



# Northwestern Medicine Living Well Cancer Resources

Fall 2024 Program Guide



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



# Table of Contents

Welcome to Living Well Cancer Resources .....	<a href="#">4</a>
How to Create a Living Well Account .....	<a href="#">5</a>
Medical Discussions .....	<a href="#">6</a>
Medical Discussion Schedule .....	<a href="#">7</a>
Counseling and Social Work Services .....	<a href="#">8</a>
Survivorship Programs .....	<a href="#">9</a>
Support Groups .....	<a href="#">10</a>
Support Group Schedule .....	<a href="#">13</a>
Stress Management .....	<a href="#">14</a>
Stress Management Schedule .....	<a href="#">17</a>
Touch Therapy .....	<a href="#">18</a>
Healing Through Art .....	<a href="#">19</a>
Healing Through Art Schedule .....	<a href="#">23</a>
Wig Boutique and Beautiful You Workshops .....	<a href="#">24</a>
Events .....	<a href="#">25</a>
Nutrition Classes .....	<a href="#">26</a>
Eating Well Schedule .....	<a href="#">27</a>
Being Well Schedule .....	<a href="#">28</a>
Mindful Movements .....	<a href="#">29</a>
Back-on-Track Schedule .....	<a href="#">29</a>
Weekly Group Exercise Classes .....	<a href="#">30</a>
Mindful Movements Schedule .....	<a href="#">32</a>
Individualized Exercise Program .....	<a href="#">33</a>
Individualized Exercise Program Schedule .....	<a href="#">33</a>
Northwestern Medicine McHenry Hospital Cancer Center .....	<a href="#">34</a>
Northwestern Medicine McHenry Hospital Cancer Center Program Schedule .....	<a href="#">34</a>
Fall 2024 Virtual Programs .....	<a href="#">35</a>
Removable Schedules .....	<a href="#">41</a>

# Welcome to Living Well Cancer Resources

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.

You must have a participant profile to register for programs at [livingwell.nm.org](http://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.

**Hours**

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

**Friday:**  
9 am-Noon

**Closed:**  
Saturday and Sunday  
Monday, September 2  
Wednesday, November 27  
(after 3 pm)  
Thursday, November 28  
Tuesday, December 24  
(after 12 pm)  
Wednesday, December 25  
Tuesday, December 31  
(after 3 pm)



## 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

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

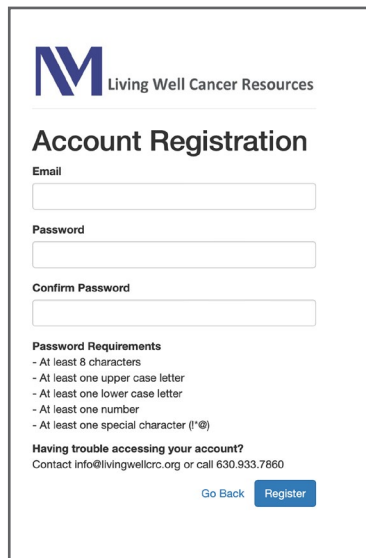
If you are a **new** Living Well participant, follow these steps:

- 1 Go to [livingwell.nm.org](https://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 of criteria. At the bottom, there is a link for 'Having trouble accessing your account?' and two buttons: 'Go Back' and 'Register'.

**M** Living Well Cancer Resources

### Account Registration

Email

Password

Confirm Password

**Password Requirements**

- 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 (!\*@)

**Having trouble accessing your account?**  
Contact [info@livingwellcrc.org](mailto:info@livingwellcrc.org) or call 630.933.7860

[Go Back](#) [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 to support you during your cancer journey, from initial diagnosis through treatment and into early survivorship. All discussions will be presented virtually via Microsoft Teams. You can watch recordings of previous medical discussions on our YouTube channel: [youtube.com/c/livingwellcrc](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](https://livingwell.nm.org).**

## SEPTEMBER

### **Chemo Demystified: The Road to Recovery**

Virtual: Tuesday, September 17, 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.

## OCTOBER

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

Virtual: Thursday, October 17, 6:00–7:00 pm

*Kara Murphy, MS, President, DuPage Health Coalition*

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

## NOVEMBER

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

Virtual: Monday, November 4, 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.

## DECEMBER

### **The Importance of Movement and Exercise in Treatment**

Virtual: Wednesday, December 4, 5:30–6:30 pm

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

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






### Medical Discussion Schedule

Register at [livingwell.nm.org](https://livingwell.nm.org).

All discussions are recorded and posted to our YouTube channel at [youtube.com/c/livingwellcrc](https://youtube.com/c/livingwellcrc).

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
<b>Chemo Demystified: The Road to Recovery</b>	Virtually via Teams	17	–	–	–	6:00–7:00 pm
<b>Medicare Made Easier - Parts A and B</b>	Virtually via Teams	–	17	–	–	6:00–7:00 pm
 <b>I've Finished Cancer Treatment, Now What? Survivorship 101</b>	Virtually via Teams	–	–	4	–	6:00–7:15 pm
<b>The Importance of Movement and Exercise in Treatment</b>	Virtually via Teams	–	–	–	4	5:30–6:30 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 patients, caregivers and family members.

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

## **Social work**

Living Well's licensed social workers connect patients to resources and education to help reduce stress and remove barriers to care. Resources are available to help you with:

- Transportation
- Lodging
- Managing household finances
- 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](mailto:socialwork@livingwellcrc.org).



# Survivorship Programs

## Back-on-Track: Surviving Survivorship Series

Virtual discussion via Microsoft Teams

Mondays, October 7–November 18, 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.

