



# Northwestern Medicine Living Well Cancer Resources

Winter 2025 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 Presentations .....	<a href="#">6</a>
Counseling and Social Work Services .....	<a href="#">7</a>
Survivorship Programs .....	<a href="#">8</a>
Support Groups .....	<a href="#">9</a>
Support Group Schedule .....	<a href="#">12</a>
Stress Management .....	<a href="#">13</a>
Stress Management Schedule .....	<a href="#">15</a>
Touch Therapy .....	<a href="#">16</a>
Healing Through Art .....	<a href="#">17</a>
Healing Through Art Schedule .....	<a href="#">20</a>
Wig Boutique and Beautiful You Workshops .....	<a href="#">21</a>
Nutrition Classes .....	<a href="#">22</a>
Eating Well Schedule .....	<a href="#">23</a>
Being Well Schedule .....	<a href="#">24</a>
Mindful Movements .....	<a href="#">25</a>
Back-on-Track Schedule .....	<a href="#">25</a>
Weekly Group Exercise Classes .....	<a href="#">26</a>
Mindful Movements Schedule .....	<a href="#">28</a>
Individualized Exercise Program .....	<a href="#">29</a>
Individualized Exercise Program Schedule .....	<a href="#">29</a>
Northwestern Medicine McHenry Hospital Cancer Center .....	<a href="#">30</a>
Northwestern Medicine McHenry Hospital Cancer Center Program Schedule .....	<a href="#">30</a>
Winter 2025 Virtual Programs .....	<a href="#">31</a>
Removable Schedules .....	<a href="#">37</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.

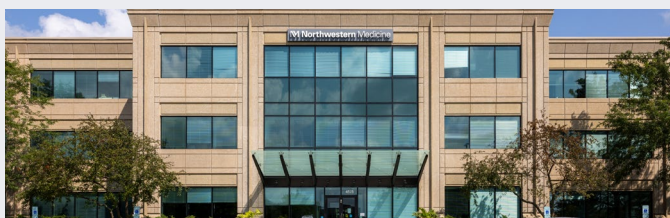
You must have a participant profile to register for programs at [livingwell.nm.org](http://livingwell.nm.org). If you need help creating a profile or logging in to an existing profile, you can view instructions on page 5.

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.



**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  
Tuesday, January 14, 2-6 pm

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



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





## How to Create a Living Well Account

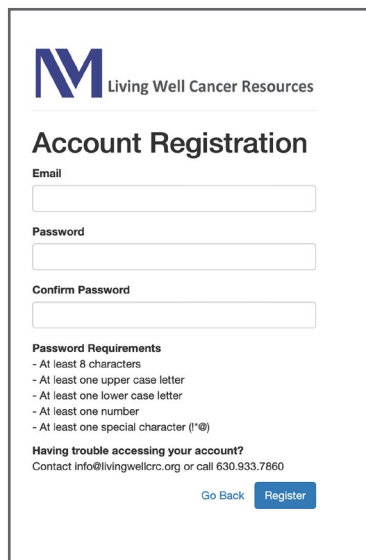
If you are a **new** Living Well participant, follow these steps:

- 1 Go to [livingwell.nm.org](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: '- 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 'Contact info@livingwellrc.org or call 630.933.7860'. Two buttons are at the bottom: '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.

### Account Registration has the following technical requirements:

- Please do not use your phone. Use a desktop or laptop computer.
- Do not use the Safari browser. We recommend Chrome or Microsoft Edge.
- If you have problems, clear your browser cookies and cache data, and try again.



# Medical Presentations

Living Well offers medical presentations to support you during your cancer journey, presented virtually via Microsoft Teams.

You can watch recordings of previous medical presentations on our YouTube channel: [youtube.com/c/livingwellcrc](https://youtube.com/c/livingwellcrc).

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

## SPECIAL MEDICAL PRESENTATION!

### Understanding Colon Cancer With a Q&A Session

Virtual: Monday, March 10, 6:00-7:00 pm

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

This medical presentation will provide an in-depth overview of colon cancer, including its causes, symptoms and the latest advancements in treatment options. A question-and-answer session will follow, offering an opportunity for you to receive guidance and expert advice.



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

Virtual: Monday, March 31, 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.



