



Northwestern Medicine Living Well Cancer Resources

Summer 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 5.

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
Monday, May 27
Thursday, July 4

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

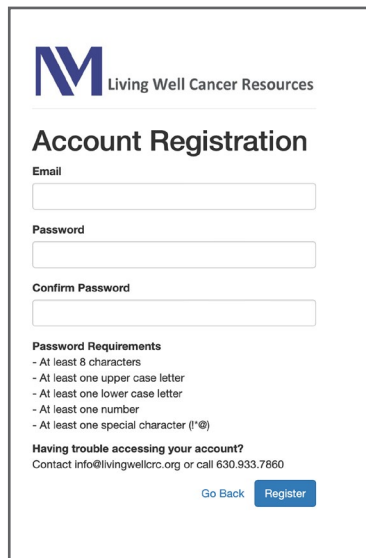
If you are a **new** Living Well participant, follow these steps:

- 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 left, followed by the title 'Account Registration'. Below the title are three input fields: 'Email', 'Password', and 'Confirm Password'. Underneath these fields is a section titled 'Password Requirements' with a bulleted list: '- 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 'Info@livingwellcrc.org or call 630.933.7860'. At the very bottom, there are 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](https://www.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.

MAY

Radiation Basics

Hybrid (Warrenville): Thursday, May 30, 6:00-7:00 pm
Amishi Bajaj, MD, Radiation Oncologist, Northwestern Medicine Proton Center

This medical discussion covers the fundamentals of radiation treatment, exploring its principles, applications and impact in cancer treatment. Topics include radiation sources, dosage considerations and the integration of technology in treatment planning.

JUNE

Fertility and Cancer

Virtual: Tuesday, June 18, 6:00-7:00 pm
Kristin Smith, Program Manager for Fertility Preservation, Northwestern Medicine Center for Fertility and Reproductive Medicine

This program delves into the complexities of fertility in cancer treatment. Participants will explore strategies to preserve fertility, the impact of various treatments on reproductive health and the evolving field of oncofertility to enhance the quality of life for cancer survivors.



JULY

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

Virtual: Monday, July 22, 6:00-7:15 pm
Christopher George, MD, Medical Director, Medical Oncology, Northwestern Medicine

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.



JULY

Learning to Manage Chemo Brain

Hybrid (Warrenville): Wednesday, July 24, 3:00–4:00 pm

Eric Larson, PhD, Neuropsychologist, Northwestern Medicine Marianjoy Rehabilitation Hospital, and Laura Miller, Speech-Language Pathologist, Marianjoy Rehabilitation Hospital

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

AUGUST

Ask Me Anything: An Open Forum With an Oncologist

Hybrid (Geneva): Thursday, August 22, 6:00–7:00 pm

Christopher George, MD, Medical Director, Medical Oncology, Northwestern Medicine


Join us for an insightful "Ask Me Anything" session with an experienced oncologist. You will have the opportunity to ask questions about cancer prevention, treatment options and the latest advancements in oncology. Don't miss this chance to gain valuable insights from a medical professional.

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 reserve your space or receive a link to join the virtual discussion.

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

Program	Location	May	June	July	August	Time
Radiation Basics	Hybrid Warrenville	30	–	–	–	6:00–7:00 pm
Fertility and Cancer	Virtually via Teams	–	18	–	–	6:00–7:00 pm
 I've Finished Cancer Treatment, Now What? Survivorship 101	Virtually via Teams	–	–	22	–	6:00–7:15 pm
Learning to Manage Chemo Brain	Hybrid Warrenville	–	–	24	–	3:00–4:00 pm
Ask Me Anything: An Open Forum With an Oncologist	Hybrid Geneva	–	–	–	22	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 virtually.

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, July 1–August 12, 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 you to attend the whole series but do not require it.

July 1:	Pressure to Thrive
July 8:	Discussion Group
July 15:	Managing Moods, Stress and Feeling Stuck
July 22:	Survivorship 101
July 29:	Discussion Group
August 5:	Fear of Recurrence
August 12:	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, July 22, 6:00–7:15 pm

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

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.** Please register at least 24 hours before the group starts. If you cannot attend a group, please notify us at least 24 hours before the class starts.



Scanxiety Drop-In Group NEW TIME

Virtual: First and third Monday of each month, 6:30-7:30 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.

Men's Networking Group

In Person (Geneva): Monday, May 20, and Monday, July 22, 6:30–8:00 pm

In Person (Warrenville): Monday, June 24, and Monday, August 26, 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, May 8, and Wednesday, July 10, 6:30–8:00 pm

This group is open to anyone diagnosed with head and neck cancer and caregivers. You will have opportunities to share personal experiences and 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.

