



Northwestern Medicine Living Well Cancer Resources

Summer 2025 Program Guide



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



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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 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. If you need help creating a profile or logging in to an existing profile, you can view instructions on page 5.

We understand that in-person programs may not be the right fit for you, which is why we offer much of our programming hybrid or just virtual.

Hours

Monday through Thursday:
10:00 am–8:00 pm

Friday:
9:00 am–Noon

Closed:

- › Saturday and Sunday
- › Monday, May 26
- › Friday, July 4



442 Williamsburg Avenue | Geneva, Illinois 60134
630.933.7860



4525 Weaver Parkway, Suite 103 | Warrenville, Illinois 60555
331.732.4900

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



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



How to Create a Living Well Account

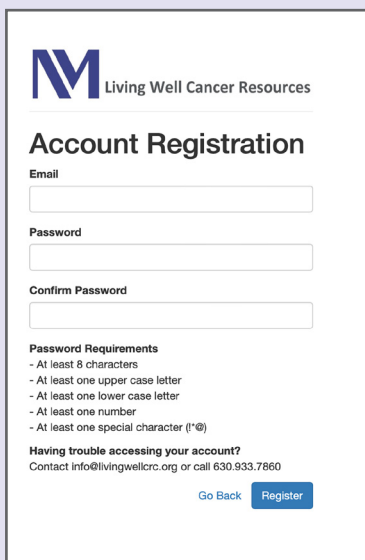
If you are a **new** Living Well participant, follow these steps:

- 1 Go to livingwell.nm.org.
- 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 includes a logo at the top, followed by the title 'Account Registration'. Below the title are three input fields: 'Email', 'Password', and 'Confirm Password'. Under these fields, there is a section titled 'Password Requirements' with a list of criteria: '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, and two buttons: 'Go Back' and 'Register'.

- 4 We will send you an email to confirm that you want to create an account. In the email, select the [clicking here](#) link to confirm your account.
- 5 Use your login information (email and password) to access your Living Well Cancer Resources account and register for programs.

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 discussions on our YouTube channel: youtube.com/c/livingwellcrc.

► Register for medical discussions at livingwell.nm.org.



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

Virtual: Monday, June 30, 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.

Clinical Trial Overview

Virtual: Monday, July 28, 6:00–7:00 pm

Jenny Mitchell, Director, Network Research Operations

This presentation will give an overview of the types of clinical trials available at Northwestern Medicine and a review of how patients participate in these clinical studies.



Overcoming the Challenges of Swallowing Problems Through the Power of Volunteerism and Research

Virtual: Monday, August 18, 6:00–7:00 pm

Bonnie Martin-Harris, PhD, CCC-SLP, BCS-S

Alice Gabrielle Twight Professor, Roxelyn and Richard Pepper Department of Communication Sciences and Disorders, Otolaryngology–Head and Neck Surgery and Radiation Oncology, Northwestern University Feinberg School of Medicine

Associate Dean for Faculty Affairs, School of Communication, Northwestern University Director, Northwestern University Swallowing Cross-Systems Collaborative Laboratory

This session will address the various types of swallowing challenges faced by patients surviving side effects of head and neck cancer treatment. Dr. Martin-Harris will explain new approaches to rehabilitation and outline opportunities to participate in swallowing therapy clinical trials. The session will include inspiring stories and innovative advancements in treatment for swallowing, and highlight the impact of community support and scientific progress 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.

Social Work

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

- › Transportation
- › Lodging
- › Managing household finances
- › Employment challenges

Social workers are also available to help you cope after a diagnosis and treatment changes. To connect with a Living Well social worker, please email socialwork@livingwellcrc.org.

Survivorship Programs



Back-on-Track: Surviving Survivorship Series

Virtual discussion via Microsoft Teams

Mondays, June 2–July 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.