<b>October 7:</b>	<b>Pressure to Thrive</b>
<b>October 14:</b>	<b>Discussion Group</b>
<b>October 21:</b>	<b>Managing Moods, Stress and Feeling Stuck</b>
<b>October 28:</b>	<b>Discussion Group</b>
<b>November 4:</b>	<b>Survivorship 101*</b>
<b>November 11:</b>	<b>Fear of Recurrence</b>
<b>November 18:</b>	<b>Envisioning Your Future</b>

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

*\*If you are registered for the Survivorship Series, you are automatically enrolled in the Survivorship 101 discussion with Dr. George. Please note the time difference at 6:00 pm.*

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

Virtual discussion via Microsoft Teams

Monday, November 4, 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.



# 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 13 for more information about when and where to attend a group.*

**Please check the schedule for any changes to standard dates due to the holidays.**

► **Registration is required for support groups at [livingwell.nm.org](http://livingwell.nm.org).**



## Scanxiety Drop-In Group

Virtual: First and third Monday of each month, 6:30–7:30 pm

Many patients and caregivers experience anxiety around scans, blood work or upcoming appointments. This virtual drop-in group gives you an opportunity to process feelings of “scanxiety” and learn strategies to help manage feelings of stress and anxiety while waiting for tests or test results.



## 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, September 23, and Monday, November 25, 6:30–8:00 pm

In Person (Warrenville): Monday, October 28, and Monday, December 16, 6:30–8:00 pm

Connect with other men affected by cancer in their lives. This drop-in group meets once a month.

**Prostate Support Group** **NEW PROGRAM**

In Person (Geneva):

Third Wednesday of each month,  
11:00 am–12:30 pm

This group offers the opportunity for men with a prostate cancer diagnosis to come together to support each other through diagnosis, treatment and early survivorship.

**Head and Neck**

In Person (Warrenville):

Wednesday, September 11, and Wednesday, November 13, 6:30–8:00 pm

Open to anyone diagnosed with head and neck cancer and caregivers, this group provides 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 affected by cancer whose primary language is Spanish.

**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** **NEW LOCATION**

In Person (Warrenville):

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

Virtual:

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

In Person (Geneva):

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

This group allows 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 connect 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 monthly 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.



## VIRTUAL YOUNG ADULT SUPPORT GROUPS

*Provided by the Lurie Adolescent and Young Adult Cancer Program at Northwestern Medicine and Ann & Robert H. Lurie Children's Hospital*

### **Young Adult Cancer Patient and Survivor Group**

Virtual: First Tuesday of each month, 6:00-7:30 pm

This group for individuals diagnosed from the ages of 15 to 39 and currently 18 and older offers a space to discuss the many ways cancer sucks and how to make it suck less with others who get it.

Sign up by emailing Jennifer Carrera at [jennifer.carrera@nm.org](mailto:jennifer.carrera@nm.org).

You can also contact Jennifer to be added to the email list and receive updates about upcoming meetings and other relevant information.

### **Young Adult Supporter Group**


Virtual:

Second Tuesday of each month, 6:00-7:30 pm

This group is for any adult supporter (18 and older) of a young adult affected by cancer. Supporters can find some "me" time with others who understand.

## Support Group Schedule

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

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
 <b>Scanxiety Drop-In Group</b>	Virtually via Teams	16	7, 21	4, 18	2, 16	6:30-7:30pm
<b>Caregiver Support</b>	Warrenville	3	1	5	3	6:30-8:00pm
	Virtually via Teams	10, 17	8, 15	12, 19	10, 17	6:30-7:30pm
	Geneva	24	22	26	–	6:30-8:00pm
<b>Facing Cancer Together (FACT)</b>	Warrenville	3	1	5	3	6:30-8:00pm
	Virtually via Teams	10, 17	8, 15	12, 19	10, 17	6:30-7:30pm
	Geneva	24	22	26	–	6:30-8:00pm
<b>Good Grief</b>	Virtually via Teams	5	3	7	5	6:30-7:30pm
	Geneva	19	17	21	19	6:30-8:00pm
<b>Men’s Networking Group</b>	Geneva	23	–	25	–	6:30-8:00pm
	Warrenville	–	28	–	16	
<b>Prostate Support Group</b>	Geneva	18	16	20	18	11:00am-12:30pm
<b>Head and Neck</b>	Warrenville	11	–	13	–	6:30-8:00pm
<b>Spanish-Speaking Support Group</b> <b>Grupo de apoyo en español</b>	Warrenville	11	9	13	11	6:30-8:00pm
<b>Breast: General</b>	Warrenville	4	2	6	19	6:30-8:00pm
	Virtually via Teams	11	9	13	11	6:30-7:30pm
	Geneva	18	16	20	18	6:30-8:00pm
<b>Breast: Mastectomy</b>	Geneva	25	23	20	18	6:30-8:00pm
<b>Breast: Metastatic</b>	Virtually via Teams	9	14	11	9	1:00-2:00pm
<b>Gynecological</b>	Virtually via Teams	25	23	20	18	6:30-7:30pm
<b>Young Adult Support</b>	Virtually via Teams	11	9	13	11	6:00-7:00pm
<b>Brain Tumor</b>	Warrenville	25	23	20	18	6:30-8:00pm
<b>Young Adult Cancer Patient and Survivor Group*</b>	Virtually via Teams	3	1	5	3	6:00-7:30pm
<b>Young Adult Supporter Group*</b>	Virtually via Teams	10	8	12	10	6:00-7:30pm

\*Provided by the Lurie Adolescent and Young Adult Cancer Program at Northwestern Medicine and Ann & Robert H. Lurie Children’s Hospital.