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.



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

This group offers 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 aged 18 to 40 years who have a cancer diagnosis.

Support Group ScheduleRegister at livingwell.nm.org.

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

MAY THROUGH AUGUST

Sound Bath

In Person (Warrenville):

Thursday, May 16, and Thursday, July 18, 6:00–7:00 pm

In Person (Geneva):

Thursday, June 6, and Thursday, August 1, 6:00–7:00 pm

Ruth Day, Yoga Instructor and Trauma Release Facilitator

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



JUNE

Living Well Book Club

Virtual: Wednesday, June 5, 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 cancer experiences. Please come prepared to join the conversation and share your thoughts.

Book: *I'm Sorry You Have to Be Here* by Lois Cappetta Bhatt

Uncovering Who You Are With Honesty and Humor

In Person (Geneva): Wednesday, June 26, 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.



JULY

The Importance of Caregivers and Caregiving

Virtual: Tuesday, July 30, 6:30–7:45 pm

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

Join Living Well counselor Nancy Nieto as she discusses how to navigate caring for someone with cancer and the important role you play as their caregiver. This presentation will offer ways to balance the needs of your loved one with your own needs, as well as how you can care for yourself as a caregiver.

AUGUST

Living Well Book Club

Virtual: Wednesday, August 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 cancer experiences. Please come prepared to join the conversation and share your thoughts.

Book: *26 Points of Light: Illuminating One Cancer Survivor's Journey From Diagnosis to Remission* by Maureen O'Brien

Uncovering Who You Are With Honesty and Humor

In Person (Warrenville):

Wednesday, August 7, 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.

Stress Management Schedule

Register at livingwell.nm.org.

Program	Location	May	June	July	August	Time
Sound Bath	Warrenville	16	–	18	–	6:00–7:00 pm
	Geneva	–	6	–	1	
Living Well Book Club	Virtually via Teams	–	5	–	21	5:00–6:15 pm
Uncovering Who You Are With Honesty and Humor	Geneva	–	26	–	–	6:00–7:00 pm
	Warrenville	–	–	–	7	
The Importance of Caregivers and Caregiving	Virtually via Teams	–	–	30	–	6:30–7:45 pm



Touch Therapy

Living Well's massage, facials, reflexology and reiki services can relieve muscle tension, assist in pain relief and provide an overall sense of well-being and relaxation. Talk to your physician about any concerns you may have before scheduling a touch therapy appointment.



Before your first appointment, a *Consent and Release Form* must be completed and received by Living Well. 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.

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.

MAY THROUGH AUGUST

Mixed Media

Virtual: Thursdays, May 2–August 29, 6:00–8:00 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.

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

*No class on May 23

MAY

Alcohol Inks

In Person (Warrenville):
Thursdays, May 2, 9, 16 and 30, 10:00 am–Noon
Learn basic techniques of using alcohol and acrylic inks. Use different papers, tiles, glass and metal to create unique art.

Open Studio

In Person (Geneva):
Wednesdays, May 1, 15 and 29, 10:00 am–Noon
Bring your unfinished projects (from home or class) to work on in this open-to-anything class.



Woodburning

In Person (Warrenville):
Thursdays, May 2, 9, 16 and 30, 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.

MAY

Meditative Drawing

In Person (Warrenville):
Mondays, May 6 and 13, 1:00-3:00 pm

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

Gelli Printing

In Person (Geneva):
Tuesdays, May 7, 14 and 28, 10:00 am-Noon
Discover the art of gelli printing using nature as your backdrop.

Mixed Media

In Person (Warrenville): Tuesdays, May 7, 14 and 28,
6:00-8:00 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.



Button Jewelry Workshop

In Person (Geneva):
Wednesdays, May 15 and 29, 1:00-3:00 pm
What a nice way to fall into a meditative state of relaxation while enjoying the company of others. We will make earrings, bracelets and necklaces. If you have a stash of buttons at home, bring them in to personalize your creation.

JUNE

Alcohol Inks

In Person (Warrenville):
Mondays, June 3-24, 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.

Open Studio

In Person (Geneva):
Tuesdays, June 4-25, 10:00 am-Noon
Bring your unfinished projects (from home or class) to work on in this open-to-anything class.

Collage

In Person (Geneva):
Tuesdays, June 4 - 25, 1:00-3:00 pm
Bringing together courage, comfort and strength, you will explore a variety of mediums to help express yourself.

Mixed Media/Open Studio

In Person (Geneva):
Tuesdays, June 4 - 25, 6:00-8:00 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.