- › **June 2 Pressure to Thrive**
- › **June 9 Discussion Group**
- › **June 16 Managing Moods, Stress and Feeling Stuck**
- › **June 23 Discussion Group**
- › **June 30 Survivorship 101***
- › **July 7 Fear of Recurrence**
- › **July 14 Envisioning Your Future**



Register at 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.*

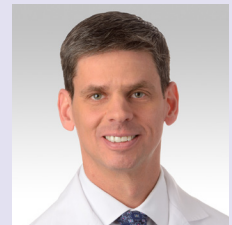


I've Finished Cancer Treatment, Now What? Survivorship 101

Virtual discussion via Microsoft Teams

Monday, June 30, 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.



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.



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.

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.

Men's Networking Groups

In Person (Geneva):

Monday, May 19, and Monday, July 28, 6:30–8:00 pm

In Person (Warrenville):

Monday, June 23, and Monday, August 25, 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, an oncology nurse clinician.

Head and Neck

In Person (Warrenville): Second Wednesday of every other month, May 14 and July 16, 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

Presencial (Warrenville):

Segundo miércoles de cada mes, de 6:30 a 8:00 p.m.

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

Contact Jennifer Carrera at jennifer.carrera@nm.org to be added to the email list and receive updates about upcoming meetings and other relevant information.



Support Group Schedule | Register at livingwell.nm.org.

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



Stress Management

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

Check the Stress Management Schedule on page 14 for more information about when and where to attend.

► Please register for classes at livingwell.nm.org.

JUNE

Sound Bath

In Person (Warrenville):

Wednesday, June 11, 6:00 – 7:30 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 15 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, June 18, 5:00 – 6:15 pm

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

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

Book: *Everything Happens for a Reason (And Other Lies I've Loved)* by Kate Bowler

JULY

Emotional Release and Journaling

In Person (Warrenville):

Wednesdays, July 9 – 30, 10:00 am – Noon

Nancy Nieto, LPC, NCC, Counselor, Northwestern

Medicine Living Well Cancer Resources

Cheri Hunt, Art Instructor, Northwestern Medicine

Living Well Cancer Resources

Navigate the many changes that come with a cancer diagnosis and tap into your emotions while creating a personal, artful journal.



AUGUST

Living Well Book Club

Virtual: Wednesday, August 6, 5:00 – 6:15 pm

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

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

Book: *Picking Up the Pieces: Life After Cancer* by Claire Brissette-Lamoureux, PhD

Sound Bath

In Person

(Geneva): Wednesday, August 20, 6:00 – 7:30 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 15 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.

Stress Management Schedule | Register at livingwell.nm.org.

Program	Location	May	June	July	August	Time
Sound Bath	Warrenville	—	11	—	—	6:00 – 7:30 pm
	Geneva	—	—	—	20	
Book Club	Virtually via Teams	—	18	—	6	5:00 – 6:15 pm
Emotional Release and Journaling	Warrenville	—	—	9, 16, 23, 30	—	10:00 am – Noon

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. Each Living Well class is part of a four-week course (unless otherwise indicated) that is led by one of our art instructors, Cheri Hunt, Eva Coker or Bridget Stern. No previous art experience is needed.

Check the Healing Through Art Schedule on page 21 for more information about when and where to attend.

► Please register for classes at livingwell.nm.org at least 24 hours in advance.

MAY – AUGUST

› Virtual Classes

Mixed Media

Virtual: Wednesdays, June 4–August 27, 6:00–8:00 pm

Eva Coker, Living Well Cancer Resources

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.



MAY

› Geneva Classes

Meditative Drawing

In Person (Geneva):

Tuesdays, May 6–27, 10:00 am–Noon

Cheri Hunt, Living Well Cancer Resources

Explore Zendoodle, neurographic and meditative coloring. Seek stillness and silence the soul while awakening the mind.

Pop-up Art Classes

In Person (Northwestern Medicine St. George Cancer Institute)

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

11:30 am–1:30 pm

Monday, May 12 | Meditative Drawing

Monday, June 16 | Gelli Printing

Monday, July 21 | Alcohol Inks

Monday, August 18 | Jewelry

Creating art is a way to both express yourself creatively and carve out time just for yourself. No matter your ability, make something meaningful and connect with others. Registration is required.

