

Northwestern Medicine Living Well Cancer Resources

Winter 2024 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 classes. The Class Pass provides up to 50 of each class type (combining virtual and on-site classes).

You must have a participant profile to register for programs at livingwell.nm.org. If you need help creating a profile or logging in to an existing profile, you can view instructions on page 4.

We understand that in-person programs may not be the right fit for you, which is why we offer much of our programming hybrid or just virtual.

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
January 9: 2–6 pm

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



This icon indicates when a *Consent and Release Form* must be completed and received before the appointment starts.



How to Create a Living Well Account

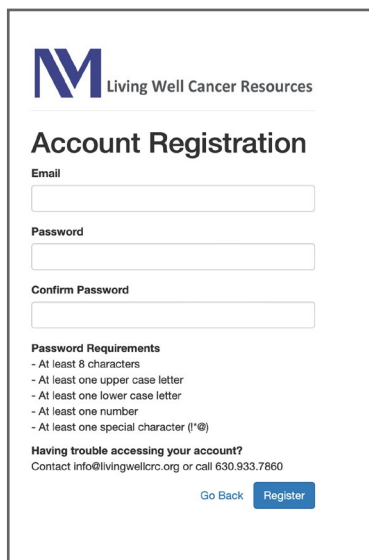
If you are a **new** Living Well participant, follow these steps:

- 1 Go to livingwell.nm.org.
- 2 Select **Register as a New User**. Enter your email and create a password.

Passwords must have **all** of the following:

- At least 8 characters
- At least one upper case letter
- At least one lower case letter
- At least one number
- At least one special character (such as !*@)

- 3 Select **Register**.



The screenshot shows the 'Account Registration' page for Living Well Cancer Resources. It features a logo at the top, followed by the title 'Account Registration'. Below the title are three input fields: 'Email', 'Password', and 'Confirm Password'. Under these fields, there is a section for 'Password Requirements' listing five criteria: at least 8 characters, at least one upper case letter, at least one lower case letter, at least one number, and at least one special character (!*@). At the bottom, there is a link for 'Having trouble accessing your account?' with contact information, and two buttons: 'Go Back' and 'Register'.

- 4 We will send you an email to confirm that you want to create an account. In the email, select the **clicking here** link to confirm your account.
- 5 Use your login information (email and password) to access your Living Well Cancer Resources account and register for programs.

Medical Discussions

Living Well offers medical updates and special discussions online to support you during your cancer journey, from initial diagnosis through treatment and into early survivorship. All discussions will be hybrid with an in-person presentation at Living Well Geneva or Living Well Warrenville and virtually via Microsoft Teams. You can watch recordings of previous medical discussions on our YouTube channel: youtube.com/c/livingwellcrc.

Check the Medical Discussion Schedule on page 7 for more information about when and where to attend a discussion.

► **Register for medical discussions at livingwell.nm.org.**

JANUARY



Shielding Women's Health: The Power of HPV Vaccines and Cervical Cancer Screening

Hybrid (Warrenville): Monday, January 22, 6:00–7:00 pm

Raanan Alter, MD, Gynecological Oncologist, Northwestern Medicine Central DuPage Hospital

Join us for an informative presentation on HPV vaccines and cervical cancer screening. Learn how HPV vaccines can prevent the most common cause of cervical cancer and explore the importance of regular screenings.

Proactive Management of Treatment-Related Symptoms

Hybrid (Warrenville): Monday, January 29, 6:00–7:00 pm

Syed Ahmed, MD, Oncologist, Northwestern Medicine Cancer Center Oak Brook

Understand the physical and emotional side effects that come from cancer treatment and learn how to ease their burden.

FEBRUARY

Inheriting Cancer

Hybrid (Warrenville): Monday, February 12, 6:00–7:00 pm

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

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



Preventative Care in Breast Health

Hybrid (Warrenville): Monday, February 26, 6:00–7:00 pm

Annabelle Veerapaneni, MD, Northwestern Medicine Cancer Center Oak Brook

Join us for an informative presentation on preventive breast health. Our expert speaker will guide you through the essential steps and practices to maintain breast health, including self-examinations, regular screenings and lifestyle choices.



MARCH

Navigating Intimacy: Sexual Health During and After Cancer

Virtual discussion via Microsoft Teams

Monday, March 4, 6:00–7:00pm

Becky Ness, LCSW, Baptist MD Anderson

Join us for a discussion about the often overlooked but crucial topic of sexual health after cancer. Gain insights and advice for maintaining or regaining intimacy and improving overall well-being.

Empowering Wellness: Lymphedema Management and Risk Mitigation

Hybrid (Geneva): Monday, March 18, 6:00–7:00pm

Christine Wietrzykowski, PT, CLT-LANA, Northwestern Medicine, and Jennifer Rosko, PT, CLT-LANA, Northwestern Medicine

Explore treatment options and ways to reduce your risk for lymphedema. Learn about effective therapies and lifestyle changes to improve your quality of life.

APRIL

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

Virtual discussion via Microsoft Teams

Monday, April 8, 6:30–7:45pm

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.

Chemo Demystified: The Road to Recovery

Hybrid (Geneva): Tuesday, April 16, 6:00–7:00pm

Anna Osmun, PA, Northwestern Medicine Delnor Hospital

This presentation offers a clear and concise exploration of chemotherapy, covering its mechanisms, side effects and recent developments.




Program focused on survivorship

Medical Discussion Schedule

Living Well offers medical updates and special discussions in both Geneva and Warrenville to support you throughout a cancer journey.

Register at livingwell.nm.org to receive a link to join this virtual discussion.

All discussions are recorded and posted to our YouTube channel at youtube.com/c/livingwellcrc.

Program	Location	Jan.	Feb.	Mar.	Apr.	Time
Shielding Women's Health: The Power of HPV Vaccines and Cervical Cancer Screening	Hybrid Warrenville	22	—	—	—	6:00–7:00 pm
Proactive Management of Treatment-Related Symptoms	Hybrid Warrenville	29	—	—	—	6:00–7:00 pm
Inheriting Cancer	Hybrid Warrenville	—	12	—	—	6:00–7:00 pm
Preventative Care in Breast Health	Hybrid Warrenville	—	26	—	—	6:00–7:00 pm
Navigating Intimacy: Sexual Health During and After Cancer	Virtually via Teams	—	—	4	—	6:00–7:00 pm
Empowering Wellness: Lymphedema Management and Risk Mitigation	Hybrid Geneva	—	—	18	—	6:00–7:00 pm
 I've Finished Cancer Treatment, Now What? Survivorship 101	Virtually via Teams	—	—	—	8	6:30–7:45 pm
Chemo Demystified: The Road to Recovery	Hybrid Geneva	—	—	—	16	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 provide support to you at any phase of cancer care.

Counseling

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

To schedule an initial consultation, please email counseling@livingwellcrc.org.

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

Back-on-Track Surviving Survivorship Series



Virtual discussion via Microsoft Teams

Mondays, March 4 - April 22*

6:30-7:45 pm

*No meeting March 25

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 you to attend the whole series but do not require it.