Journaling Retreat

In Person (Geneva):
Wednesdays, June 5-26, 10:00 am- 2:00 pm
Come join us for a creative exploration with others who are ready to inspire and encourage one another to go deeper with their art and find insight and clarity while facing cancer. Please bring lunch.

Gelli Printing

In Person (Warrenville):
Thursdays, June 6-27, 10:00 am-Noon
Discover the art of gelli printing using nature as your backdrop.



JUNE

Mandala

In Person (Warrenville):

Thursdays, June 6-27, 1:00-3:00 pm

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

JULY

Needle Felting

In Person (Warrenville):

Mondays, July 8, 22 and 29, 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.

Journaling Retreat

In Person (Warrenville):

Tuesdays, July 9, 23 and 30, 10:00 am-2:00 pm

Come join us for a creative exploration with others who are ready to inspire and encourage one another to go deeper with their art and find insight and clarity while facing cancer. Please bring lunch.

Mixed Media/Open Studio

In Person (Warrenville):

Tuesdays, July 9, 23 and 30, 6:00-8:00 pm

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

Woodburning

In Person (Geneva):

Wednesdays, July 10, 24 and 31, 10:00 am-Noon

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

Gelli Printing

In Person (Geneva):

Wednesdays, July 10, 24 and 31, 1:00-3:00 pm

Discover the art of gelli printing using nature as your backdrop.

Cricut Workshop

In Person (Warrenville):

Thursdays, July 11-25, 1:00-3:00 pm

Explore and experiment with the Cricut and embossing machines. This workshop gives you the opportunity to make greeting cards and embellishments for scrapbooking.

Open Studio

In Person (Warrenville):

Thursdays, July 11, 18 and 25, 10:00 am-Noon

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

AUGUST

Alcohol Inks

In Person (Warrenville):
Mondays, August 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.

Quilling

In Person (Geneva):
Tuesdays, August 6-27, 10:00 am-Noon

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



Needle Felting

In Person (Geneva):
Tuesdays, August 6-27, 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.

Mixed Media

In Person (Geneva):
Tuesdays, August 6 - 27, 6:00 - 8:00 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.

Jewelry Retreat

In Person (Geneva):
Wednesdays, August 7-28, 10:00 am-Noon

Come join us for hours of fun and exploration. We will dive into creating our own beads with clay, buttons, shrinky dinks and wire. Then use the beads to make necklaces, bracelets and pendants. Bring a drink and lunch for a little pick-me-up to energize your creative flow.

Gelli Printing

In Person (Warrenville):
Thursdays, August 8-29, 1:00- 3:00 pm

Discover the art of gelli printing using nature as your backdrop.

Open Studio

In Person (Geneva):
Wednesdays, August 7-28, 1:00 - 3:00 pm

In Person (Warrenville):
Thursdays, August 1-29, 10:00 am - Noon

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



Healing Through Art Schedule

Register at livingwell.nm.org.

Program	Location	May	June	July	August	Time
Mixed Media	Virtually via Teams	2, 9, 16, 30	6, 13, 20, 27	11, 18, 25	1, 8, 15, 22, 29	6:00-8:00 pm
	Warrenville	7, 14, 28	–	–	–	
	Geneva	–	–	–	6, 13, 20, 27	
Alcohol Inks	Warrenville	2, 9, 16, 30	–	–	–	10:00 am-Noon
		–	3, 10, 17, 24	–	5, 12, 19, 26	1:00-3:00 pm
Open Studio	Geneva	1, 15, 29	4, 11, 18, 25	–	–	10:00 am-Noon
		–	–	–	7, 14, 21, 28	1:00-3:00 pm
	Warrenville	–	–	11, 18, 25	1, 8, 15, 22, 29	10:00 am-Noon
Woodburning	Warrenville	2, 9, 16, 30	–	–	–	1:00-3:00 pm
	Geneva	–	–	10, 24, 31	–	10:00 am-Noon
Meditative Drawing	Warrenville	6, 13	–	–	–	1:00-3:00 pm
Gelli Printing	Geneva	7, 14, 28	–	–	–	10:00 am-Noon
		–	–	10, 24, 31	–	1:00-3:00 pm
	Warrenville	–	6, 13, 20, 27	–	–	10:00 am-Noon
		–	–	–	8, 15, 22, 29	1:00-3:00 pm
Button Jewelry Workshop	Geneva	15, 29	–	–	–	1:00-3:00 pm
Collage	Geneva	–	4, 11, 18, 25	–	–	1:00-3:00 pm
Mixed Media/Open Studio	Geneva	–	4, 11, 18, 25	–	–	6:00-8:00 pm
	Warrenville	–	–	9, 23, 30	–	
Journaling Retreat	Geneva	–	5, 12, 19, 26	–	–	10:00 am-2:00 pm
	Warrenville	–	–	9, 23, 30	–	
Mandala	Warrenville	–	6, 13, 20, 27	–	–	1:00-3:00 pm
Needle Felting	Warrenville	–	–	8, 22, 29	–	1:00-3:00 pm
	Geneva	–	–	–	6, 13, 20, 27	
Cricut Workshop	Warrenville	–	–	11, 18, 25	–	1:00-3:00 pm
Quilling	Geneva	–	–	–	6, 13, 20, 27	10:00 am-Noon
Jewelry Retreat	Geneva	–	–	–	7, 14, 21, 28	10:00 am-Noon