Program focused on survivorship



# 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 17 for more information about when and where to attend.

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► Please register for classes at [livingwell.nm.org](http://livingwell.nm.org).

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## SEPTEMBER

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### **Emotional Release and Journaling**

In Person (Warrenville):

Thursdays, September 5-26, 10:00 am-Noon

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

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

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.

### **Self-Care: Restoring Your Inner Self**

Virtual: Wednesday, September 18, 6:30-7:45 pm

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

When you experience sudden and major changes, they may affect how you take care of yourself. This workshop is intended to help you learn about different types of self-care and their benefits. You will also learn how to implement your self-care practices.

## SEPTEMBER

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### Understanding the Power of Reiki

In Person (Warrenville):

Thursday, September 26, 6:00-7:00 pm

*T. Smith, Reiki Master*

This presentation delves into the principles of Reiki, demonstrating its transformative effects and exploring its ability to promote physical, emotional and spiritual well-being.

## OCTOBER

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### Sound Bath

In Person (Warrenville):

Thursday, October 3, 5:30-7:00 pm

*Ruth Day, Yoga Instructor and Trauma Release Facilitator*

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

### Mindset, Intention and Moving Forward

In Person (Geneva):

Wednesdays, October 9-23, 1:00-3:00 pm

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

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

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

### A Night of Remembrance

In Person (Geneva):

Thursday, October 10, 6:30-8:00 pm

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

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

*Karen Pugliese, Advanced Practice Chaplain, Northwestern Medicine*

Spend a special evening honoring and remembering your loved one. You will have the opportunity for reflection and time spent with others who have also experienced a loss.



### Greetings From Chemo Country: Adult Coloring for Relaxation and Stress Relief

Warrenville: Thursday, October 17, 6:00-7:30 pm

*Jeri Davis, Artist and Author*

*Cheryl Cook, Artist and Designer*

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

Take a page from adult coloring book publisher and cancer survivor Jeri Davis and artist Cheryl "Cookie" Cook and express your cancer experience with irreverence and humor. Jeri will share her unique story as you design your own personalized coloring book page.

### Understanding the End-of-Life Journey With a Death Doula

Hybrid (Geneva): Wednesday, October 23, 6:00-7:00 pm

*Kimberly Rich, EdD, Death Doula, Tomorrow Mourning*

This presentation explores the role of a death doula, highlighting their support for individuals and families through the end-of-life process with compassion and practical guidance. You will gain insights into the emotional, spiritual and logistical aspects of dying, and the unique contributions of a death doula in ensuring a dignified and meaningful transition.

### Living Well Book Club

Virtual: Wednesday, October 30, 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:** *Not the Breast Year of My Life: Finding Hope and Resilience After a Breast Cancer Diagnosis* by Cara Sapida

## NOVEMBER

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### **Uncovering Who You Are With Honesty and Humor**

In Person (Geneva):

Wednesday, November 6, 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.

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

Virtual: Thursday, November 14, 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.

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

In Person (Geneva):

Thursday, November 21, 6:30-8:00 pm

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

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

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

## DECEMBER

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### **Sound Bath**

In Person (Geneva):

Thursday, December 5, 5:30-7:00 pm

*Ruth Day, Yoga Instructor and Trauma Release Facilitator*

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

### **Living Well Book Club**

Virtual: Wednesday, December 11, 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:** *Cancer Schmancer* by Fran Drescher





## Stress Management Schedule

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

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

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
<b>Emotional Release and Journaling</b>	Warrenville	5, 12, 19, 26	–	–	–	10:00 am–Noon
<b>Self-Care: Restoring Your Inner Self</b>	Virtually via Teams	18	–	–	–	6:30–7:45 pm
<b>Understanding the Power of Reiki</b>	Warrenville	26	–	–	–	6:00–7:00 pm
<b>Sound Bath</b>	Warrenville	–	3	–	–	5:30–7:00 pm
	Geneva	–	–	–	5	
<b>Mindset, Intention and Moving Forward</b>	Geneva	–	9, 16, 23	–	–	1:00–3:00 pm
<b>A Night of Remembrance</b>	Geneva	–	10	–	–	6:30–8:00 pm
<b>Greetings From Chemo Country</b>	Geneva	–	17	–	–	6:00–7:30 pm
<b>Understanding the End-of-Life Journey With a Death Doula</b>	Hybrid Geneva	–	23	–	–	6:00–7:00 pm
<b>Living Well Book Club</b>	Virtually via Teams	–	30	–	11	5:00–6:15 pm
<b>Uncovering Who You Are With Honesty and Humor</b>	Geneva	–	–	6	–	6:00–7:00 pm
<b>Talking With Kids About Cancer</b>	Virtually via Teams	–	–	14	–	6:30–7:30 pm
<b>Coping With Grief During the Holidays</b>	Geneva	–	–	21	–	6:30–8:00 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.

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

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## Massage

A light, relaxing massage can be enjoyed by people at all stages of cancer. Massages have been shown to:

- Reduce stress, anxiety and depression
- Help with circulation
- Bolster the immune system
- Decrease pain and fatigue
- Improve sleep

## Facials

Experience the benefits of a gentle, hydrating facial given by a licensed, 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 23 for more information about when and where to attend.

► Please register for classes at [livingwell.nm.org](http://livingwell.nm.org) at least 24 hours in advance.

## SEPTEMBER

### Virtual Classes

#### Mixed Media

Virtual: Thursdays, September 5-26, 6:00-7:30pm

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.