March 4:	Pressure to Thrive
March 11:	Discussion Group
March 18:	Managing Moods, Stress and Feeling Stuck
April 1:	Discussion Group
April 8:	Survivorship 101: Medical Discussion by Christopher George, MD
April 15:	Fear of Recurrence
April 22:	Envisioning Your Future

Register at 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, April 8, 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.



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 12 for more information about when and where to attend a group.

► 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 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 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

This group is 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 hard 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.

JOIN US FOR A SPECIAL PRESENTATION

Hidden Scars: Emotional Impact of Mastectomy and Cancer-Related Experiences

Hybrid (Geneva):
Wednesday, March 27, 6:30–8:00 pm

Experience a heartfelt journey that explores the impact of mastectomy and how it affects your emotions before and after surgery. There will be time for questions and conversation. People affected by any type of cancer are welcome, including family members and caregivers.



Program focused on survivorship

Men's Networking Group

In Person (Geneva): Monday, January 22, and Monday, March 25, 6:30–8:00 pm

In Person (Warrenville): Monday, February 26, and Monday, April 22, 6:30–8:00 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, January 10, 6:00–7:30 pm

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

En Persona (Warrenville): Segundo miércoles de cada mes, 6:30–8:00 pm

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

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

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

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

Gynecological

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

If you have been diagnosed with ovarian, uterine, cervical or another gynecological cancer, this group offers 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 cancer diagnosis.


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.

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	Jan.	Feb.	Mar.	Apr.	Time
 Scanxiety Drop-In Group	Virtually via Teams	15	5, 19	4, 18	1, 15	Noon–1:00 pm
Caregiver Support	Warrenville	2	6	5	2	6:30–8:00 pm
	Virtually via Teams	9, 16	13, 20	12, 19	9, 16	6:30–7:30 pm
	Geneva	23	27	26	23	6:30–8:00 pm
Hidden Scars: Emotional Impact of Mastectomy and Cancer-Related Experiences	Hybrid Geneva	—	—	27	—	6:30–8:00 pm
Facing Cancer Together (FACT)	Warrenville	2	6	5	2	6:30–8:00 pm
	Virtually via Teams	9, 16	13, 20	12, 19	9, 16	6:30–7:30 pm
	Geneva	23	27	26	23	6:30–8:00 pm
Good Grief	Virtually via Teams	4	1	7	4	6:30–7:30 pm
	Geneva	18	15	21	18	6:30–8:00 pm
Men's Networking Group	Geneva	22	—	25	—	6:30–8:00 pm
	Warrenville	—	26	—	22	6:30–8:00 pm
Head and Neck	Warrenville	10	—	—	—	6:00–7:30 pm
Spanish-Speaking Support Group Grupo de apoyo en español	Warrenville	10	14	13	10	6:30–8:00 pm
Breast: General	Virtually via Teams	3	7	6	3	6:30–7:30 pm
	Geneva	17	21	20	17	6:30–8:00 pm
Breast: Mastectomy	Geneva	24	28	27	24	6:30–8:00 pm
Breast: Metastatic	Virtually via Teams	8	12	11	8	1:00–2:00 pm
Gynecological	Virtually via Teams	24	28	27	24	6:30–7:30 pm
Young Adult Support	Virtually via Teams	10	14	13	10	6:00–7:00 pm
Brain Tumor	Warrenville	24	28	27	24	6:30–8:00 pm

Stress Management

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

Check the Stress Management Schedule on page 15 for more information about when and where to attend.

► Register for classes at 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.

FEBRUARY

Uncovering Who You Are With Honesty and Humor

Virtual: Thursday, February 1, 6:00–7:00 pm

Vikki Rood, Life Coach and Improv Expert

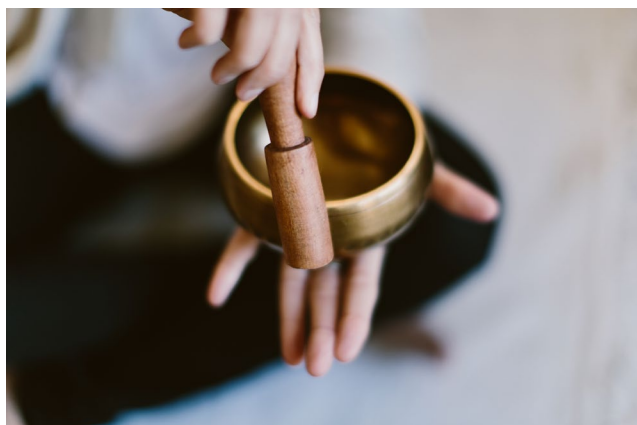
Are you feeling resentful, depleted, frustrated or stressed out? This workshop will teach you to change your perspective and remind you that you're human and doing the best you can. We will listen to one another and learn to use techniques from life coaching and improv humor to discover who you are.

Sound Bath

In Person (Warrenville): Thursday, February 8, 6:00–7:30 pm

Ruth Day, Yoga Instructor and Trauma Release Facilitator

A meditative experience with soothing instruments like singing bowls and gongs, promoting relaxation and stress relief through harmonious sounds.



Living Well Book Club

Virtual discussion via Microsoft Teams

Wednesday, February 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 different books that address the cancer experience. Please come prepared to join the conversation and share your thoughts.

Book: *The Cancer Journals* by Audre Lorde

Talking With Kids About Cancer

Virtual: Thursday, February 22, 6:30–7:30 pm

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.

Mindset, Intention and Moving Forward

In Person (Warrenville): Thursdays, February 15, 22 and 29, 11:00 am–1:00 pm

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

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

This program will integrate a range of holistic strategies to enhance emotional well-being, boost mental resilience and foster a sense of empowerment.

MARCH

Emotional Release and Journaling

In Person (Warrenville): Wednesdays, March 6, 13, 20 and 27, 10:00 am–Noon

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

Cheri Hunt, Art Instructor, 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.

APRIL

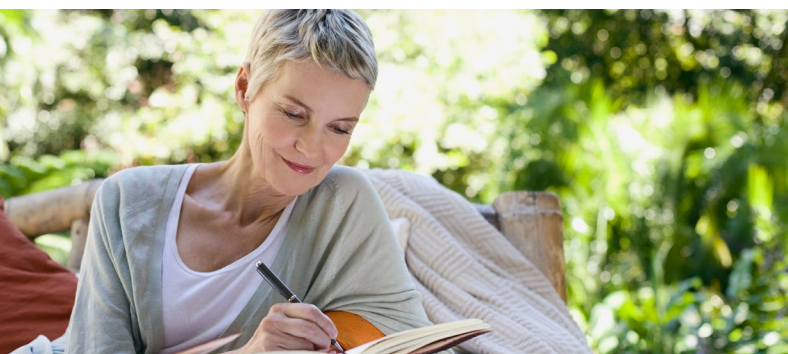
Living Well Book Club

Virtual: Wednesday, April 17, 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: *When Breath Becomes Air* by Paul Kalanithi



Write With Me Workshop

In Person (Geneva): Thursday, April 18, 6:30–8:00 pm

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

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

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

Sound Bath

In Person (Geneva): Thursday, April 25, 6:00–7:30 pm

Ruth Day, Yoga Instructor and Trauma Release Facilitator

A meditative experience with soothing instruments like singing bowls and gongs, promoting relaxation and stress relief through harmonious sounds.