Program focused on survivorship

# 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, March 3–April 14, 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>March 3:</b>	<b>Pressure to Thrive</b>
<b>March 10:</b>	<b>Discussion Group</b>
<b>March 17:</b>	<b>Managing Moods, Stress and Feeling Stuck</b>
<b>March 24:</b>	<b>Discussion Group</b>
<b>March 31:</b>	<b>Survivorship 101*</b>
<b>April 7:</b>	<b>Fear of Recurrence</b>
<b>April 14:</b>	<b>Envisioning Your Future</b>

Register at [livingwell.nm.org](http://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, March 31, 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 12 for more information about when and where to attend a group.

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

In Person (Geneva): Monday, January 27, and

Monday, March 24, 6:30–8:00 pm

In Person (Warrenville):

Monday, February 24, and Monday, April 28, 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**

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. This group is led by Matt Vose, RN, OCN, oncology nurse clinician.

### **Head and Neck**

In Person (Warrenville):

Wednesday, January 8, and Wednesday, March 12,  
6:30-8:00 pm

Open to anyone diagnosed with head and neck cancer and their 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**

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 invites you to gather 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	Jan.	Feb.	Mar.	Apr.	Time
 <b>Scanxiety Drop-In Group</b>	Virtually via Teams	6, 20	3, 17	3, 17	7, 21	6:30-7:30pm
<b>Caregiver Support</b>	Warrenville	7	4	4	1	6:30-8:00pm
	Virtually via Teams	14, 21	11, 18	11, 18	8, 15	6:30-7:30pm
	Geneva	28	25	25	22	6:30-8:00pm
<b>Facing Cancer Together (FACT)</b>	Warrenville	7	4	4	1	6:30-8:00pm
	Virtually via Teams	14, 21	11, 18	11, 18	8, 15	6:30-7:30pm
	Geneva	28	25	25	22	6:30-8:00pm
<b>Good Grief</b>	Virtually via Teams	2	6	6	3	6:30-7:30pm
	Geneva	16	20	20	17	6:30-8:00pm
<b>Men's Networking Group</b>	Geneva	27	–	24	–	6:30-8:00pm
	Warrenville	–	24	–	28	
<b>Prostate Support Group</b>	Geneva	15	19	19	16	11:00am-12:30pm
<b>Head and Neck</b>	Warrenville	8	–	12	–	6:30-8:00pm
<b>Spanish-Speaking Support Group</b> <b>Grupo de apoyo en español</b>	Warrenville	8	12	12	9	6:30-8:00pm
<b>Breast: General</b>	Warrenville	8	5	5	2	6:30-8:00pm
	Virtually via Teams	15	12	12	9	6:30-7:30pm
	Geneva	22	19	19	16	6:30-8:00pm
<b>Breast: Mastectomy</b>	Geneva	22	26	26	23	6:30-8:00pm
<b>Breast: Metastatic</b>	Virtually via Teams	13	10	10	14	1:00-2:00pm
<b>Gynecological</b>	Virtually via Teams	22	26	26	23	6:30-7:30pm
<b>Young Adult Support</b>	Virtually via Teams	8	12	12	9	6:00-7:00pm
<b>Brain Tumor</b>	Warrenville	22	26	26	23	6:30-8:00pm
<b>Young Adult Cancer Patient and Survivor Group*</b>	Virtually via Teams	7	4	4	1	6:00-7:30pm
<b>Young Adult Supporter Group*</b>	Virtually via Teams	14	11	11	8	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.





# Stress Management

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

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

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

## JANUARY

### **The Importance of Caregivers and Caregiving**

Virtual: Wednesday, January 29, 6:30–7:45 pm

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

Join us as we discuss how to navigate caring for someone with cancer and the important role you play as their caregiver. This presentation will offer ways to balance the needs of your loved one with your own needs, as well as how you can care for yourself as a caregiver.

## FEBRUARY

### **Chakra Workshop**

In Person (Warrenville):

Thursdays, February 6–27, 10:00 am–Noon

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

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

You will create a variety of art (including collage and jewelry) using mixed media and be led through yoga sequences aligning with different chakras each week.



## FEBRUARY

---

### Sound Bath

In Person (Warrenville):

Wednesday, February 12, 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. We will give each participant a mat to use on the floor during the session, or we can provide folding chairs if needed. Please arrive five to 10 minutes early to set up your space and be ready to begin on time. We cannot allow you to join a session after it starts.