### Warrenville Classes

#### Emotional Release and Journaling

In Person (Warrenville):

Thursdays, September 5-26, 10:00am-Noon

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

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

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.

#### Open Studio

In Person (Warrenville):

Thursdays, September 5-26, 1:00-3:00pm

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



#### Woodburning

In Person (Warrenville):

Mondays, September 9-30, 1:00-3:00pm

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



## Geneva Classes

### Jewelry

In Person (Geneva):  
Tuesdays, September 3-24, 10:00 am-Noon  
Create one-of-a-kind pieces of jewelry with beads, wire, repurposed jewelry and shrinky dinks.

### Open Studio

In Person (Geneva):  
Tuesdays, September 3-24, 1:00-3:00 pm  
Bring your unfinished projects (from home or class) to work on in this open-to-anything class.

### Mixed Media

In Person (Geneva):  
Wednesdays, September 4-25, 10:00 am-Noon  
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.

### Alcohol Inks

In Person (Geneva):  
Wednesdays, September 4-25, 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.



## OCTOBER

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### Warrenville Classes

#### Woodburning

In Person (Warrenville):  
Mondays, October 7-28, 1:00-3:00pm

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

#### Meditative Drawing

In Person (Warrenville):  
Thursdays, October 10, 17 and 31, 10:00am-Noon

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

#### Open Studio

In Person (Warrenville):  
Thursdays, October 10, 17 and 31, 1:00-3:00pm  
Bring your unfinished projects (from home or class) to work on in this open-to-anything class.

### Geneva Classes

#### Needle Felting

In Person (Geneva):  
Tuesdays, October 8-29, 10:00am-Noon  
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.

#### Gelli Printing

In Person (Geneva):  
Tuesdays, October 8-29, 1:00-3:00pm  
Discover the art of gelli printing using nature as your backdrop.

#### Meditative Drawing

In Person (Geneva):  
Wednesdays, October 9-30, 10:00am-Noon  
Explore Zendoodle, neurographic and meditative coloring. Seek stillness and silence the soul while awakening the mind. Boost your creativity through this relaxing art.

## NOVEMBER

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### Virtual Classes

#### Mixed Media

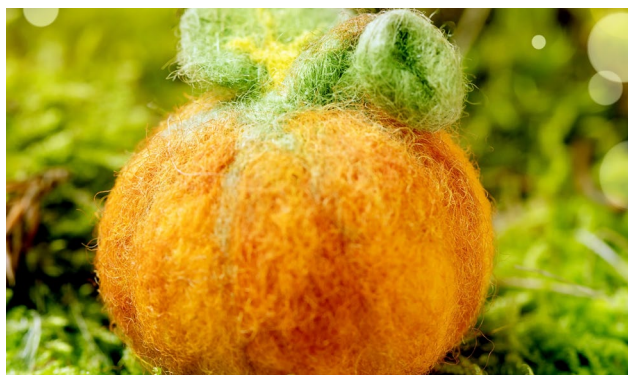
Virtual: Thursdays, November 7 and 14, 6:00-7:30pm  
Relax and let your imagination guide you in expressing your creativity through mixed media: collage, abstract art, decoupage, layering, stenciling and a fun use of ephemera.

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

### Warrenville Classes

#### Journaling and Collage

In Person (Warrenville):  
Mondays, November 4-25, 1:00-3:00pm  
Use this creative space to combine writing and visual art to express yourself and document your personal experiences.



#### Needle Felting

In Person (Warrenville):  
Thursdays, November 7-21, 10:00am-Noon  
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.

#### Woodburning

In Person (Warrenville):  
Thursdays, November 7-21, 1:00-3:00pm  
Curious about woodburning? Try it and see where it takes your creativity! Learn the free-handed art of decorating wood.

## Geneva Classes

**Meditative Drawing**

In Person (Geneva):

Tuesdays, November 5-26, 10:00 am-Noon

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

**Jewelry**

In Person (Geneva):

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

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

**Alcohol Inks**

In Person (Geneva):

Wednesdays, November 6-20, 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, November 6-20, 1:00-3:00 pm

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

## DECEMBER

## Virtual Classes

**Mixed Media**

Virtual: Thursdays, December 5 and 19, 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.

## Warrenville Classes

**Vision Boards**

In Person (Warrenville):

Mondays, December 2, 9, 16 and 30, 1:00-3:00 pm

Try envisioning and manifesting your dreams and goals for a new year by creating your personal vision board.

**Jewelry**

In Person (Warrenville):

Thursdays, December 5 and 19, 1:00-3:00 pm

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

## Geneva Classes

**Gelli Printing**

In Person (Geneva):

Tuesdays, December 3-17, 1:00-3:00 pm

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

**Open Studio**

In Person (Geneva):

Wednesdays, December 4-18, 1:00-3:00 pm

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

# Holiday Classes

## Needle Felting

In Person (Geneva):  
 Tuesdays, December 3-17, 10:00 am - Noon  
 Use felting needles to create unique ornaments and trinkets in time for the holidays.

## Jewelry

In Person (Geneva):  
 Wednesdays, December 4-18, 10:00 am- Noon  
 Create one-of-a-kind pieces of jewelry for the holidays with beads, wire and repurposed jewelry.

## Open Studio

In Person (Warrenville):  
 Thursdays, December 5 and 19, 10:00 am- Noon  
 Have a holiday project you're working on? Bring your projects (from home or class) to make progress during this open-to-anything class.