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 livingwellcrg.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, May 15
- Wednesday, June 19
- Wednesday, August 21

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 Living Well 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 via Microsoft Teams or to rewatch later on our YouTube 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 the 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 some topics including a cooking demonstration.

DAYTIME SERIES | Wednesdays, Noon-1:00 pm

May 8 | What to Eat Before and During Chemo-Symptom Management

We will describe nourishing your body with adequate protein and hydration and offer other helpful tips to help you prepare for treatment.

May 22 | 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.

June 26 | Protecting the Immune System and Reducing Inflammation Through Food

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

July 24 | 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

May 14 | What to Eat Before and During Chemo-Symptom Management

We will describe nourishing your body with adequate protein and hydration and offer other helpful tips to help you prepare for treatment.

June 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 discuss tips and recipes to help minimize or prevent unpredictable side effects during treatment.

July 9 | Protecting the Immune System and Reducing Inflammation Through Food

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

July 30 | 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	May	June	July	August	Time
What to Eat Before and During Chemo-Symptom Management	Hybrid Geneva	8	—	—	—	Noon-1:00 pm
		14	—	—	—	5:00-6:00 pm
How to Make the Most of Each Bite and Sidelining Side Effects	Hybrid Geneva	22	—	—	—	Noon-1:00 pm
		—	11	—	—	5:00-6:00 pm
Protecting the Immune System and Reducing Inflammation Through Food	Hybrid Geneva	—	26	—	—	Noon-1:00 pm
		—	—	9	—	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*

May 8 | Moving Forward After a Cancer Diagnosis With Culinary Nutrition

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

May 15 | Mediterranean Style of Eating

Learn how to eat the Mediterranean way! This session will cover recommendations and how to incorporate more antioxidants, phytochemicals and anti-inflammatory foods.

May 22 | 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.

May 29 | Gut Health and the Microbiome

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

June 5 | Cooking for One or Two

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

June 19 | 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.

**No class on June 12.*

Being Well Schedule

Register at livingwell.nm.org.

Program	Location	May	June	July	August	Time
Moving Forward After a Cancer Diagnosis With Culinary Nutrition	Hybrid Geneva	8	–	–	–	6:00-7:00pm
Mediterranean Style of Eating	Hybrid Geneva	15	–	–	–	6:00-7:00pm
Eating Well for Survivorship: Maintaining a Healthy Weight	Hybrid Geneva	22	–	–	–	6:00-7:00pm
Gut Health and the Microbiome	Hybrid Geneva	29	–	–	–	6:00-7:00pm
Cooking for One or Two	Hybrid Geneva	–	5	–	–	6:00-7:00pm
Culinary Completion: Hands-On Interactive Cooking	Hybrid Geneva	–	19	–	–	6:00-7:00pm

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.

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: Exercise and Mindful Movement Following Cancer Treatment

This three-week series is 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

Back-on-Track Schedule

Register at livingwell.nm.org.

Program	Location	May	June	July	August	Time
Week 1: Overview of Exercise and Physical Activity Guidelines	Geneva	2	—	—	—	6:30-7:45 pm
Week 2: Cardiovascular Training and Mindful Movements	Geneva	9	—	—	—	6:30-7:45 pm
Week 3: Strength Training	Geneva	16	—	—	—	6:30-7:45 pm

WEEKLY GROUP EXERCISE CLASSES

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 St. George Cancer Institute)

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. The instructor for this class speaks Spanish and English. The class will include both standing and mat yoga poses. It will cover methods for stretching and gaining strength.

Chair Yoga and Standing Balance

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.

