing</b>	Warrenville	18, 25	–	–	–	1:00-3:00 pm
<b>Needle Felting</b>	Warrenville	–	2, 9, 16, 30	–	–	1:00-3:00 pm
<b>Meditative Drawing</b>	Geneva	–	3, 10, 24, 31	–	–	1:00-3:00 pm
<b>Collage</b>	Geneva	–	4, 11, 18, 25	–	–	1:00-3:00 pm
<b>Mandala</b>	Warrenville	–	5, 12	–	–	10:00 am-Noon
<b>Woodburning</b>	Warrenville	–	5, 12	–	–	1:00-3:00 pm
<b>Watercolor</b>	Geneva	–	–	7, 14, 21, 28	–	1:00-3:00 pm
<b>Jewelry Making</b>	Geneva	–	–	1, 8, 15, 22, 29	–	1:00-3:00 pm
<b>Quilling</b>	Warrenville	–	–	2, 9, 16	–	10:00 am-Noon
<b>Clay Workshop</b>	Warrenville	–	–	16	–	1:00-3:00 pm
<b>Collage</b>	Warrenville	–	–	–	4, 11, 18	1:00-3:00 pm
<b>Bookbinding</b>	Geneva	–	–	–	5, 12, 19	1:00-3:00 pm
<b>Needle Felting</b>	Geneva	–	–	–	6, 13, 20	1:00-3:00 pm
<b>Mixed Media</b>	Virtually via Teams	–	–	–	6, 13, 20	10:00-11:30 am
<b>Image Transfers</b>	Warrenville	–	–	–	7, 21	1:00-3:00 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 confident.

## Wig Boutique

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

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► **You can schedule a wig consultation in one of these ways:**

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### Call a Living Well location:

Geneva: 630.933.7860

Warrenville: 331.732.4900

### Fill out the Hair Goals Form:

Go to [livingwellcrc.org](http://livingwellcrc.org), click on the Forms drop-down menu and click on Hair Goals Form. After you complete and submit the form, a Living Well staff member will reach out to schedule a consultation.

## Beautiful You Workshops

In Person (Geneva): Wednesdays, 4:30-6:00pm

September 13

October 25

November 15

*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.

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► **Beautiful You is open to patients and one companion. Register for Beautiful You workshops at [livingwell.nm.org](http://livingwell.nm.org).**

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# 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 hybrid; this means you can attend virtually or in person at Geneva. Classes are led by Living Well dietitians Nancy Zawicki, RD, LDN, MS; Mary Zupke, RD, LDN, MS, FAND; and the Northwestern Medicine Oncology Dietitian team.

Each class will also be available to watch live or to rewatch at a later time on our YouTube channel at [youtube.com/c/livingwellcrc](https://youtube.com/c/livingwellcrc).

## **Nutrition Consultations**

Sandie Hunter, RD, LDN, MS, CSO, clinical nutrition manager at Northwestern Medicine, can answer your questions and teach you 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 [askdietitian@livingwellcrc.org](mailto:askdietitian@livingwellcrc.org).

Living Well offers two culinary series to help people with cancer and their caregivers move through cancer treatment into survivorship. After you complete both series, you can use the skills learned to make informed decisions about food and meal prep, and continue healthy eating habits.

## **EATING WELL**

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*Classes in the Eating Well series are designed to help patients in active treatment navigate the changes and challenges they face with nutrition. Classes are a lecture format; some topics will include a cooking demonstration.*

### **DAYTIME SERIES | Wednesdays, Noon-1:00 pm**

#### **Week 1 | September 13**

#### **What to Eat Before and During Chemo – Symptom Management**

Nourishing your body with adequate protein, hydration and other helpful tips will help you prepare for treatment.

#### **Week 2 | October 11**

#### **How to Make the Most of Each Bite and Sidelining Side Effects**

We will discuss weight loss, taste changes, sore mouth, painful swallowing, nausea and vomiting. The class will offer tips and recipes to help minimize or prevent unpredictable side effects during treatment.

#### **Week 3 | November 15**

#### **Protecting the Immune System and Reducing Inflammation Through Food**

Incorporating anti-inflammatory foods into your meals may help reduce low-grade chronic inflammation. Review which foods are considered the best choices to help with inflammation and how your diet can help prevent long-term inflammation.