## Healing Through Art Schedule

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

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
<b>Mixed Media</b>	Virtually via Teams	5, 12, 19, 26	–	7, 14	5, 19	6:00–7:30 pm
	Geneva	4, 11, 18, 25	–	–	–	10:00 am–Noon
<b>Emotional Release and Journaling</b>	Warrenville	5, 12, 19, 26	–	–	–	10:00 am–Noon
<b>Open Studio</b>	Geneva	3, 10, 17, 24	–	6, 13, 20	4, 11, 18	1:00–3:00 pm
	Warrenville	5, 12, 19, 26	10, 17, 31	–	–	1:00–3:00 pm
		–	–		5, 19	10:00 am–Noon
<b>Woodburning</b>	Warrenville	9, 16, 23, 30	7, 14, 21, 28	7, 14, 21	–	1:00–3:00 pm
<b>Jewelry</b>	Geneva	3, 10, 17, 24	–	–	4, 11, 18	10:00 am–Noon
		–	–	5, 12, 19, 26	–	1:00–3:00 pm
	Warrenville	–	–	–	5, 19	1:00–3:00 pm
<b>Alcohol Inks</b>	Geneva	4, 11, 18, 25	–	–	–	1:00–3:00 pm
		–	–	6, 13, 20	–	10:00 am–Noon
<b>Meditative Drawing</b>	Warrenville	–	10, 17, 31	–	–	10:00 am–Noon
	Geneva	–	9, 16, 23, 30	5, 12, 19, 26	–	
<b>Needle Felting</b>	Geneva	–	8, 15, 22, 29	–	3, 10, 17	10:00 am–Noon
	Warrenville	–	–	7, 14, 21	–	
<b>Gelli Printing</b>	Geneva	–	8, 15, 22, 29	–	3, 10, 17	1:00–3:00 pm
<b>Journaling and Collage</b>	Warrenville	–	–	4, 11, 18, 25	–	1:00–3:00 pm
<b>Vision Boards</b>	Warrenville	–	–	–	2, 9, 16, 30	1:00–3:00 pm

# Wig Boutique and Beautiful You Workshops

At Living Well, we are committed to supporting you throughout your cancer journey. That includes offering wig consultations and workshops to help you feel 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](http://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, September 18
- Wednesday, October 16
- Wednesday, November 20

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

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

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# Events

Join other families impacted by cancer at these special events! Space is limited, so please register in advance for events at [livingwell.nm.org](http://livingwell.nm.org).

## OCTOBER

### Fall Festival

Living Well Warrenville

Thursday, October 24, 5:30-7:30pm

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

## DECEMBER

### Holiday Joy

Living Well Geneva

Thursday, December 12, 5:30-7:30pm

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

# NORTHWESTERN MEDICINE WALK & 5K

Benefiting Living Well  
Cancer Resources  
and Celebrating  
Cancer Survivors

**Saturday, October 19**

Northwestern Medicine Field  
Geneva, Illinois

Learn more and register at  
[nm.org/nmwalkand5k24](http://nm.org/nmwalkand5k24)



# 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, and 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](https://youtube.com/c/livingwellcrc).

## Nutrition Consultations

We're here to answer your nutrition questions and make recommendations that can help you during your cancer treatment. To set up a phone consultation, please complete the form at [bit.ly/lwnutrition](https://bit.ly/lwnutrition). If you have a general question and do not need a full consult, email [askadietitian@livingwellcrc.org](mailto: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.

## JOIN US FOR A SPECIAL PRESENTATION!

### Relationship Between Ultra-Processed Food, Sugar and Cancer

Hybrid (Geneva): Wednesday, November 13,  
6:00-7:00 pm

*Grace Suh, MD, Medical Oncology, Northwestern  
Medicine Delnor Cancer Center*

*Nancy Zawicki, RD, LDN, MS, Northwestern Medicine  
Delnor Cancer Center*

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

This presentation aims to raise awareness about the potential health risks associated with these dietary choices and provide practical recommendations for reducing your consumption of harmful ingredients.



## 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.

### Wednesdays, Noon-1:00 pm

#### October 16 | What to Eat Before and During Chemo-Symptom Management

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

#### October 23 | 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. You will learn tips and recipes to help minimize or prevent unpredictable side effects during treatment.

#### October 30 | 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.

#### November 6 | Now It's My Turn to Cook: Tips for Simple and Healthy Meals

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



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

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
<b>What to Eat Before and During Chemo-Symptom Management</b>	Hybrid Geneva	–	16	–	–	Noon-1:00 pm
<b>How to Make the Most of Each Bite and Sidelining Side Effects</b>	Hybrid Geneva	–	23	–	–	Noon-1:00 pm
<b>Protecting the Immune System and Reducing Inflammation Through Food</b>	Hybrid Geneva	–	30	–	–	Noon-1:00 pm
<b>Now It's My Turn to Cook: Tips for Simple and Healthy Meals</b>	Hybrid Geneva	–	–	6	–	Noon-1:00 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**

**September 4 | Moving Forward After a Cancer Diagnosis With the Mediterranean Diet**

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 and recommendations on how to incorporate more antioxidants, phytochemicals and anti-inflammatory foods.



**September 11 | 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.

**September 18 | Gut Health and the Microbiome**

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

**September 25 | Cooking for One or Two**

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

**Being Well Schedule**

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

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
<b>Moving Forward After a Cancer Diagnosis With the Mediterranean Diet</b>	Hybrid Geneva	4	—	—	—	6:00-7:00 pm
<b>Eating Well for Survivorship: Maintaining a Healthy Weight</b>	Hybrid Geneva	11	—	—	—	6:00-7:00 pm
<b>Gut Health and the Microbiome</b>	Hybrid Geneva	18	—	—	—	6:00-7:00 pm
<b>Cooking for One or Two</b>	Hybrid Geneva	25	—	—	—	6:00-7:00 pm

# Mindful Movements

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

Check the *Mindful Movement Schedule* on page 32 for more information about when and where to attend.