### Living Well Book Club

Virtual: Wednesday, February 19, 5:00-6:15 pm

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

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

**Book:** *The Bright Hour: A Memoir of Living and Dying* by Nina Riggs



## APRIL

---

### Reshaping Your Self-Image

In Person (Warrenville):

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

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

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

A cancer diagnosis can bring physical changes that can shift your perspective of your self-image. This class can help you process the changes that cancer brings while in a safe and creative environment. We recommend registering for all four days. Only people who attend the first meeting may attend subsequent meetings.



### Sound Bath

In Person (Geneva):

Wednesday, April 16, 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. We will give each participant a mat to use on the floor during the session, or we can provide folding chairs if needed. Please arrive five to 10 minutes early to set up your space and be ready to begin on time. We cannot allow you to join a session after it starts.

### Talking With Kids About Cancer

Virtual: Wednesday, April 23, 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

Virtual: Wednesday, April 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:** *TOUGH: Women Who Survived Cancer* by Marquina Iliev-Piselli



## Stress Management Schedule

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

Program	Location	Jan.	Feb.	Mar.	Apr.	Time
<b>The Importance of Caregivers and Caregiving</b>	Virtually via Teams	29	–	–	–	6:30–7:45 pm
<b>Chakra Workshop</b>	Warrenville	–	6, 13, 20, 27	–	–	10:00 am–Noon
<b>Sound Bath</b>	Warrenville	–	12	–	–	5:30–7:00 pm
	Geneva	–	–	–	16	
<b>Living Well Book Club</b>	Virtually via Teams	–	19	–	30	5:00–6:15 pm
<b>Reshaping Your Self-Image</b>	Warrenville	–	–	–	3, 10, 17, 24	10:00 am–Noon
<b>Talking With Kids About Cancer</b>	Virtually via Teams	–	–	–	23	6:30–7:30 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.*

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

## JANUARY-APRIL

### Virtual Classes

#### Mixed Media

Virtual: Thursdays, January 2–March 27, 6:00–7:30 pm  
Relax and let your imagination guide you in expressing your creativity through mixed media: collage, abstract art, decoupage, layering, stenciling and a fun use of ephemera.

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

## JANUARY

### Warrenville Classes

#### Woodburning

In Person (Warrenville):  
Thursdays, January 2–30, 10:00 am–Noon  
Curious about woodburning? Try it and see where it takes your creativity! Learn the free-handed art of decorating wood.

#### Alcohol Inks

In Person (Warrenville):  
Thursdays, January 2–30, 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.

#### Meditative Drawing

In Person (Warrenville):  
Mondays, January 6–27, 1:00–3:00 pm  
Explore Zendoodle, neurographic and meditative coloring. Seek stillness and silence the soul while awakening the mind. Boost your creativity through this relaxing art.

### Geneva Classes

#### Journaling Retreat

In Person (Geneva):  
Tuesdays, January 7–28, 10:00 am–2:00 pm  
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.

#### Mixed Media/Open Studio

In Person (Geneva):  
Tuesdays, January 7–28, 6:00–8:00 pm  
Bring your unfinished projects (from home or class) to work on in this open-to-anything class.



## FEBRUARY

### Warrenville Classes

#### Open Studio

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

#### Chakra Workshop

In Person (Warrenville):  
Thursdays, February 6-27, 10:00 am-Noon  
*Cheri Hunt, Art Instructor, Northwestern Medicine Living Well Cancer Resources*  
*Erin Bloodworth, Wellness Coordinator, Northwestern Medicine Living Well Cancer Resources*  
You will create a variety of art (including collage and jewelry) using mixed media and be led through yoga sequences aligning with different chakras each week.

#### Clay

In Person (Warrenville):  
Thursdays, February 6-27, 1:00-3:00 pm  
In this class, you will be working with Sculpey clay and alcohol inks, playing with air-dry clay and exploring paper clay to create jewelry, trinkets, bowls and more.

### Geneva Classes

#### Meditative Drawing

In Person (Geneva):  
Tuesdays, February 4-25, 10:00 am-Noon  
Explore Zendoodle, neurographic and meditative coloring. Seek stillness and silence the soul while awakening the mind. Boost your creativity through this relaxing art.