#### **Week 4 | December 6**

#### **Now It's My Turn to Cook: Tips for Simple and Healthy Meals**

Learn how to make easy, nutritious meals and snacks during treatment.

**EVENING SERIES | Tuesdays, 5:00-6:00 pm**

**Week 1 | September 26**

**What to Eat Before and During Chemo – Symptom Management**

Nourishing your body with adequate protein, hydration and other helpful tips will help you prepare for treatment.

**Week 2 | October 24**

**How to Make the Most of Each Bite and Sidelining Side Effects**

We will discuss weight loss, taste changes, sore mouth, painful swallowing, nausea and vomiting. The class will discuss tips and recipes to help minimize or prevent unpredictable side effects during treatment.

**Week 3 | November 28**

**Protecting the Immune System and Reducing Inflammation Through Food**

Incorporating anti-inflammatory foods into your meals may help reduce low-grade chronic inflammation. Review which foods are considered the best choices to help with inflammation and how your diet can help prevent long-term inflammation.

**Week 4 | December 19**

**Now It’s My Turn to Cook: Tips for Simple and Healthy Meals**

Learn how to make easy, nutritious meals and snacks during treatment.



**Eating Well Schedule** Register at [livingwell.nm.org](http://livingwell.nm.org).

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
<b>What to Eat Before and During Chemo – Symptom Management</b>	Hybrid Geneva	13	–	–	–	Noon-1:00 pm
		26	–	–	–	5:00-6:00 pm
<b>How to Make the Most of Each Bite and Sidelining Side Effects</b>	Hybrid Geneva	–	11	–	–	Noon-1:00 pm
		–	24	–	–	5:00-6:00 pm
<b>Protecting the Immune System and Reducing Inflammation through food</b>	Hybrid Geneva	–	–	15	–	Noon-1:00 pm
		–	–	28	–	5:00-6:00 pm
<b>Now It’s My Turn to Cook: Tips for Simple and Healthy Meals</b>	Hybrid Geneva	–	–	–	6	Noon-1:00 pm
		–	–	–	19	5:00-6:00 pm

**BEING WELL** 

*Classes in the Being Well series are designed to guide patients in early survivorship make positive choices and get back on track with their nutrition. Classes are a lecture format including a cooking demonstration.*

**Wednesdays, 6:00-7:00 pm**

**Week 1 | September 13**

**Moving Forward After a Cancer Diagnosis With Culinary Nutrition**

Creating life balance through mind, body and spirit. Learn about good health strategies for keeping yourself healthy, active and eating well. Learn about the importance of a positive mind set, getting sleep and reducing stress.

**Week 2 | September 20**

**Mediterranean-Style of Eating**

Learn how to eat the Mediterranean way! Learn what these recommendations are and how to incorporate more anti-oxidants, phytochemicals and anti-inflammatory foods using real foods instead of vitamin, mineral or herbal supplements.

**Week 3 | September 27**

**Eating Well for Survivorship – Maintaining a Healthy Weight**

This class will cover how to improve your food habits and incorporate exercise to maintain a healthy weight. Learn about protein needs, whole grains and a balanced diet.

**Week 4 | October 4**

**Gut Health and the Microbiome**

Learn about pre- and probiotic foods to help promote a healthy gut.

**Week 5 | October 11**

**Cooking for One or Two**

Experience easy, flavorful recipes that make it easier to cook for one or two people.

**Week 6 | October 18**

**Culinary Completion – Hands-on Interactive Cooking**

Celebrate the completion of this series with a hands-on interactive cooking class. Prepare a healthy recipe with other participants. This is an opportunity to share ideas and goals.