Reshaping Your Self-Image

In Person (Warrenville): Tuesdays, April 23 and 30, 6:00–8:00 pm

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 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.

Part One: 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.

Part Two: 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.

Stress Management Schedule

Register at livingwell.nm.org.

Program	Location	Jan.	Feb.	Mar.	Apr.	Time
Uncovering Who You Are With Honesty and Humor	Virtually via Teams	—	1	—	—	6:00–7:00 pm
Sound Bath	Warrenville	—	8	—	—	6:00–7:30 pm
	Geneva	—	—	—	25	6:00–7:30 pm
Living Well Book Club	Virtually via Teams	—	21	—	—	5:00–6:15 pm
Talking With Kids About Cancer	Virtually via Teams	—	22	—	—	6:30–7:30 pm
Mindset, Intention and Moving Forward	Warrenville	—	15, 22, 29	—	—	11:00 am–1:00 pm
Emotional Release and Journaling	Warrenville	—	—	6, 13, 20, 27	—	10:00 am–Noon
Living Well Book Club	Virtually via Teams	—	—	—	17	5:00–6:15 pm
Write With Me Workshop	Geneva	—	—	—	18	6:30–8:00 pm
Reshaping Your Self-Image	Warrenville	—	—	—	23, 30	6:00–8:00 pm



Touch Therapy



Talk to your physician about any concerns you may have before scheduling a touch therapy appointment at Living Well Geneva or Living Well Warrenville. Before your first appointment, you must complete a *Consent and Release Form*, and we must receive it before your first appointment. We offer up to five touch therapy appointments for patients in active treatment or early survivorship.

► **Call to make an appointment 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
- Bolster the immune system
- Decrease 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. No previous art experience is needed. We encourage you to attend all classes in a series, 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 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.

JANUARY THROUGH APRIL

Mixed Media

Virtual: Thursdays, January 4-April 18, 6:00-7:30 pm
Relax and let your imagination guide you in expressing your creativity through mixed media: collage, abstract art, decoupage, layering, stenciling and a fun use of ephemera.

After you register, we will send you an email with a list of the supplies you will need.



JANUARY

Open Studio

In Person (Geneva):
Tuesdays, January 2-23, 1:00-3:00 pm
Bring your unfinished projects (from home or class) to work on in this open-to-anything class.



Jewelry Making

In Person (Geneva):
Tuesdays, January 2-23, 10:00 am-Noon
Create one-of-a-kind pieces of jewelry with beads, wire, repurposed jewelry and shrinky dinks.

Vision Boards

In Person (Geneva):

Wednesdays, January 3 - 24, 10:00 am-Noon

Do you have a hard time keeping resolutions? Try envisioning your dreams and goals this January and start your New Year with a vision board.

Mixed Media

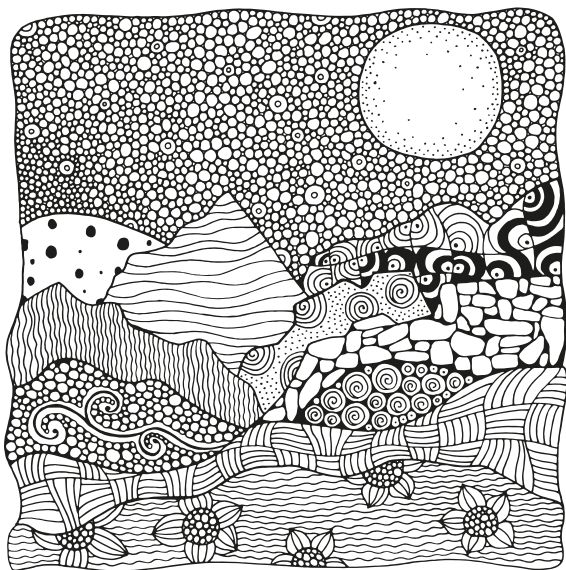
In Person (Geneva):

Wednesdays, January 3-24, 1:00-3:00 pm

In Person (Warrenville):

Mondays, January 8-29, 1:00-3:00 pm

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

**Meditative Drawing**

In Person (Warrenville):

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

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

Chakra Jewelry

In Person (Warrenville):

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

You will create one-of-a-kind pieces aligning with different chakras of the body.

FEBRUARY**Alcohol Inks**

In Person (Warrenville):

Mondays, February 5-26, 1:00-3:00 pm

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

Cancer and Collage

In Person (Geneva):

Tuesdays, February 6-27, 10:00 am-Noon

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

Jewelry Making With Wire

In Person (Geneva):

Tuesdays, February 6-27, 1:00-3:00 pm

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

Art for the Heart

In Person (Geneva):

Wednesdays, February 7-28, 10:00 am-Noon

Where inspiration, encouragement and support combine to create an ART-rageous atmosphere and a fun project.

Open Studio

In Person (Geneva):

Wednesdays, February 7-28, 1:00-3:00 pm

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

Self Carefully Workshop

In Person (Warrenville):

Thursdays, February 1 and 8, 11:00 am-2:00 pm

Learn how to navigate cancer without forgetting about self-care. This workshop covers healing through art, journaling, jewelry and more.

MARCH

Woodburning

In Person (Warrenville):

Mondays, March 4-25, 1:00-3:00 pm

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

Alcohol Inks

In Person (Geneva):

Tuesdays, March 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):

Tuesdays, March 5-26, 1:00-3:00 pm

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

Open Studio

In Person (Geneva):

Wednesdays, March 6-27, 1:00-3:00 pm

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

Taking Care of Yourself While Grieving

In Person (Warrenville):

Thursdays, March 7-28, 10:00 am-Noon

Creative ways to cope with life changes and challenges that often arise with grief. Learn to practice healthy self-care and release your creativity.

Needle Felting

In Person (Warrenville):

Thursdays, March 7-28, 1:00-3:00 pm

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 and trinkets.

APRIL

Vision Boards

In Person (Warrenville):

Mondays, April 1-29, 1:00-3:00 pm

Create a personal vision board to help visualize goals and stay focused. You will set and prioritize goals, values and intentions.

Wake Up Grateful

In Person (Geneva):

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

Learn how to support your well-being through prompts, meditations and affirmations that awaken your acceptance and gratitude.

Open Studio

In Person (Geneva):

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

In Person (Warrenville):

Thursdays, April 4-18, 10:00 am-Noon

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

Meditative Drawing

In Person (Geneva):

Wednesdays, April 3-24, 10:00 am-Noon

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

Mixed Media

In Person (Geneva):

Wednesdays, April 3-24, 1:00-3:00 pm

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

April Showers Bring May Flowers Gelli Printing

In Person (Warrenville):

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

Discover the art of gelli printing using spring flowers and other blooms to create a background for your art piece.

Healing Through Art Schedule

Register at livingwell.nm.org.