Gelli Printing

In Person (Geneva):

Tuesdays, May 6–27, 1:00–3:00 pm

Cheri Hunt, Living Well Cancer Resources

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

Mixed Media/Open Studio

In Person (Geneva):

Tuesdays, May 6–27, 6:00–8:00 pm

Cheri Hunt, Living Well Cancer Resources

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

Chakra/Collage

In Person (Geneva):

Wednesdays, May 7–28, 10:00 am–Noon

Cheri Hunt, Living Well Cancer Resources

Bring together courage, comfort and strength and use art to align with different chakras each week.

Jewelry

In Person (Geneva):

Wednesdays, May 7–28, 1:00–3:00 pm

Cheri Hunt, Living Well Cancer Resources

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

› [Warrenville Classes](#)

Jewelry

In Person (Warrenville):

Mondays, May 5–19, 1:00–3:00 pm

Thursdays, May 1–15 and 29, 6:00–7:30 pm

Bridget Stern, Living Well Cancer Resources

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

Zendoodle

In Person (Warrenville):

Tuesdays, May 6–27, 1:00–3:00 pm

Bridget Stern, Living Well Cancer Resources

Explore the benefits of Zendoodle to find silence and stillness of your soul while awakening your mind.

Woodburning

In Person (Warrenville):

Thursdays, May 8–29, 10:00 am–Noon

Cheri Hunt, Living Well Cancer Resources

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

Quilling

In Person (Warrenville):

Thursdays, May 8–29, 1:00–3:00 pm

Cheri Hunt, Living Well Cancer Resources

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

JUNE

› [Warrenville Classes](#)

Watercolor

In Person (Warrenville):

Mondays, June 2–23, 10:00 am–Noon

Eva Coker, Living Well Cancer Resources

Experiment with watercolor paints, watercolor pencils and Neocolor II crayons to create nature-inspired and abstract projects through playful exploration.

Colored Pencil Drawing

In Person (Warrenville):

Mondays, June 16–23, 1:00–3:00 pm

Eva Coker, Living Well Cancer Resources

Colored pencils are a calming and versatile medium, allowing for easy, mindful creativity and stress relief. This beginner-friendly class teaches blending, shading and layering techniques in a supportive environment.

Zendoodle

In Person (Warrenville):

Tuesdays, June 17 and June 24, 1:00–3:00 pm

Bridget Stern, Living Well Cancer Resources

Explore the benefits of Zendoodle to find silence and stillness of your soul while awakening your mind.

Meditative Drawing

In Person (Warrenville):

Wednesdays, June 4–25, 10:00 am–Noon

Eva Coker, Living Well Cancer Resources

Explore Zendoodle, neurographic and meditative coloring. Seek stillness and silence the soul while awakening the mind.

Jewelry

In Person (Warrenville):

Mondays, June 23 and June 30, 1:00–3:00 pm

Thursdays, June 19 and June 26, 6:00–7:30 pm

Bridget Stern, Living Well Cancer Resources

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

Gelli Printing

In Person (Warrenville):

Wednesdays, June 4, 11 and 25, 1:00–3:00 pm

Eva Coker, Living Well Cancer Resources

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

Open Studio

In Person (Warrenville):

Thursdays, June 12–26, 10:00 am–Noon

Cheri Hunt, Living Well Cancer Resources

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

Woodburning

In Person (Warrenville):

Thursdays, June 12–26, 1:00–3:00 pm

Cheri Hunt, Living Well Cancer Resources

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

Living Well SummerFest

**SPECIAL
EVENT**

In Person (Warrenville):

Wednesday, June 18, 5:30–7:30 pm

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

› Geneva Classes

Mixed Media/Open Studio

In Person (Geneva):

Tuesdays, June 10 and June 24, 6:00–8:00 pm

Cheri Hunt, Living Well Cancer Resources

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

Watercolor

In Person (Geneva):

Tuesdays, June 10–24, 10:00 am–Noon

Cheri Hunt, Living Well Cancer Resources

Experiment with watercolor paints, watercolor pencils and Neocolor II crayons to create nature-inspired and abstract projects through playful exploration.

Collage

In Person (Geneva):

Tuesdays, June 10–24, 1:00–3:00 pm

Cheri Hunt, Living Well Cancer Resources

Bringing together courage, comfort and strength, you will explore a variety of mediums to help express yourself.