#### Needle Felting

In Person (Geneva):  
Tuesdays, February 4-25, 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, trinkets and pins. No experience is needed for this class.

#### Mixed Media/Open Studio

In Person (Geneva):  
Tuesdays, February 4-25, 6:00-8:00 pm  
Bring your unfinished projects (from home or class) to work on in this open-to-anything class.

#### Jewelry Retreat

In Person (Geneva):  
Wednesdays, February 5-26, 10:00 am-2:00 pm  
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 we 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.



## MARCH

---

### Warrenville Classes

#### Alcohol Inks

In Person (Warrenville):

Mondays, March 10-31, 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.

#### Gelli Printing Retreat

In Person (Warrenville):

Thursdays, March 6-27, 10:00 am-2:00 pm

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

### Geneva Classes

#### Jewelry

In Person (Geneva):

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

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

#### Mixed Media/Open Studio

In Person (Geneva):

Tuesdays, March 4-25, 6:00-8:00 pm

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

#### Journaling Retreat

In Person (Geneva):

Wednesdays, March 5-26, 10:00 am-2:00 pm

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.

## APRIL

---

### Warrenville Classes

#### Open Studio

In Person (Warrenville):

Mondays, April 14-28, 1:00-3:00 pm

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

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

### Geneva Classes

#### Vision Boards

In Person (Geneva):

Tuesdays, April 1-29, 10:00 am-Noon

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

#### Meditative Drawing

In Person (Geneva): Tuesdays, April 1-29, 1:00-3:00 pm

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

#### Mixed Media/Open Studio

In Person (Geneva): Tuesdays, April 1-29, 6:00-8:00 pm

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

#### Jewelry Retreat

In Person (Geneva):

Wednesdays, April 2-30, 10:00 am-2:00 pm

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 we 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.

## Healing Through Art Schedule

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

Program	Location	Jan.	Feb.	Mar.	Apr.	Time
<b>Mixed Media</b>	Virtually via Teams	2, 9, 16, 23, 30	6, 13, 20, 27	6, 13, 20, 27	3, 10, 17, 24	6:00-7:30 pm
<b>Woodburning</b>	Warrenville	2, 9, 16, 23, 30	–	–	–	10:00 am-Noon
<b>Alcohol Inks</b>	Warrenville	2, 9, 16, 23, 30	–	10, 17, 24, 31	–	1:00-3:00 pm
<b>Meditative Drawing</b>	Warrenville	6, 13, 20, 27	–	–	–	1:00-3:00 pm
	Geneva	–	4, 11, 18, 25	–	–	10:00 am-Noon
		–	–	–	–	1, 8, 15, 22, 29
<b>Journaling Retreat</b>	Geneva	7, 14, 21, 28	–	5, 12, 19, 26	–	10:00 am-2:00 pm
<b>Mixed Media/Open Studio</b>	Geneva	7, 14, 21, 28	4, 11, 18, 25	4, 11, 18, 25	1, 8, 15, 22, 29	6:00-8:00 pm
<b>Open Studio</b>	Warrenville	–	3, 10, 17, 24	–	3, 10, 14, 17, 21, 24, 28	1:00-3:00 pm
	Geneva	–	–	4, 11, 18, 25	–	
<b>Chakra Workshop</b>	Warrenville	–	6, 13, 20, 27	–	–	10:00 am-Noon
<b>Clay</b>	Warrenville	–	6, 13, 20, 27	–	–	1:00-3:00 pm
<b>Needle Felting</b>	Geneva	–	4, 11, 18, 25	–	–	1:00-3:00 pm
<b>Jewelry Retreat</b>	Geneva	–	5, 12, 19, 26	–	2, 9, 16, 23, 30	10:00 am-2:00 pm
<b>Gelli Printing Retreat</b>	Warrenville	–	–	6, 13, 20, 27	–	10:00 am-2:00 pm
<b>Jewelry</b>	Geneva	–	–	4, 11, 18, 25	–	10:00 am-Noon
<b>Vision Boards</b>	Geneva	–	–	–	1, 8, 15, 22, 29	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 [livingwellcrc.org](https://livingwellcrc.org).
2. Under the **Forms** drop-down menu near the top of the webpage, select **Hair Goals Form**.
3. Complete the form and submit it.
4. Call to schedule an appointment.
  - Living Well Geneva: 630.933.7860
  - Living Well Warrenville: 331.732.4900

## Beautiful You Workshops

In Person (Geneva)

4:30-6:00 pm

Select one of three dates:

- Wednesday, February 19
- Wednesday, March 19
- Wednesday, April 16

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 female companion. Register for Beautiful You workshops at [livingwell.nm.org](https://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, 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://www.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 [askdietitian@livingwellcrc.org](mailto:askdietitian@livingwellcrc.org).