Program	Location	Jan.	Feb.	Mar.	Apr.	Time
Jewelry Making With Wire	Geneva	2, 9, 16, 23	—	—	—	10:00 am–Noon
	Geneva	—	6, 13, 20, 27	—	—	1:00–3:00 pm
	Geneva	—	—	5, 12, 19, 26	—	1:00–3:00 pm
Open Studio	Geneva	2, 9, 16, 23	7, 14, 21, 28	6, 13, 20, 27	2, 9, 16, 23	1:00–3:00 pm
Vision Boards	Geneva	3, 10, 17, 24	—	—	—	10:00 am–Noon
Mixed Media	Geneva	3, 10, 17, 24	—	—	3, 10, 17, 24	1:00–3:00 pm
	Virtually via Teams	4, 11, 18, 25	1, 15, 22, 29	7, 14, 21, 28	4, 11, 18	6:00–7:30 pm
	Warrenville	8, 15, 22, 29	—	—	—	1:00–3:00 pm
Meditative Drawing	Warrenville	4, 11, 18, 25	—	—	—	10:00 am–Noon
	Geneva	—	—	—	3, 10, 17, 24	10:00 am–Noon
Chakra Jewelry	Warrenville	4, 11, 18, 25	—	—	—	1:00–3:00 pm
Alcohol Inks	Warrenville	—	5, 12, 19, 26	—	—	1:00–3:00 pm
Cancer and Collage	Geneva	—	6, 13, 20, 27	—	—	10:00 am–Noon
Art for the Heart	Geneva	—	7, 14, 21, 28	—	—	10:00 am–Noon
Mindset and Intention	Warrenville	—	15, 22, 29	—	—	11:00 am–1:00 pm
Woodburning	Warrenville	—	—	4, 11, 18, 25	—	1:00–3:00 pm
Alcohol Inks	Geneva	—	—	5, 12, 19, 26	—	10:00 am–Noon
Taking Care of Yourself While Grieving	Warrenville	—	—	7, 14, 21, 28	—	10:00 am–Noon
Needle Felting	Warrenville	—	—	7, 14, 21, 28	—	1:00–3:00 pm
Vision Boards	Warrenville	—	—	—	1, 8, 15, 22, 29	1:00–3:00 pm
Wake Up Grateful	Geneva	—	—	—	2, 9, 16, 23	10:00 am–Noon
Open Studio	Warrenville	—	—	—	4, 11, 18	10:00 am–Noon
Gelli Printing	Warrenville	—	—	—	4, 11, 18, 25	1:00–3:00 pm



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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 more 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.

To schedule a wig consultation:

1. Go to livingwellcrc.org.
2. Under the **Forms** drop-down menu near the top of the webpage select **Hair Goals Form**.
3. Complete the form and submit it.
4. Call to schedule an appointment.

- Living Well Geneva: 630.933.7860
- Living Well Warrenville: 331.732.4900

Beautiful You Workshops

In Person (Geneva)

4:30–6:00 pm

Select one of three dates:

Wednesday, February 7

Wednesday, March 13

Wednesday, April 10

If you are experiencing hair loss from cancer treatment, Beautiful You is designed to help you feel beautiful inside and out. Jenny Burns, a Geneva-based salon owner, stylist and makeup artist, will help you learn how to care for your scalp and hair regrowth. She will also work with you to choose the best-fitting wig, accessorize with scarves and hats, and recreate natural-looking eyebrows with an eye pencil.

► **Beautiful You is open to patients and one companion. 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 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 You Tube channel at youtube.com/c/livingwellcrc.

Nutrition Consultations

Sandie Hunter, RD, LDN, MS, CSO, clinical nutrition manager at Northwestern Medicine, can answer your questions and help you learn about nutrition recommendations that can help you during cancer treatment. Consultations are limited to people diagnosed with cancer.

To make an appointment, please complete the form at bit.ly/lwnutrition. You may also email your questions to askadietitian@livingwellcrc.org.

After you complete both culinary series, you can use the skills learned to make informed decisions about food and meal prep, and continue healthy eating habits.

EATING WELL

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 with specific topics including a cooking demonstration.

DAYTIME SERIES | Wednesdays, Noon-1:00 pm

January 31: Week 1

What to Eat Before and During Chemo-Symptom Management

We will talk about nourishing your body with adequate protein and hydration, as well as other helpful tips to help you prepare for treatment.

February 28: Week 2

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.

March 27: Week 3

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.

April 24: Week 4

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

February 6: Week 1

What to Eat Before and During Chemo-Symptom Management

We will talk about nourishing your body with adequate protein and hydration, as well as other helpful tips to help you prepare for treatment.

March 19: Week 2

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.

April 2: Week 3

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.

April 30: Week 4

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.

Program	Location	Jan.	Feb.	Mar.	Apr.	Time
What to Eat Before and During Chemo-Symptom Management	Hybrid Geneva	31	—	—	—	Noon-1:00 pm
		—	6	—	—	5:00-6:00 pm
How to Make the Most of Each Bite and Sidelining Side Effects	Hybrid Geneva	—	28	—	—	Noon-1:00 pm
		—	—	19	—	5:00-6:00 pm
Protecting the Immune System and Reducing Inflammation Through Food	Hybrid Geneva	—	—	27	—	Noon-1:00 pm
		—	—	—	2	5:00-6:00 pm
Now It's My Turn to Cook: Tips for Simple and Healthy Meals	Hybrid Geneva	—	—	—	24	Noon-1:00 pm
		—	—	—	30	5:00-6:00 pm

BEING WELL

Classes in the Being Well series are designed to guide patients in early survivorship to 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

January 31: Week 1

Moving Forward After a Cancer Diagnosis With Culinary Nutrition

Learn about good health strategies for keeping yourself healthy, active and eating well. Discover the importance of a positive mindset, getting sleep and reducing stress.

February 7: Week 2

Mediterranean-Style of Eating

Learn how to incorporate antioxidants, phytochemicals and anti-inflammatory foods for a healthier way of eating.

February 21: Week 3

Eating Well for Survivorship - Maintaining a Healthy Weight

This session focuses on how to improve food habits and incorporate exercise to maintain a healthy weight. Learn about protein needs, whole grains and a balanced diet.

February 28: Week 4

Gut Health and the Microbiome

Learn about prebiotic and probiotic foods that can help promote a healthy gut.

March 6: Week 5

Cooking for One or Two

Learn easy, flavorful recipes that makes it easier to cook for one or two people.

March 13: Week 6

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.

Program	Location	Jan.	Feb.	Mar.	Apr.	Time
Moving Forward After a Cancer Diagnosis With Culinary Nutrition	Hybrid Geneva	31	—	—	—	6:00–7:00 pm
Mediterranean-Style of Eating	Hybrid Geneva	—	7	—	—	6:00–7:00 pm
Eating Well for Survivorship - Maintaining a Healthy Weight	Hybrid Geneva	—	21	—	—	6:00–7:00 pm
Gut Health and the Microbiome	Hybrid Geneva	—	28	—	—	6:00–7:00 pm
Cooking for One or Two	Hybrid Geneva	—	—	6	—	6:00–7:00 pm
Culinary Completion - Hands-On Interactive Cooking	Hybrid Geneva	—	—	13	—	6:00–7:00 pm



Program focused on survivorship

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 Movement Schedule on page 27 for more information about when and where to attend.



Before your first appointment, you must complete a Consent and Release Form, and we must receive it before your first appointment.



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

This three-week series designed to address exercise and movement following cancer treatment. The series is open to patients and caregivers who would like to start an exercise program or would like further 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

Physical activity and exercise are known to be safe and helpful for cancer survivors during and after treatment. If you have questions about your physical activity and exercise during and after cancer treatment, please email Living Well Wellness Coordinator Erin Bloodworth at info@livingwellcrc.org to schedule a consultation.