**Being Well Schedule** Register at [livingwell.nm.org](http://livingwell.nm.org).

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
<b>Moving Forward After a Cancer Diagnosis With Culinary Nutrition</b>	Hybrid Geneva	13	–	–	–	6:00-7:00 pm
<b>Mediterranean-Style of Eating</b>	Hybrid Geneva	20	–	–	–	6:00-7:00 pm
<b>Eating Well for Survivorship – Maintaining a Healthy Weight</b>	Hybrid Geneva	27	–	–	–	6:00-7:00 pm
<b>Gut Health and the Microbiome</b>	Hybrid Geneva	–	4	–	–	6:00-7:00 pm
<b>Cooking for One or Two</b>	Hybrid Geneva	–	11	–	–	6:00-7:00 pm
<b>Culinary Completion – Hands-on Interactive Cooking</b>	Hybrid Geneva	–	18	–	–	6:00-7:00 pm





# Mindful Movements

Fitness and yoga classes support healing, increase flexibility and reduce stress. Classes are modified for the different needs of people with cancer in treatment or early survivorship, as well as their caregivers.

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

Living Well has an Exercise Class Pass that enables you to choose up to 50 on-site or virtual fitness and yoga 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 approach your class limit.

*Check the Mindful Movements Schedule on page 27 for more information about when and where to attend.*

to schedule a consultation. Please include “schedule exercise consultation” in your subject line.

## Back-on-Track: Exercise and Mindful Movement Following Cancer Treatment



This three-week series designed to address exercise and movement after cancer treatment. The series is open to patients and caregivers who would like to start an exercise program or would like more guidance with their current exercise program.

**Week 1:** Overview of Exercise and Physical Activity Guidelines (lecture and discussion)

**Week 2:** Cardiovascular Training and Mindful Movements (lecture and seated stretching)

**Week 3:** Strength Training and Exercise Demo (lecture and “learn by doing”)

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

## Back-on-Track Schedule Register at [livingwell.nm.org](http://livingwell.nm.org).

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
<b>Week 1:</b> Overview of Exercise and Physical Activity Guidelines	Geneva	14	–	–	–	6:30–7:45 pm
<b>Week 2:</b> Cardiovascular Training and Mindful Movements	Geneva	21	–	–	–	6:30–7:45 pm
<b>Week 3:</b> Strength Training and Exercise Demo	Geneva	28	–	–	–	6:30–7:45 pm
<b>Week 1:</b> Overview of Exercise and Physical Activity	Warrenville	–	–	2	–	6:30–7:45 pm
<b>Week 2:</b> Cardiovascular Training and Mindful Movements	Warrenville	–	–	9	–	6:30–7:45 pm
<b>Week 3:</b> Strength Training and Exercise Demo	Warrenville	–	–	16	–	6:30–7:45 pm

### **Yoga**

Hybrid (Geneva): Mondays, 10:15-11:00am

Hybrid (Warrenville): Fridays, 10:00-10:45am

Build strength, balance and flexibility while creating a higher state of mindfulness. 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**

Hybrid (Northwestern Medicine Cancer Center  
Orland Park)

15300 West Avenue, Lower-Level Conference Room A,  
Orland Park

Tuesdays, 2:00-2:45pm\*

\*No class December 5

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.

### **Chair Yoga**

Hybrid (Warrenville): Thursdays, 10:15-11:00am

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

### **Chair Yoga and Standing Balance**

Hybrid (Geneva): Mondays, 5:00-5:45pm

Hybrid (Warrenville): Tuesdays, 11:15am-Noon

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

### **Movement for Bone Health**

Hybrid (Warrenville): Tuesdays, 10:15-11:00am

Hybrid (Geneva): Wednesdays, 10:15-11:00am

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 and floor work with a mat to help bone density.

### **Chair Fitness for Lymphedema and Neuropathy**

Hybrid (Warrenville): Tuesdays, 12:15-1:00pm

Hybrid (Warrenville): Thursdays, 11:15am-Noon

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

### **Restorative Yoga**

In Person (Geneva): Mondays, 6:00-6:45pm

Hybrid (Warrenville): 4th Wednesday of each month  
only, 5:45-6:15pm

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

### **Chair Yoga and Guided Relaxation for Stress Relief**

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

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

### **Tai Chi-Meditation in Motion**

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

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

This gentle form of exercise focuses on maintaining strength, flexibility and balance while reducing stress and anxiety. This is a standing practice.