Gentle Mat Yoga

Hybrid (Warrenville): Wednesdays, 5:45-6:30 pm

Gentle Yoga is performed at a slower pace with less intense positions, so it can be practiced by just about anyone, regardless of age or physical condition. There may be a few standing poses, but the majority of class is on your mat.

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): Tuesdays, 5:45-6:30 pm

Practice restorative poses designed to relax and restore the whole body. Each pose will be held for a period 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 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	May	June	July	August	Time
Yoga	Hybrid Geneva	6, 13, 20	3, 10, 17, 24	1, 8, 15, 22, 29	5, 12, 19, 26	10:15-11:00 am
	Hybrid Orland Park	7, 14, 21, 28	4, 11, 18, 25	2, 9, 16, 23, 30	6, 13, 20, 27	2:00-2:45 pm
	Hybrid Warrenville	3, 10, 17, 24, 31	7, 14, 21, 28	5, 12, 19, 26	2, 9, 16, 23, 30	9:15-10:00 am
Chair Yoga and Standing Balance	Hybrid Warrenville	7, 14, 21, 28	4, 11, 18, 25	2, 9, 16, 23, 30	6, 13, 20, 27	11:15 am-Noon
Movement for Bone Health	Hybrid Geneva	1, 8, 15, 22, 29	5, 12, 19, 26	3, 10, 17, 24, 31	7, 14, 21, 28	10:15-11:00 am
	Hybrid Warrenville	7, 14, 21, 28	4, 11, 18, 25	2, 9, 16, 23, 30	6, 13, 20, 27	
Gentle Mat Yoga	Hybrid Warrenville	1, 8, 15, 22, 29	5, 12, 19, 26	3, 10, 17, 24, 31	7, 14, 21, 28	5:45-6:30 pm
Chair Fitness for Lymphedema and Neuropathy	Hybrid Warrenville	7, 14, 21, 28	4, 11, 18, 25	2, 9, 16, 23, 30	6, 13, 20, 27	12:15-1:00 pm
		2, 9, 16, 23, 30	6, 13, 20, 27	11, 18, 25	1, 8, 15, 22, 29	11:30 am-12:15 pm
Restorative Yoga	Geneva	6, 13, 20	3, 10, 17, 24	1, 8, 15, 22, 29	5, 12, 19, 26	6:00-6:45 pm
	Hybrid Warrenville	7, 14, 21, 28	4, 11, 18, 25	2, 9, 16, 23, 30	6, 13, 20, 27	5:45-6:30 pm
Chair Yoga and Guided Relaxation for Stress Relief	Hybrid Geneva	1, 8, 15, 22, 29	5, 12, 19, 26	3, 10, 17, 24, 31	7, 14, 21, 28	11:15 am-Noon
Tai Chi: Meditation in Motion	Geneva	6, 13, 20	3, 10, 17, 24	1, 8, 15, 22, 29	5, 12, 19, 26	12:30-1:15 pm
	Warrenville	2, 9, 16, 23, 30	6, 13, 20, 27	11, 18, 25	1, 8, 15, 22, 29	
Face the Fight	Warrenville	1, 8, 15, 22, 29	5, 12, 19, 26	3, 10, 17, 24, 31	7, 14, 21, 28	11:00-11:45 am

Individualized Exercise Program

Living Well is excited to offer a new program that is custom made for cancer patients and survivors.

This program will provide:

- An exercise pre-assessment with 11 health markers, an exercise prescription and a post-assessment after 90 days.
- Education and safety instruction from certified and qualified fitness personnel.
- Evidence-based, individualized exercise plans for cancer patients undergoing treatment and cancer survivors.
- Information for cancer survivors about the continuum of cancer care and movement.

Each individual exercise program includes:

Pre-assessment

- Health screening and medical history
- Fatigue scale
- Quality-of-life index
- Cardiorespiratory endurance
- Pulmonary function
- Muscular strength
- Muscular endurance
- Balance
- Body composition
- Circumference measurements
- Flexibility and range of motion



3 months of open studio sessions



Post-assessment

Review of pre-assessment screenings to understand and celebrate progress.

To get started on your individualized exercise program:

- Contact wellness coordinator Erin Bloodworth at erin.bloodworth@nm.org to schedule your initial consultation.
- Attend a pre-assessment session at **Living Well Warrenville**.
- Choose open studio days and times that work for you during the 90-day period at **either Living Well location** (Geneva or Warrenville). See schedule below.
- Receive a post-assessment to see your progress and move forward with your fitness journey.