After you complete the Eating Well and Being Well 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!

### Healthy Hispanic Cooking: Flavorful Traditions With a Nutritious Twist

Hybrid (Geneva):

Tuesday, January 28, 6:00–7:30 pm

*Presented by Sylvia Klinger, MS, RD, LDN*

Discover how to make your favorite Hispanic dishes healthier without sacrificing flavor by incorporating fresh ingredients, balanced spices and creative cooking techniques. Enjoy vibrant, delicious meals that nourish both body and soul.

¡ACOMPÁÑENOS A UNA PRESENTACIÓN ESPECIAL!

### Cocina hispana saludable: Tradiciones llenas de sabor con un toque nutritivo

Híbrido (Geneva):

Martes, 28 de enero, de 6:00 a 7:30 p. m.

*Presentado por Sylvia Klinger, MS, RD, LDN*

Descubra cómo hacer que sus platillos hispanos favoritos sean más saludables sin sacrificar el sabor incorporando ingredientes frescos, especias equilibradas y técnicas de cocina creativas. Disfrute de comidas vibrantes y deliciosas que nutren tanto el cuerpo como el alma.

## 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

#### February 5 | 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.

#### February 12 | 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.

#### February 19 | 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.

#### February 26 | 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.](https://livingwell.nm.org)

Program	Location	Jan.	Feb.	Mar.	Apr.	Time
<b>What to Eat Before and During Chemo-Symptom Management</b>	Hybrid Geneva	—	5	—	—	Noon-1:00 pm
<b>How to Make the Most of Each Bite and Sideline Side Effects</b>	Hybrid Geneva	—	12	—	—	Noon-1:00 pm
<b>Protecting the Immune System and Reducing Inflammation Through Food</b>	Hybrid Geneva	—	19	—	—	Noon-1:00 pm
<b>Now It's My Turn to Cook: Tips for Simple and Healthy Meals</b>	Hybrid Geneva	—	26	—	—	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**

**March 5 | 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.

**March 12 | 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.

**March 19 | Gut Health and the Microbiome**

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



**March 26 | 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	Jan.	Feb.	Mar.	Apr.	Time
<b>Moving Forward After a Cancer Diagnosis With the Mediterranean Diet</b>	Hybrid Geneva	–	–	5	–	6:00-7:00 pm
<b>Eating Well for Survivorship: Maintaining a Healthy Weight</b>	Hybrid Geneva	–	–	12	–	6:00-7:00 pm
<b>Gut Health and the Microbiome</b>	Hybrid Geneva	–	–	19	–	6:00-7:00 pm
<b>Cooking for One or Two</b>	Hybrid Geneva	–	–	26	–	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.

Please arrive five to 10 minutes early to set up your space and be ready to begin on time. We cannot allow you to join a session after it starts.

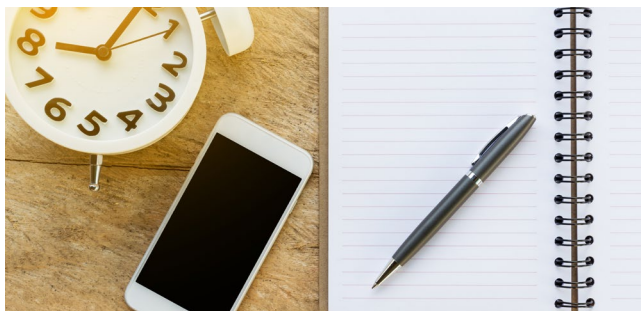
Check the *Mindful Movements Schedule* on page 28 for more information about when and where to attend.



