



Are you new to Living Well Cancer Resources?

Living Well programs and services are provided at no cost to anyone affected by or living with a cancer diagnosis, regardless of where a person lives or receives medical treatment.

Scan this QR code to tour both locations and explore one of our culinary, meditation, chair fitness or art classes. Visit livingwellcrc.org to learn more about our programs and services.



Northwestern Medicine Living Well Cancer Resources

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livingwellcrc.org

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Living Well Cancer Resources

Compassionate Care and Hope for Those Facing Cancer



Northwestern Medicine Living Well Cancer Resources is dedicated to providing evidence-based programs and services that encourage, empower and support patients with cancer and their families and caregivers. All of our offerings are provided at no cost because we believe that no one should face cancer alone.

To learn more about these programs and classes, and to register, visit livingwellcrc.org.

Education

Medical updates and special presentations are provided by Northwestern Medicine medical staff. With these educational offerings, you will:

- › Learn more about advanced treatments and technology, clinical trials and managing side effects
- › Access reliable information from experts
- › Explore treatment and after-care options

Fitness and yoga

Designed to support you during and after cancer treatment, Living Well fitness and yoga classes are modified by our expert instructors to meet a variety of needs and encourage healing. These classes can help to:

- › Boost energy, and increase strength and flexibility
- › Decrease stress and anxiety
- › Reduce the side effects of cancer treatment, including lymphedema and neuropathy

If you have questions about exercise and any limitations related to your cancer diagnosis or treatment, please call Living Well to schedule an exercise consultation.



Art

Art can provide many benefits to patients with cancer, offering emotional, psychological and even physical support. These classes can help you with:

- › Emotional expression and release
- › Fostering hope and resilience
- › Mindfulness and present moment awareness

Nutrition

Learn how to cook and eat healthy meals to reduce cancer-related side effects and live well throughout a cancer journey. Services are provided by Northwestern Medicine registered dietitians. Discover how to:

- › Make informed decisions about food and diet plans
- › Form healthy eating habits

Consult an oncology dietitian by emailing askadietitian@livingwellcrc.org.

Counseling

The emotional experience of cancer treatment can be as challenging as the physical experience. Licensed clinical professional counselors can help you talk about your thoughts, feelings and reactions to a diagnosis. Counseling can help you:

- › Manage the emotions of a cancer journey as a patient, family member or caregiver, or as someone who has lost a loved one to cancer
- › Find support for mental health issues you may be encountering

Email counseling@livingwellcrc.org to set up a consultation.



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 address logistical concerns about transportation and lodging, and manage household finances and employment challenges. Social workers are also available to:

- › Help patients and caregivers cope after a diagnosis and treatment changes
- › Remove barriers to cancer care
- › Find resources to help you navigate your cancer journey

Email socialwork@livingwellcrc.org with any questions.

Support groups

Connecting with others who understand your cancer journey is important, whether you have cancer or you are supporting someone through a diagnosis. Living Well offers general, cancer-specific, caregiver and grief support groups that are facilitated by licensed mental health professionals. The Living Well survivorship series includes educational and group-oriented opportunities. Support groups can help you:

- › Share experiences with others like you
- › Improve your health outcomes by reducing isolation
- › Learn new ways to cope and handle difficult situations

Stress management and touch therapy

Living Well's touch therapy services (massage, reiki, reflexology and facials) and meditation classes offer creative ways to experience relaxation. With these services, you can:

- › Learn inventive techniques for addressing stress and finding calm
- › Improve your coping skills
- › Reconnect with your inner self and move forward in the healing process

Wig Boutique

Living Well offers wigs at a reduced cost or at no cost to patients with cancer who are experiencing hair loss as a result of treatment. To schedule a wig consultation, visit livingwellcrc.org.