Jewelry

In Person (Geneva):

Wednesdays, June 11 and June 25, 10:00 am–Noon

Cheri Hunt, Living Well Cancer Resources

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

Open Studio

In Person (Geneva):

Wednesdays, June 11 and June 25, 1:00–3:00 pm

Cheri Hunt, Living Well Cancer Resources

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

JULY

› Warrenville Classes

Zendoodle

In Person (Warrenville):

Tuesdays, July 1–29, 1:00–3:00 pm

Bridget Stern, Living Well Cancer Resources

Explore the benefits of Zendoodle to find silence and stillness of your soul while awakening your mind.

Quilling

In Person (Warrenville):

Mondays, July 7–21, 10:00 am–Noon

Eva Coker, Living Well Cancer Resources

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

Emotional Release and Journaling

In Person (Warrenville):

Wednesdays, July 9–30, 10:00–Noon

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

Cheri Hunt, Living Well Cancer Resources

Navigate the many changes that come with a cancer diagnosis and tap into your emotions while creating a personal, artful journal.

Meditative Drawing

In Person (Warrenville):

Wednesdays, July 2–23, 1:00–3:00 pm

Eva Coker, Living Well Cancer Resources

Explore Zendoodle, neurographic and meditative coloring. Seek stillness and silence the soul while awakening the mind.

Jewelry

In Person (Warrenville):

Mondays, July 7–28, 1:00–3:00 pm

Thursdays, July 10–31, 6:00–7:30 pm

Bridget Stern, Living Well Cancer Resources

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

Woodburning

In Person (Warrenville):

Thursdays, July 10–31, 10:00 am–Noon

Cheri Hunt, Living Well Cancer Resources

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, July 10–31, 1:00–3:00 pm

Cheri Hunt, Living Well Cancer Resources

Learn basic techniques of using alcohol inks. Use different papers, tiles, glass and metal to create unique art.

› Geneva Classes

Needle Felting

In Person (Geneva):

Tuesdays, July 8–29, 10:00 am–Noon

Cheri Hunt, Living Well Cancer Resources

In this class, you will use a felting needle to create 2D and 3D objects, unique sculptures, jewelry and trinkets. No experience is needed.

Collage

In Person (Geneva):

Tuesdays, July 8–29, 1:00–3:00 pm

Cheri Hunt, Living Well Cancer Resources

Bringing together courage, comfort and strength, you will explore a variety of mediums to help express yourself.

Mixed Media/Open Studio

In Person (Geneva):

Tuesdays, July 8–29, 6:00–8:00 pm

Cheri Hunt, Living Well Cancer Resources

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

Open Studio

In Person (Geneva):

Wednesdays, July 9–30, 1:00–3:00 pm

Cheri Hunt, Living Well Cancer Resources

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

AUGUST

› Warrenville Classes

Mandalas

In Person (Warrenville):

Mondays, August 11–25, 10:00 am–Noon

Eva Coker, Living Well Cancer Resources

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

Bracelets and Origami

In Person (Warrenville):

Mondays, August 18–25, 1:00–3:00 pm

Eva Coker, Living Well Cancer Resources

Participants create bracelets and origami guided by gentle and thoughtful instruction. The act of crafting, using colorful beads and folding paper fosters mindfulness and self-expression. This relaxing class brings calm and joy through creativity and artistry.

Watercolor

In Person (Warrenville):

Wednesdays, August 6–27, 10:00 am–Noon

Eva Coker, Living Well Cancer Resources

Experiment with watercolor paints, watercolor pencils and Neocolor II crayons to create nature-inspired and abstract projects through playful exploration.

Collage

In Person (Warrenville):

Wednesdays, August 6–27, 1:00–3:00 pm

Eva Coker, Living Well Cancer Resources

Bringing together courage, comfort and strength, you will explore a variety of mediums to help express yourself.