Before your first class, you must complete and we must receive a *Consent and Release Form*.

## 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](mailto:info@livingwellcrc.org) to schedule a consultation.

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

Virtual: Tuesdays, October 8–22, 6:00–7:30 pm

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

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

## Back-on-Track Schedule

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

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
<b>Week 1:</b> Overview of Exercise and Physical Activity Guidelines	Virtually via Teams	–	8	–	–	6:00 – 7:30 pm
<b>Week 2:</b> Cardiovascular Training and Mindful Movements	Virtually via Teams	–	15	–	–	6:00 – 7:30 pm
<b>Week 3:</b> Strength Training and Exercise Demo	Virtually via Teams	–	22	–	–	6:00 – 7:30 pm



## WEEKLY GROUP EXERCISE CLASSES

### **Yoga**

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

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

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**

Hybrid

(Northwestern Medicine St. George Cancer Center)

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

Tuesdays, 2:00-2:45 pm

This gentle chair yoga class is designed to improve flexibility, strength and relaxation. It is accessible to all levels and perfect for those with mobility limitations.

### **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 after a seated mobility session.

### **Movement for Bone Health**

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

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

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, 12:15-1:00pm  
 Hybrid (Warrenville): Thursdays, 11:30am-12:15pm  
 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, 6:00-6:45pm  
 Hybrid (Warrenville): Tuesdays, 5:45-6:30pm  
 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, 12:30-1:15pm  
 In Person (Warrenville): Thursdays, 12:30-1:15pm  
 This gentle form of exercise focuses on maintaining strength, flexibility, and balance while helping you reduce stress and anxiety. This is a standing practice.

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

In Person (Warrenville): Wednesdays, 11:00-11:45am  
 Build confidence, regain trust in your body and reduce stress. Join Delilah Matos, Certified USA Boxing coach, for a low-impact, non-contact shadow boxing class that will have you feeling empowered and ready to face any obstacle.

**Gentle Mat Yoga**

Hybrid (Warrenville): Wednesdays, 5:45-6:30pm  
 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 the class is on your mat.



## Mindful Movements Schedule

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

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



# Individualized Exercise Program

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

## Each program will provide:

- Quality care with an exercise assessment with 14 health markers, prescription and intervention.
- Educational and safe programs by certified and qualified personnel.
- Scientifically based individualized prescriptive exercise programs for cancer patients undergoing treatment and cancer survivors.
- Education for cancer survivors concerning the continuum of cancer care.

## Each individual exercise program includes:

### Pre-assessment

- Health screening and medical history
- Lifestyle evaluation
- Fatigue scale analysis
- Depression inventory
- Quality-of-life index
- Cardiorespiratory endurance
- Pulmonary function
- Pulse oximetry
- Muscular strength
- Muscular endurance
- Balance
- Body composition
- Circumference measurements
- Flexibility and range of motion



### 3 months of open studio sessions



### Post-assessment

Review of all screenings and inventory to understand and celebrate progress.

## To get started on your individualized exercise program:

- Contact Wellness Coordinator Erin Bloodworth at [erin.bloodworth@nm.org](mailto:erin.bloodworth@nm.org) to schedule your initial consultation.
- Attend a pre-assessment session at **Living Well Warrenton** (4525 Weaver Parkway, Suite 103).
- Choose open studio days and times that work for you for 90 days at **either** Living Well location (Geneva or Warrenton).
- 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	Warrenton	1:00-2:30 pm
Thursdays	Warrenton	2:00-3:30 pm

# Northwestern Medicine McHenry Hospital Cancer Center

[< BACK TO TABLE OF CONTENTS](#)

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 Hospital 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 and third Tuesday of the month, 9:00 am-1:00 pm  
(Open to patients and families)  
A certified massage therapist offers relaxing chair massages. No registration is required.

## Northwestern Medicine McHenry Hospital Cancer Center Program Schedule

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
GT3 General Cancer Support Group	McHenry Hospital Cancer Center	4	2	6	4	6:30-8:00 pm
Breast: Survivors		17	15	19	17	6:30-8:00 pm
Mind Over Matter		Dates and times vary; please call to inquire about the schedule				
Creative Expressions		19	17	21	19	3:00-5:00 pm
Yoga		4, 11, 18, 25	2, 9, 16, 23, 30	6, 13, 20	4, 11, 18	5:30-6:30 pm
Chair Massage		3, 17	1, 15	5, 19	3, 17	9:00 am-1:00 pm

# Fall 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](https://livingwell.nm.org) to receive a link to join these virtual programs.

## Medical Discussions

### **Chemo Demystified: The Road to Recovery**

Tuesday, September 17, 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.

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

Thursday, October 17, 6:00–7:00 pm

*Kara Murphy, MS, President, DuPage Health Coalition*

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



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

Monday, November 4, 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.

### **The Importance of Movement and Exercise in Treatment**

Wednesday, December 4, 5:30–6:30 pm

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

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



## Survivorship Programs

### Scanxiety Drop-In Group

First and third Monday of each month, 6:30–7:30 pm  
Many patients and caregivers experience anxiety around scans, blood work or upcoming appointments. This virtual drop-in group gives you an opportunity to process feelings of “scanxiety” and learn strategies to help manage feelings of stress and anxiety while waiting for tests or test results.

### Back-on-Track: Surviving Survivorship Series

Mondays, October 7 - November 18, 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.