### **Face the Fight (Shadow Boxing Fitness)**

In Person (Warrenville): Wednesdays, 11:00-11:45am

Build confidence, regain trust in your body and reduce stress. Join Delilah Matos, Certified Silver Level USA Boxing Coach, 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](http://livingwell.nm.org). Hybrid classes offer opportunities to join at the specified class location or virtually via Microsoft Teams.

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
<b>Yoga</b>	Hybrid Geneva	11, 18, 25	2, 9, 16, 23, 30	6, 13, 20, 27	4, 11, 18	10:15-11:00 am
	Hybrid Warrenville	1, 8, 15, 22, 29	6, 13, 20, 27	3, 10, 17	1, 8, 15, 22	10:00-10:45 am
	Hybrid Orland Park	5, 12, 19, 26	3, 10, 17, 24, 31	7, 14, 21, 28	12, 19	2:00-2:45 pm
<b>Chair Yoga</b>	Hybrid Warrenville	7, 14, 21, 28	5, 12, 19, 26	2, 9, 16, 30	7, 14, 21	10:15-11:00 am
<b>Chair Yoga and Standing Balance</b>	Hybrid Geneva	11, 18, 25	2, 9, 16, 23, 30	6, 13, 20, 27	4, 11, 18	5:00-5:45 pm
	Hybrid Warrenville	5, 12, 19, 26	3, 10, 17, 24, 31	7, 14, 21, 28	5, 12, 19	11:15 am-Noon
<b>Movement for Bone Health</b>	Hybrid Geneva	6, 13, 20, 27	4, 11, 18, 25	1, 8, 15, 29	6, 13, 20	10:15-11:00 am
	Hybrid Warrenville	5, 12, 19, 26	3, 10, 17, 24, 31	7, 14, 21, 28	5, 12, 19	10:15-11:00 am
<b>Chair Fitness for Lymphedema and Neuropathy</b>	Hybrid Warrenville	5, 12, 19, 26	3, 10, 17, 24, 31	7, 14, 21, 28	5, 12, 19	12:15-1:00 pm
	Hybrid Warrenville	7, 14, 21, 28	5, 12, 19, 26	2, 9, 16, 30	7, 14, 21	11:15 am-Noon
<b>Restorative Yoga</b>	Geneva	11, 18, 25	2, 9, 16, 23, 30	6, 13, 20, 27	4, 11, 8	6:00-6:45 pm
	Hybrid Warrenville	27	25	—	27	5:45-6:15 pm
<b>Chair Yoga and Guided Relaxation for Stress Relief</b>	Hybrid Geneva	6, 13, 20, 27	4, 11, 18, 25	1, 8, 15, 29	6, 13, 20	11:15 am-Noon
<b>Tai Chi-Meditation in Motion</b>	Geneva	11, 18, 25	2, 9, 16, 23, 30	6, 13, 20, 27	4, 11, 18	12:30-1:15 pm
	Warrenville	7, 14, 21, 28	5, 12, 19, 26	2, 9, 16, 30	7, 14, 21	12:30-1:15 pm
<b>Shadow Boxing</b>	Warrenville	6, 13, 20, 27	4, 11, 18, 25	1, 8, 15, 29	6, 13, 20	11:00-11:45 am

# Removable Schedule

## for Fall Programs at Living Well Cancer Resources

Pages 28 through 34 include schedules for all programs mentioned in this guide. These pages are perforated so you can easily tear them out and reference them. Register for classes and programs at [livingwell.nm.org](http://livingwell.nm.org).

### Medical Discussion Schedule

Register for discussions at [livingwell.nm.org](http://livingwell.nm.org). Living Well offers medical updates and special discussions in both Geneva and Warrenville that are streamed live via Teams to support you throughout a cancer journey. All discussions are recorded and posted to our YouTube channel at [youtube.com/c/livingwellcra](https://youtube.com/c/livingwellcra).