Back-on-Track Schedule

Register at livingwell.nm.org.

Program	Location	Jan.	Feb.	Mar.	Apr.	Time
Week 1: Overview of Exercise and Physical Activity Guidelines	Geneva	11	—	—	—	3:45–5:30 pm
	Warrenville	—	—	7	—	
Week 2: Cardiovascular Training and Mindful Movements	Geneva	18	—	—	—	3:45–5:30 pm
	Warrenville	—	—	14	—	
Week 3: Strength Training and Exercise Demo	Geneva	25	—	—	—	3:45–5:30 pm
	Warrenville	—	—	21	—	



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Yoga

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

Hybrid (Warrenville): Fridays, 9:15–10:00 am

Build strength, balance and flexibility while creating a higher state of mindfulness. This gentle and sometimes invigorating class will help manage stress as you tune into your mind/body connection. Class may include both standing and mat yoga poses.

Yoga - Orland Park

Hybrid (Northwestern Medicine Cancer Center Orland Park)

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

Tuesdays, 2:00–2:45 pm

Build strength, balance and flexibility while creating a higher state of mindfulness. This gentle and sometimes invigorating class will help manage stress as you tune into your mind/body connection. Class may include both standing and mat yoga poses. The instructor for this class speaks Spanish and English.

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 participants to practice standing balance exercises in a safe environment following a seated mobility session.

Movement for Bone Health

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

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

Individuals de-conditioned by cancer treatment and those who have osteoporosis/osteopenia can be prone to falls and fractures. This standing class will emphasize strength training and floor work with a mat to help bone density.

Chair Fitness for Lymphedema and Neuropathy

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

Hybrid (Warrenville): Thursdays, 11:30 am–12:15 pm

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

Restorative Yoga

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

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

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, 11:15 am–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, 12:30–1:15 pm

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

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

Face the Fight (Shadow-Boxing Fitness)

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

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

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	Jan.	Feb.	Mar.	Apr.	Time
Yoga	Hybrid Geneva	8, 15, 22, 29	5, 12, 19, 26	4, 11, 18, 25	1, 8, 15, 22, 29	10:15-11:00 am
	Hybrid Orland Park	2, 9, 16, 23, 30	6, 13, 20, 27	5, 12, 19, 26	2, 9, 16, 23, 30	2:00-2:45 pm
	Hybrid Warrenville	5, 12, 19, 26	2, 9, 16, 23	1, 8, 15, 22, 29	5, 12, 19, 26	9:15-10:00 am
Chair Yoga and Standing Balance	Hybrid Geneva	8, 15, 22, 29	5, 12, 19, 26	4, 11, 18, 25	1, 8, 15, 22, 29	5:00-5:45 pm
	Hybrid Warrenville	2, 9, 16, 23, 30	6, 13, 20, 27	5, 12, 19, 26	2, 9, 16, 23, 30	11:15 am-Noon
Movement for Bone Health	Hybrid Geneva	3, 10, 17, 24, 31	7, 14, 21, 28	6, 13, 20, 27	3, 10, 17, 24	10:15-11:00 am
	Hybrid Warrenville	2, 9, 16, 23, 30	6, 13, 20, 27	5, 12, 19, 26	2, 9, 16, 23, 30	10:15-11:00 am
Chair Fitness for Lymphedema and Neuropathy	Hybrid Warrenville	2, 9, 16, 23, 30	6, 13, 20, 27	5, 12, 19, 26	2, 9, 16, 23, 30	12:15-1:00 pm
	Hybrid Warrenville	4, 11, 18, 25	1, 8, 15, 22, 29	7, 14, 21, 28	4, 11, 18, 25	11:30 am-12:15 pm
Restorative Yoga	Geneva	8, 15, 22, 29	5, 12, 19, 26	4, 11, 18, 25	1, 8, 15, 22, 29	6:00-6:45 pm
	Hybrid Warrenville	24	28	27	24	5:45-6:15 pm
Chair Yoga and Guided Relaxation	Hybrid Geneva	3, 10, 17, 24, 31	7, 14, 21, 28	6, 13, 20, 27	3, 10, 17, 24	11:15 am-Noon
Tai Chi	Geneva	8, 15, 22, 29	5, 12, 19, 26	4, 11, 18, 25	1, 8, 15, 22, 29	12:30-1:15 pm
	Warrenville	4, 11, 18, 25	1, 8, 15, 22, 29	7, 14, 21, 28	4, 11, 18, 25	12:30-1:15 pm
Shadow Boxing	Warrenville	3, 10, 17, 24, 31	7, 14, 21, 28	6, 13, 20, 27	3, 10, 17, 24	11:00-11:45 am

Northwestern Medicine McHenry Hospital Cancer Center

Northwestern Medicine McHenry Hospital Cancer Center offers in-person and virtual events to support patients with cancer and families. The center offers opportunities for sharing experiences and emotions with other people affected by a cancer diagnosis.

Programs are offered at no cost. In-person events are held at McHenry Hospital Cancer Center.

Unless otherwise noted, registration is required. **Please call 815.759.4459 to register.**

SUPPORT

GT3 General Cancer Support Group

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

Connect with others who understand the unique experience of living with cancer, treatment and beyond.

Breast: Survivors

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

Breast cancer survivors can connect, share and support one another both during and after treatment.

STRESS MANAGEMENT

Mind Over Matter

Virtual: Various times throughout the year

This introductory, educational, five-week program uses evidence-based strategies to help reduce anxiety and depression and foster well-being.

To learn more, call 815.759.4469.

ART

Creative Expressions

Third Thursday of each month, 3:00–5:00pm

A monthly expressive arts program that links art with therapeutic support. You do not need experience for this class. McHenry Cancer Center provides all supplies at no cost.

MINDFUL MOVEMENTS

Yoga

Wednesdays, 5:30–6:30pm

This weekly class offers an opportunity to relax and build body strength through practicing yoga.

TOUCH THERAPY

Chair Massage

First Tuesday of the month, 8:00am–Noon

Third Tuesday of the month, Noon–4:00pm

(Open to patients and families)

A certified massage therapist offers relaxing chair massages. No registration required.



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Northwestern Medicine McHenry Hospital Cancer Center Program Schedule

Program	Location	Jan.	Feb.	Mar.	Apr.	Time
GT3 General Cancer Support Group	McHenry Hospital Cancer Center	3	7	6	3	6:30-8:00pm
Breast: Survivors		16	20	19	16	6:30-8:00pm
Mind Over Matter		Dates and times vary throughout the year				
Creative Expressions		18	15	21	18	3:00-5:00pm
Yoga		3, 10, 17, 24, 31	7, 14, 21, 28	6, 13, 20, 27	3, 10, 17, 24	5:30-6:30pm
Chair Massage		2	6	5	2	8:00 am-Noon
		16	20	19	16	Noon-4:00pm

Winter 2024 Virtual Programs

We offer a wide variety of programming on Microsoft Teams to support patients, family members and caregivers, wherever they are.

► Register at livingwell.nm.org to receive a link to join these virtual programs.