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

<b>October 7:</b>	<b>Pressure to Thrive</b>
<b>October 14:</b>	<b>Discussion Group</b>
<b>October 21:</b>	<b>Managing Moods, Stress and Feeling Stuck</b>
<b>October 28:</b>	<b>Discussion Group</b>
<b>November 4:</b>	<b>Survivorship 101*</b>
<b>November 11:</b>	<b>Fear of Recurrence</b>
<b>November 18:</b>	<b>Envisioning Your Future</b>

*\*If you are registered for the Survivorship Series, you are automatically enrolled in the Survivorship 101 discussion with Dr. George. Please note the time difference at 6:00 pm.*

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

Monday, November 4, 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.



# Support Groups

## 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

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

This group allows 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 connect 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 invites you to gather 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 monthly group provides support and education to young adults ages 18 to 40 who have a cancer diagnosis.

## VIRTUAL YOUNG ADULT SUPPORT GROUPS

*Provided by the Lurie Adolescent and Young Adult Cancer Program at Northwestern Medicine and Ann & Robert H. Lurie Children's Hospital*

### Young Adult Cancer Patient and Survivor Group

First Tuesday of each month, 6:00–7:30 pm

This group for individuals diagnosed from the ages of 15 to 39 and currently 18 and older offers a space to discuss the many ways cancer sucks and how to make it suck less with others who get it.

Sign up by emailing Jennifer Carrera at [jennifer.carrera@nm.org](mailto:jennifer.carrera@nm.org).

You can also contact Jennifer to be added to the email list and receive updates about upcoming meetings and other relevant information.

### Young Adult Supporter Group

Second Tuesday of each month, 6:00–7:30 pm

This group is for any adult supporter (18 and older) of a young adult affected by cancer. Supporters can find some “me” time with others who understand.

# Stress Management

## Self-Care: Restoring Your Inner Self

Wednesday, September 18, 6:30–7:45 pm

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

When you experience sudden and major changes, they may affect how you take care of yourself. This workshop is intended to help you learn about different types of self-care and their benefits. You will also learn how to implement your self-care practices.

## Understanding the End-of-Life Journey With a Death Doula

Wednesday, October 23, 6:00–7:00 pm

*Kimberly Rich, EdD, Death Doula, Tomorrow Mourning*

This presentation explores the role of a death doula, highlighting their support for individuals and families through the end-of-life process with compassion and practical guidance. You will gain insights into the emotional, spiritual and logistical aspects of dying, and the unique contributions of a death doula in ensuring a dignified and meaningful transition.

## Living Well Book Club

Wednesday, October 30, 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:** *Not the Breast Year of My Life: Finding Hope and Resilience After a Breast Cancer Diagnosis* by Cara Sapida

## Talking With Kids About Cancer

Thursday, November 14, 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, December 11, 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:** *Cancer Schmancer* by Fran Drescher

# Art

## Mixed Media

Thursdays, September 5–26

Thursdays, November 7 and 14

Thursdays, December 5 and 19

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.

## 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.

**Wednesdays, Noon-1:00 pm**

### October 16 | What to Eat Before and During Chemo-Symptom Management

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

### October 23 | How to Make the Most of Each Bite and Sideline Side Effects

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

### October 30 | 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.

### November 6 | Now It's My Turn to Cook: Tips for Simple and Healthy Meals

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

## 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**

### September 4 | Moving Forward After a Cancer Diagnosis With the Mediterranean Diet

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 and recommendations on how to incorporate more antioxidants, phytochemicals and anti-inflammatory foods.

### September 11 | 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.

### September 18 | Gut Health and the Microbiome

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

### September 25 | Cooking for One or Two

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

### November 13 | Relationship Between Ultra-Processed Food, Sugar and Cancer

*Grace Suh, MD, Medical Oncology, Northwestern Medicine Delnor Cancer Center*

*Nancy Zawicki, RD, LDN, MS, and Mary Zupke, RD, LDN, MS, FAND, Northwestern Medicine Delnor Cancer Center*

This presentation aims to raise awareness about the potential health risks associated with these dietary choices and provide practical recommendations for reducing your consumption of harmful ingredients.



Program focused on survivorship

# Mindful Movements

## Yoga

Mondays, 10:15-11:00 am

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

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 after 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

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.

## Chair Yoga

Tuesdays, 2:00-2:45 pm

This gentle chair yoga class is designed to improve flexibility, strength and relaxation. It is accessible to all levels and perfect for those with mobility limitations.




# Removable Schedules

## for Fall Programs at Living Well Cancer Resources

Pages 41 through 46 include schedules for all programs mentioned in this guide. **These pages are perforated so you can easily tear them out and reference them.** Register for classes and programs at [livingwell.nm.org](http://livingwell.nm.org).


### Medical Discussion Schedule

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

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
<b>Chemo Demystified: The Road to Recovery</b>	Virtually via Teams	17	–	–	–	6:00-7:00 pm
<b>Medicare Made Easier - Parts A and B</b>	Virtually via Teams	–	17	–	–	6:00-7:00 pm
 <b>I've Finished Cancer Treatment, Now What? Survivorship 101</b>	Virtually via Teams	–	–	4	–	6:00-7:15 pm
<b>The Importance of Movement and Exercise in Treatment</b>	Virtually via Teams	–	–	–	4	5:30-6:30 pm

## Support Group Schedule

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

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

\*Provided by the Lurie Adolescent and Young Adult Cancer Program at Northwestern Medicine and Ann & Robert H. Lurie Children's Hospital.