Open Studio

In Person (Warrenville):

Thursdays, August 7–28, 10:00 am–Noon

Cheri Hunt, Living Well Cancer Resources

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

Woodburning

In Person (Warrenville):

Thursdays, August 7–28, 1:00–3:00 pm

Cheri Hunt, Living Well Cancer Resources

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

› Geneva Classes

Gelli Printing

In Person (Geneva):

Tuesdays, August 5–26, 10:00 am–Noon

Cheri Hunt, Living Well Cancer Resources

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

Jewelry

In Person (Geneva):

Tuesdays, August 5–26, 1:00–3:00 pm

Cheri Hunt, Living Well Cancer Resources

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

Mixed Media/Open Studio

In Person (Geneva):

Tuesdays, August 5–26, 6:00–8:00 pm

Cheri Hunt, Living Well Cancer Resources

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

Journaling Retreat

In Person (Geneva):

Wednesdays, August 6–27, 10:00 am–2:00 pm

Cheri Hunt, Living Well Cancer Resources

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

Healing Through Art Schedule | Register at livingwell.nm.org.

Program*	Location	May	June	July	August
Living Well SummerFest	Warrenville	—	18	—	—
Mixed Media	Virtually via Teams	—	4, 11, 25	2, 9, 16, 23	6, 13, 20, 27
Watercolor	Warrenville	—	2, 9, 16, 23	—	6, 13, 20, 27
	Geneva	—	10, 17, 24	—	—
Colored Pencil Drawing	Warrenville	—	16, 23	—	—
Meditative Drawing	Warrenville	—	4, 11, 25	2, 9, 16, 23	—
	Geneva	6, 13, 20, 27	—	—	—
Gelli Printing	Geneva	6, 13, 20, 27	—	—	5, 12, 19, 26
	Warrenville	—	4, 11, 25	—	—
Quilling	Warrenville	8, 15, 22, 29	—	7, 14, 21	—
Mandalas	Warrenville	—	—	—	11, 18, 25
Woodburning	Warrenville	8, 15, 22, 29	12, 19, 26	10, 17, 24, 31	7, 14, 21, 28
Alcohol Inks	Warrenville	—	—	10, 17, 24, 31	—
Bracelets and Origami	Warrenville	—	—	—	18, 25
Needle Felting	Geneva	—	—	8, 15, 22, 29	—
Collage	Warrenville	—	—	—	6, 13, 20, 27
	Geneva	—	10, 17, 24	8, 15, 22, 29	—
Chakra/Collage	Geneva	7, 14, 21, 28	—	—	—
Jewelry	Warrenville	1, 5, 8, 12, 15, 19, 29	19, 23, 26, 30	7, 10, 14, 17, 21, 24, 28, 31	—
	Geneva	7, 14, 21, 28	11, 25	—	5, 12, 19, 26
Zendoodle	Warrenville	6, 13, 20, 27	17, 24	1, 8, 15, 22, 29	—
Open Studio	Warrenville	—	12, 19, 26	—	7, 14, 21, 28
	Geneva	—	11, 25	9, 16, 23, 30	—
Mixed Media/Open Studio	Geneva	6, 13, 20, 27	10, 24	8, 15, 22, 29	5, 12, 19, 26
Emotional Release and Journaling	Warrenville	—	—	9, 16, 23, 30	—
Journaling Retreat	Geneva	—	—	—	6, 13, 20, 27

*Review class descriptions for times.

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.
- 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

If you are experiencing hair loss from cancer treatment, Beautiful You is designed to help you feel beautiful inside and out. Jenny Burns and Jamie Ott will help you learn how to care for your scalp and hair regrowth. They 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.

In Person (Geneva): 4:30 – 6:00 pm

Jenny Burns, a Geneva-based salon owner, stylist and makeup artist

Select one of four dates:

- › Wednesday, May 21
- › Wednesday, July 16
- › Wednesday, June 25
- › Wednesday, August 20

In Person (Northwestern Medicine St. George Cancer Institute)
 15300 West Avenue, Lower-Level Conference Room A, Orland Park
 4:30 – 6:00 pm

Jamie Ott, an American Cancer Society–trained and experienced wig fitter for more than 15 years

- › Thursday, July 17

► **Beautiful You is open to patients and one female companion.**
 Register for Beautiful You Workshops at livingwell.nm.org.