Individualized Exercise Program Schedule

Mondays	Geneva	4:00-5:30 pm
Tuesdays	Warrenville	12:30-2:00 pm
Thursdays	Warrenville	2:00-3:30 pm

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, 6:30-8:00 pm

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

Breast: Survivors

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

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, 3:00-5:00 pm

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, 5:30-6:30 pm

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

TOUCH THERAPY

Chair Massage

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

Third Tuesday of the month, 11:30 am-3:30 pm

(Open to patients and families)

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



Cancer Survivors Day Event | Sunday, June 2, 2:00-4:00 pm

Join us for an open-house garden party at McHenry Hospital Cancer Center to celebrate cancer survivors!

Northwestern Medicine McHenry Hospital Cancer Center Program Schedule

Program	Location	May	June	July	August	Time
GT3 General Cancer Support Group	McHenry Hospital Cancer Center	1	5	3	7	6:30-8:00pm
Breast: Survivors		21	18	16	20	6:30-8:00pm
Mind Over Matter		Dates and times vary; please call to inquire about the schedule				
Creative Expressions		16	20	18	15	3:00-5:00 pm
Yoga		1, 8, 15, 22, 29	5, 12, 19, 26	3, 10, 17, 24, 31	7, 14, 21, 28	5:30-6:30 pm
Chair Massage		7	4	2	6	8:00 am-Noon
		15	18	16	20	11:30 am-3:30 pm
Cancer Survivors Day Event		-	2	-	-	2:00-4:00 pm

Summer 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

Radiation Basics

Thursday, May 30, 6:00–7:00 pm

Amishi Bajaj, MD, Radiation Oncologist, Northwestern Medicine Proton Center

This medical discussion covers the fundamentals of radiation treatment, exploring its principles, applications and impact in cancer treatment. Topics include radiation sources, dosage considerations and the integration of technology in treatment planning.

Fertility and Cancer

Tuesday, June 18, 6:00–7:00 pm

Kristin Smith, Program Manager for Fertility Preservation, Northwestern Medicine Center for Fertility and Reproductive Medicine

This program delves into the complexities of fertility in cancer treatment. Participants will explore strategies to preserve fertility, the impact of various treatments on reproductive health and the evolving field of oncofertility to enhance the quality of life for cancer survivors.



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

Monday, July 22, 6:00–7:15 pm

Christopher George, MD, Medical Director, Medical Oncology, Northwestern Medicine

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.

Learning to Manage Chemo Brain

Wednesday, July 24, 3:00–4:00 pm

Eric Larson, PhD, Neuropsychologist, Northwestern Medicine Marianjoy Rehabilitation Hospital, and Laura Miller, Speech-Language Pathologist, Marianjoy Rehabilitation Hospital

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

Ask Me Anything: An Open Forum With an Oncologist

Thursday, August 22, 6:00–7:00 pm

Christopher George, MD, Medical Director, Medical Oncology, Northwestern Medicine

Join us for an insightful "Ask Me Anything" session with an experienced oncologist. You will have the opportunity to ask questions about cancer prevention, treatment options and the latest advancements in oncology. Don't miss this chance to gain valuable insights from a medical professional.



Survivorship

Scanxiety Drop-In Group

First and third Monday of each month, 6:30 - 7:30 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, July 1- August 12, 6:30 - 7:45 pm

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

Open to patients and caregivers, this seven-week "Back-on-Track: Surviving Survivorship" series is designed to help you navigate common challenges as you transition into survivorship.

Topics include changes in relationships, managing expectations, addressing anxiety and depression, the "new normal," fear of recurrence, how to partner with your care team, managing your health records and envisioning a positive future. Attendance throughout the entire series is encouraged but not mandatory.

July 1:	Pressure to Thrive
July 8:	Discussion Group
July 15:	Managing Moods, Stress and Feeling Stuck
July 22:	Survivorship 101
July 29:	Discussion Group
August 5:	Fear of Recurrence
August 12:	Envisioning Your Future

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

Monday, July 22, 6:00 - 7:15 pm

Christopher George, MD, Medical Director, Medical Oncology, Northwestern Medicine

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.



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 some topics including a cooking demonstration.

DAYTIME SERIES | Wednesdays, Noon-1:00 pm

May 8 | What to Eat Before and During Chemo-Symptom Management

We will describe nourishing your body with adequate protein and hydration and offer other helpful tips to help you prepare for treatment.

May 22 | 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.

June 26 | Protecting the Immune System and Reducing Inflammation Through Food

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

July 24 | 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

May 14 | What to Eat Before and During Chemo-Symptom Management

We will describe nourishing your body with adequate protein and hydration and offer other helpful tips to help you prepare for treatment.

June 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 discuss tips and recipes to help minimize or prevent unpredictable side effects during treatment.