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: Thursdays, February 13–27, 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	Jan.	Feb.	Mar.	Apr.	Time
<b>Week 1:</b> Overview of Exercise and Physical Activity Guidelines	Virtually via Teams	–	13	–	–	6:00 – 7:30 pm
<b>Week 2:</b> Cardiovascular Training and Mindful Movements	Virtually via Teams	–	20	–	–	6:00 – 7:30 pm
<b>Week 3:</b> Strength Training and Exercise Demo	Virtually via Teams	–	27	–	–	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 you 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, 2:00-2:45pm

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.





**Tai Chi: Meditation in Motion**

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

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

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

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



**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.

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

### Living With Grief

Tuesdays: Various times throughout the year  
This is a six-week group for adults experiencing loss through death. To learn more, call 815.759.4459.



## ART

### Creative Expressions

Third Thursday of each month, 3:00-5:00 pm  
A monthly expressive arts program helps you link 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

Third Tuesday of each 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	Jan.	Feb.	Mar.	Apr.	Time
GT3 General Cancer Support Group	McHenry Hospital Cancer Center	8	5	5	2	6:30-8:00 pm
Breast: Survivors		21	18	18	15	6:30-8:00 pm
Living With Grief		Dates and times vary; call 815.759.4459				
Creative Expressions		16	20	20	17	3:00-5:00 pm
Yoga		8, 15, 22, 29	5, 12, 19, 26	5, 12, 19, 26	2, 9, 16, 23, 30	5:30-6:30 pm
Chair Massage		21	18	18	15	9:00 am-1:00 pm

# Winter 2025 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 Presentations

### Understanding Colon Cancer With a Q&A Session

Monday, March 10, 6:00-7:00 pm

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

This medical presentation will provide an in-depth overview of colon cancer, including its causes, symptoms and the latest advancements in treatment options. A question-and-answer session will follow, offering an opportunity for you to receive guidance and expert advice.

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

Monday, March 31, 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.

## Survivorship Programs

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

Mondays, March 3-April 14, 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](https://livingwell.nm.org) to receive a link to join this virtual series.

**March 3: Pressure to Thrive**

**March 10: Discussion Group**

**March 17: Managing Moods, Stress and Feeling Stuck**

**March 24: Discussion Group**

**March 31: Survivorship 101\***

**April 7: Fear of Recurrence**

**April 14: Envisioning Your Future**

*\*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, March 31, 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



### **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.

### **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.

### **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.

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.

# Stress Management

## **The Importance of Caregivers and Caregiving**

Wednesday, January 29, 6:30-7:45 pm

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

Join us as we discuss how to navigate caring for someone with cancer and the important role you play as their caregiver. This presentation will offer ways to balance the needs of your loved one with your own needs, as well as how you can care for yourself as a caregiver.

## **Living Well Book Club**

Wednesday, February 19, 5:00-6:15 pm

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

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

**Book:** *The Bright Hour: A Memoir of Living and Dying* by Nina Riggs

## **Talking With Kids About Cancer**

Wednesday, April 23, 6:30-7:30 pm

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

Join Living Well Counselor Cassie Nieves to learn age-appropriate tools and terms for explaining cancer and cancer treatment to children. You will also learn how to help children navigate their feelings, as well as different ways to support them as they process their loved one's diagnosis.

## **Living Well Book Club**

Wednesday, April 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:** *TOUGH: Women Who Survived Cancer* by Marquina Iliev-Piselli

# Art

## **Mixed Media**

Thursdays, January 2-March 27, 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

#### February 5 | 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.

#### February 12 | 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.

#### February 19 | 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.

#### February 26 | 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

#### March 5 | 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.

#### March 12 | 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.

#### March 19 | Gut Health and the Microbiome

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

#### March 26 | Cooking for One or Two

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

### JOIN US FOR A SPECIAL PRESENTATION!

#### Healthy Hispanic Cooking: Flavorful Traditions With a Nutritious Twist

Tuesday, January 28, 6:00-7:30 pm

*Presented by Sylvia Klinger, MS, RD, LDN*

Discover how to make your favorite Hispanic dishes healthier without sacrificing flavor by incorporating fresh ingredients, balanced spices and creative cooking techniques. Enjoy vibrant, delicious meals that nourish both body and soul.

#### ¡ACOMPÁÑENOS A UNA PRESENTACIÓN ESPECIAL! Cocina hispana saludable: Tradiciones llenas de sabor con un toque nutritivo

Martes, 28 de enero, de 6:00 a 7:30 p. m.