MEDICAL DISCUSSIONS

Shielding Women's Health: The Power of HPV Vaccines and Cervical Cancer Screening

Monday, January 22, 6:00–7:00 pm

Raanan Alter, MD, Gynecological Oncologist, Northwestern Medicine Central DuPage Hospital

Join us for an informative presentation on HPV vaccines and cervical cancer screening. Learn how HPV vaccines can prevent the most common cause of cervical cancer and explore the importance of regular screenings.

Proactive Management of Treatment-Related Symptoms

Monday, January 29, 6:00–7:00 pm

Syed Ahmed, MD, Oncologist, Northwestern Medicine Cancer Center Oak Brook

Understand the physical and emotional side effects that come from cancer treatment and learn how to ease their burden.

Inheriting Cancer

Monday, February 12, 6:00–7:00 pm

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

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

Preventative Care in Breast Health

Monday, February 26, 6:00–7:00 pm

Annabelle Veerapaneni, MD, Northwestern Medicine Oakbrook Cancer Center

Join us for an informative presentation on preventative breast health. Our expert speaker will guide you through the essential steps and practices to maintain breast health, including self-examinations, regular screenings and lifestyle choices.

Navigating Intimacy: Sexual Health During and After Cancer

Monday, March 4, 6:00–7:00 pm

Becky Ness, LCSW, Baptist MD Anderson

Join us for a discussion about the often overlooked but crucial topic of sexual health after cancer. Gain insights and advice for maintaining or regaining intimacy and improving overall well-being.

Empowering Wellness: Lymphedema Management and Risk Mitigation

Monday, March 18, 6:00–7:00 pm

Christine Wietrzykowski, PT, CLT-LANA, Northwestern Medicine and Jennifer Rosko, PT, CLT-LANA, Northwestern Medicine

Explore treatment options and ways to reduce your risk for lymphedema in this informative presentation. Learn about effective therapies and lifestyle changes to improve your quality of life.

Chemo Demystified: The Road to Recovery

Tuesday, April 16, 6:00–7:00 pm

Anna Osmun, PA, Northwestern Medicine Delnor Hospital

This presentation offers a clear and concise exploration of chemotherapy, covering its mechanisms, side effects and recent developments.

SURVIVORSHIP

Scanxiety Drop-In Group

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 anytime you are experiencing “scanxiety.”

Back-On-Track Surviving Survivorship Series

Mondays, March 4 through April 22*

6:30–7:45 pm

*No meeting March 25

*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.

March 4: Pressure to Thrive

March 11: Discussion Group

March 18: Managing, Moods, Stress and
Feeling Stuck

April 1: Discussion Group

April 8: Survivorship 101: Medical Discussion
by Christopher George, MD

April 15: Fear of Recurrence

April 22: Envisioning Your Future

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

Monday, April 8, 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.

BEING WELL NUTRITION

Classes in the Being Well series are designed to guide patients in early survivorship to 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

January 31: Week 1

Moving Forward After a Cancer Diagnosis With Culinary Nutrition

Learn about good health strategies for keeping yourself healthy, active and eating well. Discover the importance of a positive mindset, getting sleep and reducing stress.

February 7: Week 2

Mediterranean-Style of Eating

Learn how to incorporate antioxidants, phytochemicals and anti-inflammatory foods for a healthier way of eating.

February 21: Week 3

Eating Well for Survivorship - Maintaining a Healthy Weight

This session focuses on how to improve food habits and incorporate exercise to maintain a healthy weight. Learn about protein needs, whole grains and a balanced diet.

February 28: Week 4

Gut Health and the Microbiome

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



March 6: Week 5**Cooking for One or Two**

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

March 13: Week 6**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.

SUPPORT**Caregiver Support**

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

This support group embraces the importance of those dedicated to caring for loved ones who are living with cancer. You will have opportunities to network with other caregivers in similar situations.

Facing Cancer Together (FACT)

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

This group is 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

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

Navigating life after loss is hard 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.

Breast: General

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

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

Breast: Metastatic

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

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

Gynecological

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

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 cancer diagnosis.

STRESS MANAGEMENT**Uncovering Who You Are With Honesty and Humor**

Thursday, February 1, 6:00–7:00 pm

Vikki Rood, Life Coach and Improv Expert

Are you feeling resentful, depleted, frustrated or stressed out? This workshop will teach you to change your perspective and remind you that you're human and doing the best you can. We will listen to one another and learn to use techniques from life coaching and improv humor to discover who you are.

Living Well Book Club

Wednesday, February 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 different books that address the cancer experience. Please come prepared to join the conversation and share your thoughts.

Book: *The Cancer Journals* by Audre Lorde

Talking With Kids About Cancer

Thursday, February 22, 6:30–7:30 pm

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

Wednesday, April 17, 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: *When Breath Becomes Air* by Paul Kalanithi

ART

Mixed Media

Thursdays, January 4 – April 18, 6:00–7:30 pm

Relax and let your imagination guide you in expressing your creativity through mixed media: collage, abstract art, decoupage, layering, stenciling and a fun use of ephemera. *After you register, we will send you an email with a list of the supplies you will need.*

NUTRITION CLASSES

Eating Well Nutrition

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 with specific topics including a cooking demonstration.

Daytime Series

Wednesdays, Noon – 1:00 pm

January 31: Week 1

What to Eat Before and During Chemo-Symptom Management

We will talk about nourishing your body with adequate protein and hydration, as well as other helpful tips to help you prepare for treatment.

February 28: Week 2

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.

March 27: Week 3

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.

April 24: Week 4

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

February 6: Week 1**What to Eat Before and During Chemo-Symptom Management**

We will talk about nourishing your body with adequate protein and hydration, as well as other helpful tips to help you prepare for treatment.

March 19: Week 2**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.

April 2: Week 3**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.

April 30: Week 4**Now It's My Turn to Cook: Tips for Simple and Healthy Meals**

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

MINDFUL MOVEMENTS**Yoga**

Mondays, 10:15–11:00 am

Tuesdays, 2:00–2:45 pm*

Fridays, 9:15–10:00 am

Build strength, balance and flexibility while creating a higher state of mindfulness. This gentle and sometimes invigorating class will help manage stress as you tune into your mind/body connection. Class may include both standing and mat yoga poses.

Chair Yoga and Standing Balance

Mondays, 5:00–5:45 pm

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 participants to practice standing balance exercises in a safe environment following a seated mobility session.

Movement for Bone Health

Tuesdays, 10:15–11:00 am

Wednesdays, 10:15–11:00 am

Individuals de-conditioned by cancer treatment and those who have osteoporosis/osteopenia can be prone to falls and fractures. This standing class will emphasize strength training and floor work with a mat to help bone density.

Chair Fitness for Lymphedema and Neuropathy

Tuesdays, 12:15–1:00 pm

Thursdays, 11:30 am–12:15 pm

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

Restorative Yoga

4th Wednesday of each month only, 5:45–6:15 pm

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

Wednesdays, 11:15 am–Noon

Research has found that stress causes us to age more quickly. Learn how to reduce stress methods in this fully guided practice of seated yoga poses followed by a guided relaxation practice.

* Instructor speaks Spanish and English

Removable Schedule

for Winter Programs at Living Well Cancer Resources


Pages 35 through 42 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.

Medical Discussion Schedule

Living Well offers medical updates and special discussions in both Geneva and Warrentville to support you throughout a cancer journey.

