



# Northwestern Medicine Living Well Cancer Resources

Winter 2025 Program Guide



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

# 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.

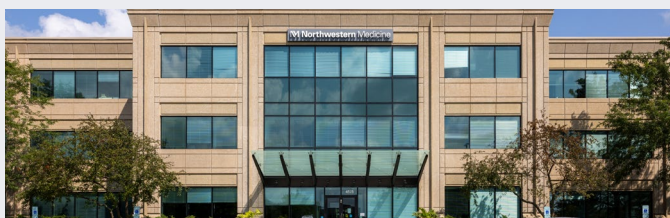
You must have a participant profile to register for programs at [livingwell.nm.org](http://livingwell.nm.org). If you need help creating a profile or logging in to an existing profile, you can view instructions on page 5.

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

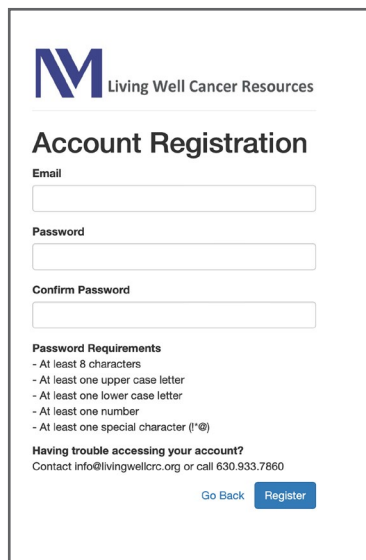
If you are a **new** Living Well participant, follow these steps:

- 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.

# 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

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*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

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*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 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.

#### 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

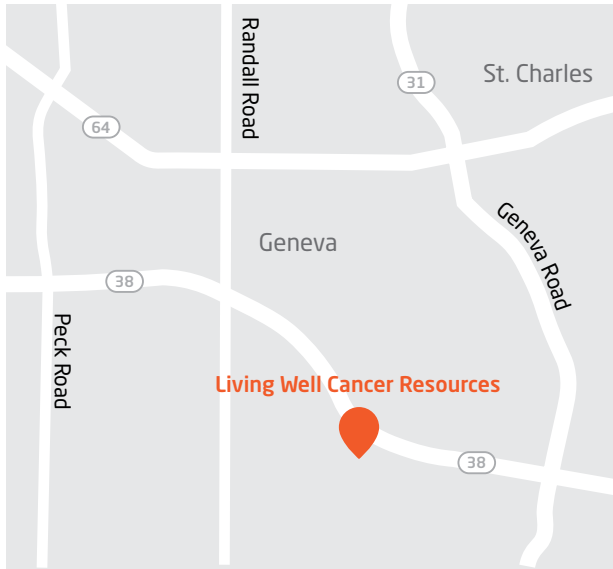
Science has now identified that stress causes us to age more quickly. Learn stress reduction methods in this fully guided practice of seated yoga postures followed by a guided relaxation practice.

## **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.

### Living Well Cancer Resources Geneva



### Living Well Cancer Resources Warrenville



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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)



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#### Northwestern Medicine St. George Cancer Institute



#### Northwestern Medicine McHenry Hospital Cancer Center