Beautiful You – Skin

Rosie Dow is a licensed oncology esthetician and makeup artist, and has been in the beauty industry for 25 years. She incorporates a holistic approach to beauty with her business. This program will give you tips and tricks from the basics of a skincare routine for medically treated skin to what makeup can do to help you look your best. Registration is required.

In Person (Northwestern Medicine Lake Forest Health & Fitness Center)
 1200 North Westmoreland Road, Banquet Room, Lake Forest
 5:00 – 6:30 pm

- › Wednesday, June 11



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.

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. If you have a general question and do not need a full consult, email askadietitian@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, August 12, 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. This will be presented in Spanish.

¡ACOMPÁÑENOS A UNA PRESENTACIÓN ESPECIAL!

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

Híbrido (Geneva):

Martes, 12 de agosto, 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. Este curso se presentará en español.

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 in May, Noon–1:00 pm

May 7 | 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.

May 14 | 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.

May 21 | 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.

May 28 | Now It's My Turn to Cook: Tips for Simple and Healthy Meals

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

Eating Well Schedule | Register at livingwell.nm.org.

Program	Location	May	June	July	August	Time
What to Eat Before and During Chemo-Symptom Management	Hybrid Geneva	7	—	—	—	Noon–1:00 pm
How to Make the Most of Each Bite and Sidelining Side Effects	Hybrid Geneva	14	—	—	—	Noon–1:00 pm
Protecting the Immune System and Reducing Inflammation Through Food	Hybrid Geneva	21	—	—	—	Noon–1:00 pm
Now It's My Turn to Cook: Tips for Simple and Healthy Meals	Hybrid Geneva	28	—	—	—	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 in July, 6:00–7:00 pm

July 9 | 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.

July 16 | 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.

July 23 | Gut Health and the Microbiome

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

July 30 | 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.

Program	Location	May	June	July	August	Time
Moving Forward After a Cancer Diagnosis With the Mediterranean Diet	Hybrid Geneva	—	—	9	—	6:00–7:00 pm
Eating Well for Survivorship: Maintaining a Healthy Weight	Hybrid Geneva	—	—	16	—	6:00–7:00 pm
Gut Health and the Microbiome	Hybrid Geneva	—	—	23	—	6:00–7:00 pm
Cooking for One or Two	Hybrid Geneva	—	—	30	—	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 15 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 erin.bloodworth@nm.org to schedule a consultation.



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

Virtual: Thursdays, May 8 – 22, 5:30 – 7:00 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.

Program	Location	May	June	July	August	Time
Week 1: Overview of Exercise and Physical Activity Guidelines	Virtually via Teams	8	—	—	—	5:30–7:00 pm
Week 2: Cardiovascular Training and Mindful Movements	Virtually via Teams	15	—	—	—	5:30–7:00 pm
Week 3: Strength Training and Exercise Demo	Virtually via Teams	22	—	—	—	5:30–7:00 pm



WEEKLY GROUP EXERCISE CLASSES

Yoga

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

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

Build strength, balance and flexibility while creating a higher state of mindfulness. This gentle and sometimes invigorating class will help you manage stress as you tune into your mind/body connection. Class may include both standing and mat yoga poses.

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.

Restorative Yoga

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.

Movement for Bone Health

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

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

Individuals de-conditioned by cancer treatment and those who have osteoporosis/osteopenia can be prone to falls and fractures. This standing class will emphasize strength training and floor work with a mat to help bone density.

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.

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.

Chair Yoga

Hybrid (Northwestern Medicine St. George Cancer Institute)

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

Tuesdays, 2:00–2:45 pm

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

Chair Yoga and 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.