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
<b>PSA Screening? Surgery? Radiation?</b>	Warrenville	11	–	–	–	6:00–7:00 pm
<b>Leukemia: Understanding the Symptoms and Treatment of a Liquid Tumor</b>	Warrenville	18	–	–	–	6:00–7:00 pm
<b>Medicare Made Easier – Parts A and B</b>	Warrenville	–	2	–	–	6:00–7:00 pm
<b>Cancer Treatment Without Chemotherapy</b>	Warrenville	–	16	–	–	6:00–7:00 pm
<b>I've Finished Cancer Treatment, Now What? Survivorship 101</b>	Virtually via Teams	–	23	–	–	6:30–7:45 pm
<b>Smile! Dental Hygiene and Treatment</b>	Geneva	–	30	–	–	6:00–7:00 pm
<b>Lung Cancer: Updates in the Detection and Treatment of America's No. 1 Killer</b>	Geneva	–	–	6	–	6:00–7:00 pm
<b>Not One Disease, But Many: An Overview of Gastrointestinal Malignancies</b>	Virtually via Teams	–	–	13	–	6:00–7:00 pm
<b>Management of Cancer Pain</b>	Geneva	–	–	20	–	6:00–7:00 pm

## Support Group Schedule

Register at [livingwell.nm.org](http://livingwell.nm.org). Hybrid classes offer the opportunity to join at the specified class location or virtually via Microsoft Teams.

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

**Stress Management Schedule** Register at [livingwell.nm.org](http://livingwell.nm.org).

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
<b>Emotional Release and Journaling</b>	Geneva	5, 12, 19, 26	–	–	–	1:00–3:00 pm
<b>Living Well Book Club</b>	Virtually via Teams	–	4	–	–	5:00–6:15 pm
<b>Self-Care: Restoring Your Inner Self</b>	Virtually via Teams	–	18	–	–	6:30–7:45 pm
<b>Reshaping Your Self-Image: Part 1</b>	Warrenville	–	–	2	–	1:00–3:00 pm
<b>Chakra Workshop Series</b>	Geneva	–	–	6, 13, 20, 27	–	1:00–3:00 pm
<b>Reshaping Your Self-Image: Part 2</b>	Warrenville	–	–	9	–	1:00–3:00 pm
<b>Coping With Grief During the Holidays</b>	Geneva	–	–	9	–	6:00–8:00 pm
<b>Talking With Kids About Cancer</b>	Virtually via Teams	–	–	–	5	6:30–7:30 pm
<b>Living Well Book Club</b>	Virtually via Teams	–	–	–	6	5:00–6:15 pm

**Event Schedule** Register at [livingwell.nm.org](http://livingwell.nm.org).

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
<b>Fall Festival</b>	Warrenville	–	26	–	–	5:30–7:30 pm
<b>Holiday Joy</b>	Geneva	–	–	–	14	5:30–7:30 pm

**Healing Through Art Schedule** Register at [livingwell.nm.org](http://livingwell.nm.org).

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
<b>Mixed Media for Caregivers</b>	Virtually via Teams	5, 12, 19, 26	3, 10, 17, 24	7, 14, 21, 28	5, 12, 19	6:00-7:30 pm
<b>Mixed Media for Newly Diagnosed Patients</b>	Virtually via Teams	6, 13, 20, 27	4, 11, 18, 25	1, 8, 15, 22, 29	6, 13, 20	10:00-11:30 am
<b>Open Studio</b>	Geneva	–	3, 10, 17, 24, 31	7, 14, 21, 28	5, 12, 19	10:00 am-Noon
<b>Alcohol Inks</b>	Geneva	5, 12, 19, 26	–	–	–	10:00 am-Noon
<b>Jewelry Making</b>	Geneva	6, 13, 20, 27	–	–	–	1:00-3:00 pm
<b>Open Studio</b>	Warrenville	14, 21, 28	–	–	–	10:00 am-Noon
<b>Peace of Mind</b>	Warrenville	14, 21, 28	–	–	–	1:00-3:00 pm
<b>Gelli Printing</b>	Warrenville	18, 25	–	–	–	1:00-3:00 pm
<b>Needle Felting</b>	Warrenville	–	2, 9, 16, 30	–	–	1:00-3:00 pm
<b>Meditative Drawing</b>	Geneva	–	3, 10, 24, 31	–	–	1:00-3:00 pm
<b>Collage</b>	Geneva	–	4, 11, 18, 25	–	–	1:00-3:00 pm
<b>Mandala</b>	Warrenville	–	5, 12	–	–	10:00 am-Noon
<b>Woodburning</b>	Warrenville	–	5, 12	–	–	1:00-3:00 pm
<b>Watercolor</b>	Geneva	–	–	7, 14, 21, 28	–	1:00-3:00 pm
<b>Jewelry Making</b>	Geneva	–	–	1, 8, 15, 22, 29	–	1:00-3:00 pm
<b>Quilling</b>	Warrenville	–	–	2, 9, 16	–	10:00 am-Noon
<b>Clay Workshop</b>	Warrenville	–	–	16	–	1:00-3:00 pm
<b>Collage</b>	Warrenville	–	–	–	4, 11, 18	1:00-3:00 pm
<b>Bookbinding</b>	Geneva	–	–	–	5, 12, 19	1:00-3:00 pm
<b>Needle Felting</b>	Geneva	–	–	–	6, 13, 20	1:00-3:00 pm
<b>Mixed Media</b>	Virtually via Teams	–	–	–	6, 13, 20	10:00-11:30 am
<b>Image Transfers</b>	Warrenville	–	–	–	7, 21	1:00-3:00 pm