## Stress Management Schedule

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

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
<b>Emotional Release and Journaling</b>	Warrenville	5, 12, 19, 26	–	–	–	10:00 am–Noon
<b>Self-Care: Restoring Your Inner Self</b>	Virtually via Teams	18	–	–	–	6:30–7:45 pm
<b>Understanding the Power of Reiki</b>	Warrenville	26	–	–	–	6:00–7:00 pm
<b>Sound Bath</b>	Warrenville	–	3	–	–	5:30–7:00 pm
	Geneva	–	–	–	5	
<b>Mindset, Intention and Moving Forward</b>	Geneva	–	9, 16, 23	–	–	1:00–3:00 pm
<b>A Night of Remembrance</b>	Geneva	–	10	–	–	6:30–8:00 pm
<b>Greetings From Chemo Country</b>	Geneva	–	17	–	–	6:00–7:30 pm
<b>Understanding the End-of-Life Journey With a Death Doula</b>	Hybrid Geneva	–	23	–	–	6:00–7:00 pm
<b>Living Well Book Club</b>	Virtually via Teams	–	30	–	11	5:00–6:15 pm
<b>Uncovering Who You Are With Honesty and Humor</b>	Geneva	–	–	6	–	6:00–7:00 pm
<b>Talking With Kids About Cancer</b>	Virtually via Teams	–	–	14	–	6:30–7:30 pm
<b>Coping With Grief During the Holidays</b>	Geneva	–	–	21	–	6:30–8:00 pm

## Healing Through Art Schedule

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

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
<b>Mixed Media</b>	Virtually via Teams	5, 12, 19, 26	–	7, 14	5, 19	6:00-7:30pm
	Geneva	4, 11, 18, 25	–	–	–	10:00am-Noon
<b>Emotional Release and Journaling</b>	Warrenville	5, 12, 19, 26	–	–	–	10:00am-Noon
<b>Open Studio</b>	Geneva	3, 10, 17, 24	–	6, 13, 20	4, 11, 18	1:00-3:00pm
	Warrenville	5, 12, 19, 26	10, 17, 31	–	–	1:00-3:00pm
		–	–		5, 19	10:00am-Noon
<b>Woodburning</b>	Warrenville	9, 16, 23, 30	7, 14, 21, 28	7, 14, 21	–	1:00-3:00pm
<b>Jewelry</b>	Geneva	3, 10, 17, 24	–	–	4, 11, 18	10:00am-Noon
		–	–	5, 12, 19, 26	–	1:00-3:00pm
	Warrenville	–	–	–	5, 19	–
<b>Alcohol Inks</b>	Geneva	4, 11, 18, 25	–	–	–	1:00-3:00pm
		–	–	6, 13, 20	–	10:00am-Noon
<b>Meditative Drawing</b>	Warrenville	–	10, 17, 31	–	–	10:00am-Noon
	Geneva	–	9, 16, 23, 30	5, 12, 19, 26	–	
<b>Needle Felting</b>	Geneva	–	8, 15, 22, 29	–	3, 10, 17	10:00am-Noon
	Warrenville	–	–	7, 14, 21	–	
<b>Gelli Printing</b>	Geneva	–	8, 15, 22, 29	–	3, 10, 17	1:00-3:00pm
<b>Journaling and Collage</b>	Warrenville	–	–	4, 11, 18, 25	–	1:00-3:00pm
<b>Vision Boards</b>	Warrenville	–	–	–	2, 9, 16, 30	1:00-3:00pm

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

Program	Location	Sept.	Oct.	Nov.	Dec.	Time
<b>What to Eat Before and During Chemo-Symptom Management</b>	Hybrid Geneva	–	16	–	–	Noon-1:00 pm
<b>How to Make the Most of Each Bite and Sideline Side Effects</b>	Hybrid Geneva	–	23	–	–	Noon-1:00 pm
<b>Protecting the Immune System and Reducing Inflammation Through Food</b>	Hybrid Geneva	–	30	–	–	Noon-1:00 pm
<b>Now It's My Turn to Cook: Tips for Simple and Healthy Meals</b>	Hybrid Geneva	–	–	6	–	Noon-1:00 pm

**Being Well Schedule**

Register at [livingwell.nm.org](https://livingwell.nm.org).



Program	Location	Sept.	Oct.	Nov.	Dec.	Time
<b>Moving Forward After a Cancer Diagnosis With the Mediterranean Diet</b>	Hybrid Geneva	4	–	–	–	6:00-7:00 pm
<b>Eating Well for Survivorship: Maintaining a Healthy Weight</b>	Hybrid Geneva	11	–	–	–	6:00-7:00 pm
<b>Gut Health and the Microbiome</b>	Hybrid Geneva	18	–	–	–	6:00-7:00 pm
<b>Cooking for One or Two</b>	Hybrid Geneva	25	–	–	–	6:00-7:00 pm

**Back-on-Track Schedule**

Register at [livingwell.nm.org](https://livingwell.nm.org).



Program	Location	Sept.	Oct.	Nov.	Dec.	Time
<b>Week 1:</b> Overview of Exercise and Physical Activity Guidelines	Virtually via Teams	–	8	–	–	6:00 - 7:30 pm
<b>Week 2:</b> Cardiovascular Training and Mindful Movements	Virtually via Teams	–	15	–	–	6:00 - 7:30 pm
<b>Week 3:</b> Strength Training and Exercise Demo	Virtually via Teams	–	22	–	–	6:00 - 7:30 pm



## Mindful Movements Schedule

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

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



[facebook.com/livingwellcrc](https://facebook.com/livingwellcrc)



Channel: Living Well Cancer Resources

#### Northwestern Medicine St. George Cancer Institute



#### Northwestern Medicine McHenry Hospital Cancer Center