July 9 | Protecting the Immune System and Reducing Inflammation Through Food

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

July 30 | Now It's My Turn to Cook: Tips for Simple and Healthy Meals

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



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*

May 8 | Moving Forward After a Cancer Diagnosis With Culinary Nutrition

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

May 15 | Mediterranean Style of Eating

Learn how to eat the Mediterranean way! This session will cover recommendations and how to incorporate more antioxidants, phytochemicals and anti-inflammatory foods.

May 22 | 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.

May 29 | Gut Health and the Microbiome

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

June 5 | Cooking for One or Two

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

June 19 | 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.

*No class on June 12.

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

This group offers 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 offers 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 aged 18 to 40 years who have a cancer diagnosis.



Stress Management

Living Well Book Club

Wednesday, June 5 and August 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 cancer experiences. Please come prepared to join the conversation and share your thoughts.

Book for June 5: *I'm Sorry You Have to Be Here* by Lois Cappetta Bhatt

Book for August 21: *26 Points of Light: Illuminating One Cancer Survivor's Journey From Diagnosis to Remission* by Maureen O'Brien.

The Importance of Caregivers and Caregiving

Tuesday, July 30, 6:30-7:45 pm

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

Join Living Well counselor Nancy Nieto as she discusses how to navigate caring for someone with cancer and the important role you play as their caregiver. This presentation will offer ways to balance the needs of your loved one with your own needs, as well as how you can care for yourself as a caregiver.

Art

Mixed Media

Thursdays, May 2-August 29, 6:00-8:00 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. After you register, we will send you an email with a list of the supplies you will need.

*No class on May 23

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. Class may include both standing and mat yoga poses.

Chair Yoga and Standing Balance

Tuesdays, 11:15 am-Noon

Standing time is associated with 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.

Gentle Mat Yoga

Wednesdays, 5:45-6:30 pm

Gentle Yoga is performed at a slower pace with less intense positions, so it can be practiced by just about anyone, regardless of age or physical condition. There may be a few standing poses, but the majority of class is on your mat.

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

Tuesdays, 5:45-6:30 pm

Practice restorative poses designed to relax and restore the whole body. Each pose will be held for a period 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.

Removable Schedules

for Summer Programs at Living Well Cancer Resources


Pages 36 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 Warrenville to support you throughout a cancer journey.

Register at livingwell.nm.org to reserve your space or receive a link to join the virtual discussion.


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

Program	Location	May	June	July	August	Time
Radiation Basics	Hybrid Warrenville	30	–	–	–	6:00–7:00 pm
Fertility and Cancer	Virtually via Teams	–	18	–	–	6:00–7:00 pm
 I've Finished Cancer Treatment, Now What? Survivorship 101	Virtually via Teams	–	–	22	–	6:00–7:15 pm
Learning to Manage Chemo Brain	Hybrid Warrenville	–	–	24	–	3:00–4:00 pm
Ask Me Anything: An Open Forum With an Oncologist	Hybrid Geneva	–	–	–	22	6:00–7:00 pm



Support Group Schedule

Register at livingwell.nm.org.

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



Stress Management Schedule

Register at livingwell.nm.org.

Program	Location	May	June	July	August	Time
Sound Bath	Warrenville	16	–	18	–	6:00–7:00 pm
	Geneva	–	6	–	1	
Living Well Book Club	Virtually via Teams	–	5	–	21	5:00–6:15 pm
Uncovering Who You Are With Honesty and Humor	Geneva	–	26	–	–	6:00–7:00 pm
	Warrenville	–	–	–	7	
The Importance of Caregivers and Caregiving	Virtually via Teams	–	–	30	–	6:30–7:45 pm

Healing Through Art Schedule

Register at livingwell.nm.org.