**Eating Well Schedule** Register at [livingwell.nm.org](http://livingwell.nm.org).

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
<b>What to Eat Before and During Chemo – Symptom Management</b>	Hybrid Geneva	13	–	–	–	Noon-1:00 pm
		26	–	–	–	5:00-6:00 pm
<b>How to Make the Most of Each Bite and Sidelining Side Effects</b>	Hybrid Geneva	–	11	–	–	Noon-1:00 pm
		–	24	–	–	5:00-6:00 pm
<b>Protecting the Immune System and Reducing Inflammation through food</b>	Hybrid Geneva	–	–	15	–	Noon-1:00 pm
		–	–	28	–	5:00-6:00 pm
<b>Now It's My Turn to Cook: Tips for Simple and Healthy Meals</b>	Hybrid Geneva	–	–	–	6	Noon-1:00 pm
		–	–	–	19	5:00-6:00 pm

**Being Well Schedule** Register at [livingwell.nm.org](http://livingwell.nm.org).

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
<b>Moving Forward After a Cancer Diagnosis With Culinary Nutrition</b>	Hybrid Geneva	13	–	–	–	6:00-7:00 pm
<b>Mediterranean-Style of Eating</b>	Hybrid Geneva	20	–	–	–	6:00-7:00 pm
<b>Eating Well for Survivorship – Maintaining a Healthy Weight</b>	Hybrid Geneva	27	–	–	–	6:00-7:00 pm
<b>Gut Health and the Microbiome</b>	Hybrid Geneva	–	4	–	–	6:00-7:00 pm
<b>Cooking for One or Two</b>	Hybrid Geneva	–	11	–	–	6:00-7:00 pm
<b>Culinary Completion – Hands-on Interactive Cooking</b>	Hybrid Geneva	–	18	–	–	6:00-7:00 pm



**Back-on-Track Schedule** Register at [livingwell.nm.org](http://livingwell.nm.org).

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
<b>Week 1:</b> Overview of Exercise and Physical Activity Guidelines	Geneva	14	–	–	–	6:30–7:45 pm
<b>Week 2:</b> Cardiovascular Training and Mindful Movements	Geneva	21	–	–	–	6:30–7:45 pm
<b>Week 3:</b> Strength Training and Exercise Demo	Geneva	28	–	–	–	6:30–7:45 pm
<b>Week 1:</b> Overview of Exercise and Physical Activity	Warrenville	–	–	2	–	6:30–7:45 pm
<b>Week 2:</b> Cardiovascular Training and Mindful Movements	Warrenville	–	–	9	–	6:30–7:45 pm
<b>Week 3:</b> Strength Training and Exercise Demo	Warrenville	–	–	16	–	6:30–7:45 pm