Register at livingwell.nm.org to receive a link to join this virtual discussion.


All discussions are recorded and posted to our YouTube channel at youtube.com/c/livingwellcrrc.

Program	Location	Jan.	Feb.	Mar.	Apr.	Time
Shielding Women's Health: The Power of HPV Vaccines and Cervical Cancer Screening	Hybrid Warrentville	22	—	—	—	6:00–7:00 pm
Proactive Management of Treatment-Related Symptoms	Hybrid Warrentville	29	—	—	—	6:00–7:00 pm
Inheriting Cancer	Hybrid Warrentville	—	12	—	—	6:00–7:00 pm
Preventative Care in Breast Health	Hybrid Warrentville	—	26	—	—	6:00–7:00 pm
Navigating Intimacy: Sexual Health During and After Cancer	Virtually via Teams	—	—	4	—	6:00–7:00 pm
Empowering Wellness: Lymphedema Management and Risk Mitigation	Hybrid Geneva	—	—	18	—	6:00–7:00 pm
 I've Finished Cancer Treatment, Now What? Survivorship 101	Virtually via Teams	—	—	—	8	6:30–7:45 pm
Chemo Demystified: The Road to Recovery	Hybrid Geneva	—	—	—	16	6:00–7:00 pm



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	Jan.	Feb.	Mar.	Apr.	Time
 Scanxiety Drop-In Group	Virtually via Teams	15	5, 19	4, 18	1, 15	Noon–1:00 pm
Caregiver Support	Warrenville	2	6	5	2	6:30–8:00 pm
	Virtually via Teams	9, 16	13, 20	12, 19	9, 16	6:30–7:30 pm
	Geneva	23	27	26	23	6:30–8:00 pm
Hidden Scars: Emotional Impact of Mastectomy and Cancer-Related Experiences	Hybrid Geneva	—	—	27	—	6:30–8:00 pm
Facing Cancer Together (FACT)	Warrenville	2	6	5	2	6:30–8:00 pm
	Virtually via Teams	9, 16	13, 20	12, 19	9, 16	6:30–7:30 pm
	Geneva	23	27	26	23	6:30–8:00 pm
Good Grief	Virtually via Teams	4	1	7	4	6:30–7:30 pm
	Geneva	18	15	21	18	6:30–8:00 pm
Men's Networking Group	Geneva	22	—	25	—	6:30–8:00 pm
	Warrenville	—	26	—	22	6:30–8:00 pm
Head and Neck	Warrenville	10	—	—	—	6:00–7:30 pm
Spanish-Speaking Support Group Grupo de apoyo en español	Warrenville	10	14	13	10	6:30–8:00 pm
Breast: General	Virtually via Teams	3	7	6	3	6:30–7:30 pm
	Geneva	17	21	20	17	6:30–8:00 pm
Breast: Mastectomy	Geneva	24	28	27	24	6:30–8:00 pm
Breast: Metastatic	Virtually via Teams	8	12	11	8	1:00–2:00 pm
Gynecological	Virtually via Teams	24	28	27	24	6:30–7:30 pm
Young Adult Support	Virtually via Teams	10	14	13	10	6:00–7:00 pm
Brain Tumor	Warrenville	24	28	27	24	6:30–8:00 pm

Stress Management Schedule

Register at livingwell.nm.org.

Program	Location	Jan.	Feb.	Mar.	Apr.	Time
Uncovering Who You Are With Honesty and Humor	Virtually via Teams	—	1	—	—	6:00–7:00 pm
Sound Bath	Warrenville	—	8	—	—	6:00–7:30 pm
	Geneva	—	—	—	25	6:00–7:30 pm
Living Well Book Club	Virtually via Teams	—	21	—	—	5:00–6:15 pm
Talking With Kids About Cancer	Virtually via Teams	—	22	—	—	6:30–7:30 pm
Mindset, Intention and Moving Forward	Warrenville	—	15, 22, 29	—	—	11:00 am–1:00 pm
Emotional Release and Journaling	Warrenville	—	—	6, 13, 20, 27	—	10:00 am–Noon
Living Well Book Club	Virtually via Teams	—	—	—	17	5:00–6:15 pm
Write With Me Workshop	Geneva	—	—	—	18	6:30–8:00 pm
Reshaping Your Self-Image	Warrenville	—	—	—	23, 30	6:00–8:00 pm



Healing Through Art Schedule

Register at livingwell.nm.org.

Program	Location	Jan.	Feb.	Mar.	Apr.	Time
Jewelry Making With Wire	Geneva	2, 9, 16, 23	—	—	—	10:00 am–Noon
	Geneva	—	6, 13, 20, 27	—	—	1:00–3:00 pm
	Geneva	—	—	5, 12, 19, 26	—	1:00–3:00 pm
Open Studio	Geneva	2, 9, 16, 23	7, 14, 21, 28	6, 13, 20, 27	2, 9, 16, 23	1:00–3:00 pm
Vision Boards	Geneva	3, 10, 17, 24	—	—	—	10:00 am–Noon
Mixed Media	Geneva	3, 10, 17, 24	—	—	3, 10, 17, 24	1:00–3:00 pm
	Virtually via Teams	4, 11, 18, 25	1, 15, 22, 29	7, 14, 21, 28	4, 11, 18	6:00–7:30 pm
	Warrenville	8, 15, 22, 29	—	—	—	1:00–3:00 pm
Meditative Drawing	Warrenville	4, 11, 18, 25	—	—	—	10:00 am–Noon
	Geneva	—	—	—	3, 10, 17, 24	10:00 am–Noon
Chakra Jewelry	Warrenville	4, 11, 18, 25	—	—	—	1:00–3:00 pm
Alcohol Inks	Warrenville	—	5, 12, 19, 26	—	—	1:00–3:00 pm
Cancer and Collage	Geneva	—	6, 13, 20, 27	—	—	10:00 am–Noon
Art for the Heart	Geneva	—	7, 14, 21, 28	—	—	10:00 am–Noon
Mindset and Intention	Warrenville	—	15, 22, 29	—	—	11:00 am–1:00 pm
Woodburning	Warrenville	—	—	4, 11, 18, 25	—	1:00–3:00 pm
Alcohol Inks	Geneva	—	—	5, 12, 19, 26	—	10:00 am–Noon
Taking Care of Yourself While Grieving	Warrenville	—	—	7, 14, 21, 28	—	10:00 am–Noon
Needle Felting	Warrenville	—	—	7, 14, 21, 28	—	1:00–3:00 pm
Vision Boards	Warrenville	—	—	—	1, 8, 15, 22, 29	1:00–3:00 pm
Wake Up Grateful	Geneva	—	—	—	2, 9, 16, 23	10:00 am–Noon
Open Studio	Warrenville	—	—	—	4, 11, 18	10:00 am–Noon
Gelli Printing	Warrenville	—	—	—	4, 11, 18, 25	1:00–3:00 pm

Eating Well Schedule

Register at livingwell.nm.org.