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

Program	Location	May	June	July	August	Time
Yoga	Hybrid Geneva	5, 12, 19	2, 9, 16, 23, 30	7, 14, 21, 28	4, 11, 18, 25	10:15 – 11:00 am
	Hybrid Warrentville	2, 9, 16, 23, 30	6, 13, 20, 27	11, 18, 25	1, 8, 15, 22, 29	9:15 – 10:00 am
Chair Yoga	Hybrid Orland Park	6, 20, 27	3, 17, 24	1, 15, 22, 29	5, 19, 26	2:00 – 2:45 pm
Chair Yoga and Standing Balance	Hybrid Warrentville	6, 13, 20, 27	3, 10, 17, 24	1, 8, 15, 22, 29	5, 12, 19, 26	11:15 am – Noon
Movement for Bone Health	Hybrid Warrentville	6, 13, 20, 27	3, 10, 17, 24	1, 8, 15, 22, 29	5, 12, 19, 26	10:15 – 11:00 am
	Hybrid Geneva	7, 14, 21, 28	4, 11, 18, 25	2, 9, 16, 23, 30	6, 13, 20, 27	
Chair Fitness for Lymphedema and Neuropathy	Hybrid Warrentville	6, 13, 20, 27	3, 10, 17, 24	1, 8, 15, 22, 29	5, 12, 19, 26	12:15 – 1:00 pm
		1, 8, 15, 22, 29	5, 12, 19, 26	3, 10, 17, 24, 31	7, 14, 21, 28	11:30 am – 12:15 pm
Restorative Yoga	Hybrid Warrentville	6, 13, 20, 27	3, 10, 17, 24	1, 8, 15, 22, 29	5, 12, 19, 26	5:45 – 6:30 pm
Chair Yoga and Guided Relaxation	Hybrid Geneva	7, 14, 21, 28	4, 11, 18, 25	2, 9, 16, 23, 30	6, 13, 20, 27	11:15 am – Noon
Tai Chi	Geneva	5, 7, 12, 14, 19, 21, 28	2, 4, 9, 11, 16, 18, 23, 25, 30	2, 7, 9, 14, 16, 21, 23, 28, 30	4, 6, 11, 13, 18, 20, 25, 27	12:30 – 1:15 pm
	Warrentville	1, 8, 15, 22, 29	5, 12, 19, 26	3, 10, 17, 24, 31	7, 14, 21, 28	
Gentle Mat Yoga	Hybrid Warrentville	7, 14, 21, 28	4, 25	2, 9, 16, 23, 30	6, 13, 20, 27	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 to schedule your initial consultation.
- › Choose open studio days and times that work for you for 90 days at **either** Living Well location (Geneva or Warrenville).
- › Receive a post-assessment to see your progress and move forward with your fitness journey.

Individualized Exercise Program Open Studio Schedule

Day	Living Well Location	Time
Mondays	Geneva	4:30 – 6:00 pm
Tuesdays	Warrenville	1:00 – 2:30 pm
Thursdays	Warrenville	2:00 – 3:30 pm

Northwestern Medicine McHenry Hospital Cancer Center

Northwestern Medicine McHenry Hospital Cancer Center offers in-person and virtual events to support patients with cancer and families. The center offers opportunities for sharing experiences and emotions with other people affected by a cancer diagnosis.

Programs are offered at no cost. In-person events are held at McHenry Hospital Cancer Center. Unless otherwise noted, registration is required. **Please call 815.759.4459 to register.**

SUPPORT

GT3 General Cancer Support Group

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

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

Breast: Survivors

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

Breast cancer survivors can connect, share and support one another both during and after treatment.

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

First and third Tuesday of the month, 9:00 am–1:00 pm
(Open to patients and families)

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

Northwestern Medicine McHenry Hospital Cancer Center Program Schedule

Program	Location	May	June	July	August	Time
GT3 General Cancer Support Group	McHenry Hospital Cancer Center	7	4	2	6	6:30–8:00 pm
Breast: Survivors		20	17	22	19	6:30–8:00 pm
Living With Grief		Dates and times vary; call 815.759.4459				
Creative Expressions		15	19	17	21	3:00–5:00 pm
Yoga		7, 14, 21, 28	4, 11, 18, 25	2, 9, 16, 23, 30	6, 13, 20, 27	5:30–6:30 pm
Chair Massage		20	17	22	19	9:00 am–1:00 pm

Northwestern Medicine St. George Cancer Institute

Northwestern Medicine St. George Cancer Institute offers in-person support to patients with cancer and their families.