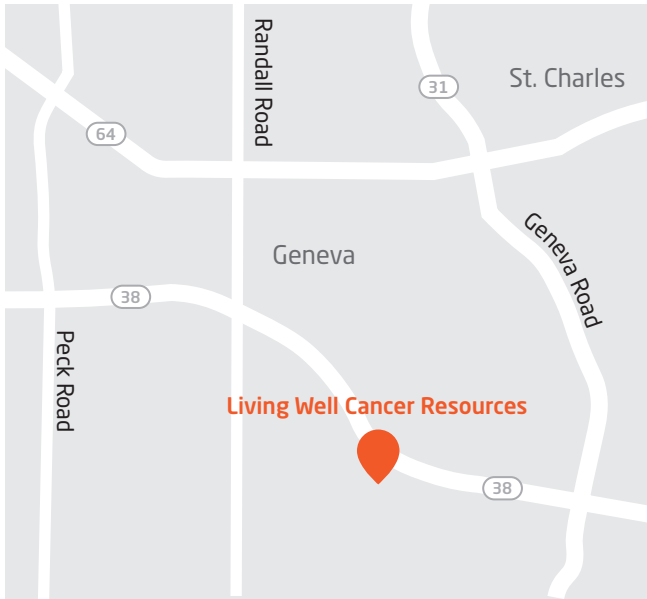
## Mindful Movements Schedule

Register at [livingwell.nm.org](http://livingwell.nm.org). Hybrid classes offer opportunities to join at the specified class location or virtually via Microsoft Teams.

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
<b>Yoga</b>	Hybrid Geneva	11, 18, 25	2, 9, 16, 23, 30	6, 13, 20, 27	4, 11, 18	10:15-11:00 am
	Hybrid Warrenville	1, 8, 15, 22, 29	6, 13, 20, 27	3, 10, 17	1, 8, 15, 22	10:00-10:45 am
	Hybrid Orland Park	5, 12, 19, 26	3, 10, 17, 24, 31	7, 14, 21, 28	12, 19	2:00-2:45 pm
<b>Chair Yoga</b>	Hybrid Warrenville	7, 14, 21, 28	5, 12, 19, 26	2, 9, 16, 30	7, 14, 21	10:15-11:00 am
<b>Chair Yoga and Standing Balance</b>	Hybrid Geneva	11, 18, 25	2, 9, 16, 23, 30	6, 13, 20, 27	4, 11, 18	5:00-5:45 pm
	Hybrid Warrenville	5, 12, 19, 26	3, 10, 17, 24, 31	7, 14, 21, 28	5, 12, 19	11:15 am-Noon
<b>Movement for Bone Health</b>	Hybrid Geneva	6, 13, 20, 27	4, 11, 18, 25	1, 8, 15, 29	6, 13, 20	10:15-11:00 am
	Hybrid Warrenville	5, 12, 19, 26	3, 10, 17, 24, 31	7, 14, 21, 28	5, 12, 19	10:15-11:00 am
<b>Chair Fitness for Lymphedema and Neuropathy</b>	Hybrid Warrenville	5, 12, 19, 26	3, 10, 17, 24, 31	7, 14, 21, 28	5, 12, 19	12:15-1:00 pm
	Hybrid Warrenville	7, 14, 21, 28	5, 12, 19, 26	2, 9, 16, 30	7, 14, 21	11:15 am-Noon
<b>Restorative Yoga</b>	Geneva	11, 18, 25	2, 9, 16, 23, 30	6, 13, 20, 27	4, 11, 8	6:00-6:45 pm
	Hybrid Warrenville	27	25	—	27	5:45-6:15 pm
<b>Chair Yoga and Guided Relaxation for Stress Relief</b>	Hybrid Geneva	6, 13, 20, 27	4, 11, 18, 25	1, 8, 15, 29	6, 13, 20	11:15 am-Noon
<b>Tai Chi-Meditation in Motion</b>	Geneva	11, 18, 25	2, 9, 16, 23, 30	6, 13, 20, 27	4, 11, 18	12:30-1:15 pm
	Warrenville	7, 14, 21, 28	5, 12, 19, 26	2, 9, 16, 30	7, 14, 21	12:30-1:15 pm
<b>Shadow Boxing</b>	Warrenville	6, 13, 20, 27	4, 11, 18, 25	1, 8, 15, 29	6, 13, 20	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](http://livingwellcrc.org)

### Northwestern Medicine Cancer Center Orland Park



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