Program	Location	Jan.	Feb.	Mar.	Apr.	Time
What to Eat Before and During Chemo-Symptom Management	Hybrid Geneva	31	—	—	—	Noon-1:00 pm
		—	6	—	—	5:00-6:00 pm
How to Make the Most of Each Bite and Sidelining Side Effects	Hybrid Geneva	—	28	—	—	Noon-1:00 pm
		—	—	19	—	5:00-6:00 pm
Protecting the Immune System and Reducing Inflammation Through Food	Hybrid Geneva	—	—	27	—	Noon-1:00 pm
		—	—	—	2	5:00-6:00 pm
Now It's My Turn to Cook: Tips for Simple and Healthy Meals	Hybrid Geneva	—	—	—	24	Noon-1:00 pm
		—	—	—	30	5:00-6:00 pm

Being Well Schedule

Register at livingwell.nm.org.

Program	Location	Jan.	Feb.	Mar.	Apr.	Time
Moving Forward After a Cancer Diagnosis With Culinary Nutrition	Hybrid Geneva	31	—	—	—	6:00-7:00 pm
Mediterranean-Style of Eating	Hybrid Geneva	—	7	—	—	6:00-7:00 pm
Eating Well for Survivorship - Maintaining a Healthy Weight	Hybrid Geneva	—	21	—	—	6:00-7:00 pm
Gut Health and the Microbiome	Hybrid Geneva	—	28	—	—	6:00-7:00 pm
Cooking for One or Two	Hybrid Geneva	—	—	6	—	6:00-7:00 pm
Culinary Completion - Hands-On Interactive Cooking	Hybrid Geneva	—	—	13	—	6:00-7:00 pm

Back-on-Track ScheduleRegister at livingwell.nm.org.

Program	Location	Jan.	Feb.	Mar.	Apr.	Time
Week 1: Overview of Exercise and Physical Activity Guidelines	Geneva	11	—	—	—	3:45-5:30 pm
	Warrenville	—	—	7	—	
Week 2: Cardiovascular Training and Mindful Movements	Geneva	18	—	—	—	3:45-5:30 pm
	Warrenville	—	—	14	—	
Week 3: Strength Training and Exercise Demo	Geneva	25	—	—	—	3:45-5:30 pm
	Warrenville	—	—	21	—	

Mindful Movements Schedule

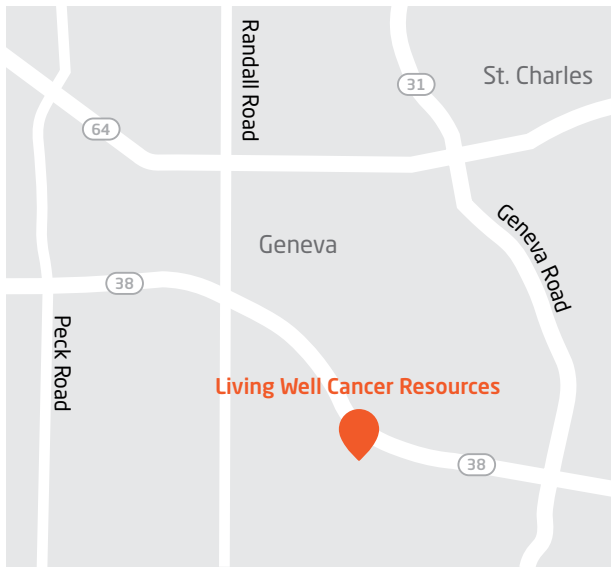
Register at livingwell.nm.org. Hybrid classes offer opportunities to join at the specified class location or virtually via Microsoft Teams.

Program	Location	Jan.	Feb.	Mar.	Apr.	Time
Yoga	Hybrid Geneva	8, 15, 22, 29	5, 12, 19, 26	4, 11, 18, 25	1, 8, 15, 22, 29	10:15-11:00 am
	Hybrid Orland Park	2, 9, 16, 23, 30	6, 13, 20, 27	5, 12, 19, 26	2, 9, 16, 23, 30	2:00-2:45 pm
	Hybrid Warrenville	5, 12, 19, 26	2, 9, 16, 23	1, 8, 15, 22, 29	5, 12, 19, 26	9:15-10:00 am
Chair Yoga and Standing Balance	Hybrid Geneva	8, 15, 22, 29	5, 12, 19, 26	4, 11, 18, 25	1, 8, 15, 22, 29	5:00-5:45 pm
	Hybrid Warrenville	2, 9, 16, 23, 30	6, 13, 20, 27	5, 12, 19, 26	2, 9, 16, 23, 30	11:15 am-Noon
Movement for Bone Health	Hybrid Geneva	3, 10, 17, 24, 31	7, 14, 21, 28	6, 13, 20, 27	3, 10, 17, 24	10:15-11:00 am
	Hybrid Warrenville	2, 9, 16, 23, 30	6, 13, 20, 27	5, 12, 19, 26	2, 9, 16, 23, 30	10:15-11:00 am
Chair Fitness for Lymphedema and Neuropathy	Hybrid Warrenville	2, 9, 16, 23, 30	6, 13, 20, 27	5, 12, 19, 26	2, 9, 16, 23, 30	12:15-1:00 pm
	Hybrid Warrenville	4, 11, 18, 25	1, 8, 15, 22, 29	7, 14, 21, 28	4, 11, 18, 25	11:30 am-12:15 pm
Restorative Yoga	Geneva	8, 15, 22, 29	5, 12, 19, 26	4, 11, 18, 25	1, 8, 15, 22, 29	6:00-6:45 pm
	Hybrid Warrenville	24	28	27	24	5:45-6:15 pm
Chair Yoga and Guided Relaxation	Hybrid Geneva	3, 10, 17, 24, 31	7, 14, 21, 28	6, 13, 20, 27	3, 10, 17, 24	11:15 am-Noon
Tai Chi	Geneva	8, 15, 22, 29	5, 12, 19, 26	4, 11, 18, 25	1, 8, 15, 22, 29	12:30-1:15 pm
	Warrenville	4, 11, 18, 25	1, 8, 15, 22, 29	7, 14, 21, 28	4, 11, 18, 25	12:30-1:15 pm
Shadow Boxing	Warrenville	3, 10, 17, 24, 31	7, 14, 21, 28	6, 13, 20, 27	3, 10, 17, 24	11:00-11:45 am

Northwestern Medicine McHenry Hospital Cancer Center Program Schedule

Program	Location	Jan.	Feb.	Mar.	Apr.	Time
GT3 General Cancer Support Group	McHenry Hospital Cancer Center	3	7	6	3	6:30-8:00 pm
Breast: Survivors		16	20	19	16	6:30-8:00 pm
Mind Over Matter		Dates and times vary throughout the year				
Creative Expressions		18	15	21	18	3:00-5:00 pm
Yoga		3, 10, 17, 24, 31	7, 14, 21, 28	6, 13, 20, 27	3, 10, 17, 24	5:30-6:30 pm
Chair Massage		2	6	5	2	8:00 am-Noon
		16	20	19	16	Noon-4:00 pm

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

Northwestern Medicine Cancer Center Orland Park

15300 West Avenue, Suite 108
Orland Park, Illinois 60462
708.226.2318

Northwestern Medicine McHenry Hospital Cancer Center

4305 Medical Center Drive
McHenry, Illinois 60050
815.344.8000

TTY for all locations: 711

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Northwestern Medicine Cancer Center Orland Park



Northwestern Medicine McHenry Hospital Cancer Center