*Presentado por Sylvia Klinger, MS, RD, LDN*

Descubra cómo hacer que sus platillos hispanos favoritos sean más saludables sin sacrificar el sabor incorporando ingredientes frescos, especias equilibradas y técnicas de cocina creativas. Disfrute de comidas vibrantes y deliciosas que nutren tanto el cuerpo como el alma.



# 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 you manage stress as you tune into your mind/body connection. Class may include both standing and mat yoga poses.

## **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.

## **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

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.

## **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 the class is on your mat.



# Removable Schedules

## for Winter Programs at Living Well Cancer Resources

Pages 37 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](http://livingwell.nm.org).

### Support Group Schedule

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

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

## Support Group Schedule

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

Program	Location	Jan.	Feb.	Mar.	Apr.	Time
<b>Breast: Metastatic</b>	Virtually via Teams	13	10	10	14	1:00-2:00pm
<b>Gynecological</b>	Virtually via Teams	22	26	26	23	6:30-7:30pm
<b>Young Adult Support</b>	Virtually via Teams	8	12	12	9	6:00-7:00pm
<b>Brain Tumor</b>	Warrenville	22	26	26	23	6:30-8:00pm
<b>Young Adult Cancer Patient and Survivor Group*</b>	Virtually via Teams	7	4	4	1	6:00-7:30pm
<b>Young Adult Supporter Group*</b>	Virtually via Teams	14	11	11	8	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.

## Stress Management Schedule

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

Program	Location	Jan.	Feb.	Mar.	Apr.	Time
<b>The Importance of Caregivers and Caregiving</b>	Virtually via Teams	29	–	–	–	6:30-7:45pm
<b>Chakra Workshop</b>	Warrenville	–	6, 13, 20, 27	–	–	10:00am-Noon
<b>Sound Bath</b>	Warrenville	–	12	–	–	5:30-7:00pm
	Geneva	–	–	–	16	
<b>Living Well Book Club</b>	Virtually via Teams	–	19	–	30	5:00-6:15pm
<b>Reshaping Your Self-Image</b>	Warrenville	–	–	–	3, 10, 17, 24	10:00am-Noon
<b>Talking With Kids About Cancer</b>	Virtually via Teams	–	–	–	23	6:30-7:30pm

## Healing Through Art Schedule

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

Program	Location	Jan.	Feb.	Mar.	Apr.	Time
<b>Mixed Media</b>	Virtually via Teams	2, 9, 16, 23, 30	6, 13, 20, 27	6, 13, 20, 27	3, 10, 17, 24	6:00-7:30 pm
<b>Woodburning</b>	Warrenville	2, 9, 16, 23, 30	–	–	–	10:00 am-Noon
<b>Alcohol Inks</b>	Warrenville	2, 9, 16, 23, 30	–	10, 17, 24, 31	–	1:00-3:00 pm
<b>Meditative Drawing</b>	Warrenville	6, 13, 20, 27	–	–	–	1:00-3:00 pm
	Geneva	–	4, 11, 18, 25	–	–	10:00 am-Noon
		–	–	–	–	1, 8, 15, 22, 29
<b>Journaling Retreat</b>	Geneva	7, 14, 21, 28	–	5, 12, 19, 26	–	10:00 am-2:00 pm
<b>Mixed Media/Open Studio</b>	Geneva	7, 14, 21, 28	4, 11, 18, 25	4, 11, 18, 25	1, 8, 15, 22, 29	6:00-8:00 pm
<b>Open Studio</b>	Warrenville	–	3, 10, 17, 24	–	3, 10, 14, 17, 21, 24, 28	1:00-3:00 pm
	Geneva	–	–	4, 11, 18, 25	–	
<b>Chakra Workshop</b>	Warrenville	–	6, 13, 20, 27	–	–	10:00 am-Noon
<b>Clay</b>	Warrenville	–	6, 13, 20, 27	–	–	1:00-3:00 pm
<b>Needle Felting</b>	Geneva	–	4, 11, 18, 25	–	–	1:00-3:00 pm
<b>Jewelry Retreat</b>	Geneva	–	5, 12, 19, 26	–	2, 9, 16, 23, 30	10:00 am-2:00 pm
<b>Gelli Printing Retreat</b>	Warrenville	–	–	6, 13, 20, 27	–	10:00 am-2:00 pm
<b>Jewelry</b>	Geneva	–	–	4, 11, 18, 25	–	10:00 am-Noon
<b>Vision Boards</b>	Geneva	–	–	–	1, 8, 15, 22, 29	10:00 am-Noon