Program	Location	May	June	July	August	Time
Mixed Media	Virtually via Teams	2, 9, 16, 30	6, 13, 20, 27	11, 18, 25	1, 8, 15, 22, 29	6:00-8:00 pm
	Warrenville	7, 14, 28	–	–	–	
	Geneva	–	–	–	6, 13, 20, 27	
Alcohol Inks	Warrenville	2, 9, 16, 30	–	–	–	10:00 am-Noon
		–	3, 10, 17, 24	–	5, 12, 19, 26	1:00-3:00 pm
Open Studio	Geneva	1, 15, 29	4, 11, 18, 25	–	–	10:00 am-Noon
		–	–	–	7, 14, 21, 28	1:00-3:00 pm
	Warrenville	–	–	11, 18, 25	1, 8, 15, 22, 29	10:00 am-Noon
Woodburning	Warrenville	2, 9, 16, 30	–	–	–	1:00-3:00 pm
	Geneva	–	–	10, 24, 31	–	10:00 am-Noon
Meditative Drawing	Warrenville	6, 13	–	–	–	1:00-3:00 pm
Gelli Printing	Geneva	7, 14, 28	–	–	–	10:00 am-Noon
		–	–	10, 24, 31	–	1:00-3:00 pm
	Warrenville	–	6, 13, 20, 27	–	–	10:00 am-Noon
		–	–	–	8, 15, 22, 29	1:00-3:00 pm
Button Jewelry Workshop	Geneva	15, 29	–	–	–	1:00-3:00 pm
Collage	Geneva	–	4, 11, 18, 25	–	–	1:00-3:00 pm
Mixed Media/Open Studio	Geneva	–	4, 11, 18, 25	–	–	6:00-8:00 pm
	Warrenville	–	–	9, 23, 30	–	
Journaling Retreat	Geneva	–	5, 12, 19, 26	–	–	10:00 am-2:00 pm
	Warrenville	–	–	9, 23, 30	–	
Mandala	Warrenville	–	6, 13, 20, 27	–	–	1:00-3:00 pm
Needle Felting	Warrenville	–	–	8, 22, 29	–	1:00-3:00 pm
	Geneva	–	–	–	6, 13, 20, 27	
Cricut Workshop	Warrenville	–	–	11, 18, 25	–	1:00-3:00 pm
Quilling	Geneva	–	–	–	6, 13, 20, 27	10:00 am-Noon
Jewelry Retreat	Geneva	–	–	–	7, 14, 21, 28	10:00 am-Noon

Eating Well Schedule

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

Program	Location	May	June	July	August	Time
What to Eat Before and During Chemo-Symptom Management	Hybrid Geneva	8	–	–	–	Noon-1:00 pm
		14	–	–	–	5:00-6:00 pm
How to Make the Most of Each Bite and Sideline Side Effects	Hybrid Geneva	22	–	–	–	Noon-1:00 pm
		–	11	–	–	5:00-6:00 pm
Protecting the Immune System and Reducing Inflammation Through Food	Hybrid Geneva	–	26	–	–	Noon-1:00 pm
		–	–	9	–	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. Hybrid classes offer the opportunity to join at the specified class location or virtually via Microsoft Teams.

Program	Location	May	June	July	August	Time
Moving Forward After a Cancer Diagnosis With Culinary Nutrition	Hybrid Geneva	8	–	–	–	6:00-7:00 pm
Mediterranean Style of Eating	Hybrid Geneva	15	–	–	–	6:00-7:00 pm
Eating Well for Survivorship: Maintaining a Healthy Weight	Hybrid Geneva	22	–	–	–	6:00-7:00 pm
Gut Health and the Microbiome	Hybrid Geneva	29	–	–	–	6:00-7:00 pm
Cooking for One or Two	Hybrid Geneva	–	5	–	–	6:00-7:00 pm
Culinary Completion: Hands-On Interactive Cooking	Hybrid Geneva	–	19	–	–	6:00-7:00 pm



Back-on-Track Schedule

Register at livingwell.nm.org.

Program	Location	May	June	July	August	Time
Week 1: Overview of Exercise and Physical Activity Guidelines	Geneva	2	–	–	–	6:30–7:45 pm
Week 2: Cardiovascular Training and Mindful Movements	Geneva	9	–	–	–	6:30–7:45 pm
Week 3: Strength Training	Geneva	16	–	–	–	6:30–7:45 pm

Northwestern Medicine McHenry Hospital Cancer Center Program Schedule

Program	Location	May	June	July	August	Time
GT3 General Cancer Support Group	McHenry Hospital Cancer Center	1	5	3	7	6:30–8:00 pm
Breast: Survivors		21	18	16	20	6:30–8:00 pm
Mind Over Matter		Dates and times vary; please call to inquire about the schedule				
Creative Expressions		16	20	18	15	3:00–5:00 pm
Yoga		1, 8, 15, 22, 29	5, 12, 19, 26	3, 10, 17, 24, 31	7, 14, 21, 28	5:30–6:30 pm
Chair Massage		7	4	2	6	8:00 am–Noon
		15	18	16	20	11:30 am–3:30 pm
Cancer Survivors Day Event		–	2	–	–	2:00–4:00 pm

Mindful Movements Schedule

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

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

Northwestern Medicine St. George Cancer Institute

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

livingwellcrc.org



Northwestern Medicine St. George Cancer Institute



Northwestern Medicine McHenry Hospital Cancer Center