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

Program	Location	Jan.	Feb.	Mar.	Apr.	Time
<b>What to Eat Before and During Chemo-Symptom Management</b>	Hybrid Geneva	–	5	–	–	Noon-1:00 pm
<b>How to Make the Most of Each Bite and Sideline Side Effects</b>	Hybrid Geneva	–	12	–	–	Noon-1:00 pm
<b>Protecting the Immune System and Reducing Inflammation Through Food</b>	Hybrid Geneva	–	19	–	–	Noon-1:00 pm
<b>Now It's My Turn to Cook: Tips for Simple and Healthy Meals</b>	Hybrid Geneva	–	26	–	–	Noon-1:00 pm

**Being Well Schedule** 

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

Program	Location	Jan.	Feb.	Mar.	Apr.	Time
<b>Moving Forward After a Cancer Diagnosis With the Mediterranean Diet</b>	Hybrid Geneva	–	–	5	–	6:00-7:00 pm
<b>Eating Well for Survivorship: Maintaining a Healthy Weight</b>	Hybrid Geneva	–	–	12	–	6:00-7:00 pm
<b>Gut Health and the Microbiome</b>	Hybrid Geneva	–	–	19	–	6:00-7:00 pm
<b>Cooking for One or Two</b>	Hybrid Geneva	–	–	26	–	6:00-7:00 pm

**Back-on-Track Schedule** 

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

Program	Location	Jan.	Feb.	Mar.	Apr.	Time
<b>Week 1:</b> Overview of Exercise and Physical Activity Guidelines	Virtually via Teams	–	13	–	–	6:00-7:30 pm
<b>Week 2:</b> Cardiovascular Training and Mindful Movements	Virtually via Teams	–	20	–	–	6:00-7:30 pm
<b>Week 3:</b> Strength Training and Exercise Demo	Virtually via Teams	–	27	–	–	6:00-7:30 pm



### Mindful Movements Schedule

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

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

### Northwestern Medicine McHenry Hospital Cancer Center Program Schedule

Program	Location	Jan.	Feb.	Mar.	Apr.	Time
<b>GT3 General Cancer Support Group</b>	McHenry Hospital Cancer Center	8	5	5	2	6:30-8:00 pm
<b>Breast: Survivors</b>		21	18	18	15	6:30-8:00 pm
<b>Living With Grief</b>		Dates and times vary; call 815.759.4459				
<b>Creative Expressions</b>		16	20	20	17	3:00-5:00 pm
<b>Yoga</b>		8, 15, 22, 29	5, 12, 19, 26	5, 12, 19, 26	2, 9, 16, 23, 30	5:30-6:30 pm
<b>Chair Massage</b>		21	18	18	15	9:00 am-1:00 pm







### Living Well Cancer Resources Geneva



### Living Well Cancer Resources Warrenville



#### Living Well Cancer Resources Geneva

442 Williamsburg Avenue  
Geneva, Illinois 60134  
630.933.7860

#### Living Well Cancer Resources Warrenville

4525 Weaver Parkway, Suite 103  
Warrenville, Illinois 60555  
331.732.4900

#### Northwestern Medicine 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)

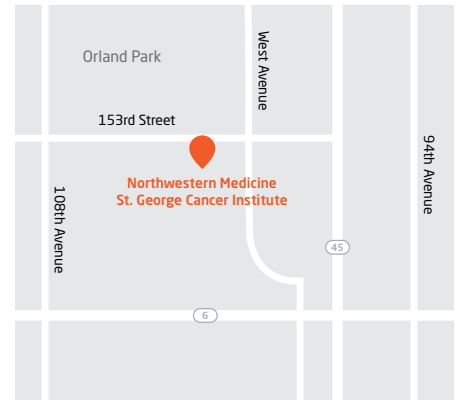


facebook.com/livingwellcrc



Channel: Living Well Cancer Resources

#### Northwestern Medicine St. George Cancer Institute



#### Northwestern Medicine McHenry Hospital Cancer Center