CHAIR YOGA

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

Tuesdays, 2:00 – 2:45 pm

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

BEAUTIFUL YOU WORKSHOP

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

Thursday, July 17, 4:30 – 6:00 pm

If you are experiencing hair loss from cancer treatment, Beautiful You will help you learn how to care for your scalp and hair regrowth. We 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.

EXERCISE CONSULTATION

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

Second Friday of the month, 9:00–11:00 am

Physical activity and exercise are known to be safe and helpful for cancer survivors during and after treatment. If you have questions, please email Living Well Wellness Coordinator Erin Bloodworth at

erin.bloodworth@nm.org to schedule a consultation.

POP-UP WIG BOUTIQUE

15300 West Avenue, Orland Park

Thursday, May 15, and Thursday, August 21

For patients experiencing hair loss because of cancer treatments, this pop-up wig boutique offers an in-person wig consultation. Our wig specialists will help you choose a wig that fits your needs and lifestyle.

To make an appointment, call Jamie Ott at 708.923.1008.

POP-UP ART CLASSES

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

11:30 am–1:30 pm

Monday, May 12 | Meditative Drawing

Explore Zendoodle, neurographic and meditative coloring.

Monday, June 16 | Gelli Printing

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

Monday, July 21 | Alcohol Inks

Learn basic techniques of using alcohol inks.

Monday, August 18 | Jewelry

Create one-of-a-kind pieces of jewelry with beads.

Registration is required.

Northwestern Medicine St. George Cancer Institute Program Schedule

Program	Location	May	June	July	August	Time
Chair Yoga	St. George Cancer Institute	6, 20, 27	3, 17, 24	1, 15, 22, 29	5, 19, 26	2:00–2:45 pm
Beautiful You Workshop		—	—	17	—	4:30–6:00 pm
Exercise Consultation		9	13	11	8	9:00–11:00 am
Pop-up Wig Boutique		15	—	—	21	9:00 am–4:00 pm
Pop-up Art Classes		12	16	21	18	11:30 am–1:30 pm

Summer 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 to receive a link to join these virtual programs.

Medical Presentations



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

Monday, June 30, 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.

Clinical Trial Overview

Monday, July 28, 6:00–7:00 pm

Jenny Mitchell, Director, Network Research Operations

This presentation will give an overview of the types of clinical trials available at Northwestern Medicine and a review of how patients participate in these clinical studies.

Overcoming the Challenges of Swallowing Problems Through the Power of Volunteerism and Research

Monday, August 18, 6:00–7:00 pm

Bonnie Martin-Harris, PhD, CCC-SLP, BCS-S

Alice Gabrielle Twilight Professor, Roxelyn and Richard Pepper Department of Communication Sciences and Disorders, Otolaryngology–Head and Neck Surgery and Radiation Oncology, Northwestern University Feinberg School of Medicine

Associate Dean for Faculty Affairs, School of Communication, Northwestern University Director, Northwestern University Swallowing Cross-Systems Collaborative Laboratory

This session will address the various types of swallowing challenges faced by patients surviving side effects of head and neck cancer treatment. Dr. Martin-Harris will explain new approaches to rehabilitation and outline opportunities to participate in swallowing therapy clinical trials. The session will include inspiring stories and innovative advancements in treatment for swallowing, and highlight the impact of community support and scientific progress on survivorship.



Survivorship Programs



Back-on-Track: Surviving Survivorship Series

Mondays, June 2–July 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.

- › **June 2** **Pressure to Thrive**
- › **June 9** **Discussion Group**
- › **June 16** **Managing Moods, Stress and Feeling Stuck**
- › **June 23** **Discussion Group**
- › **June 30** **Survivorship 101***
- › **July 7** **Fear of Recurrence**
- › **July 14** **Envisioning Your Future**

Register at 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

Monday, June 30, 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.

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.



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.

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

Contact Jennifer Carrera at jennifer.carrera@nm.org to be added to the email list and receive updates about upcoming meetings and other relevant information.

Stress Management

Living Well Book Club

Wednesday, June 18, 5:00–6:15 pm

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

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

Book: *Everything Happens for a Reason (And Other Lies I've Loved)* by Kate Bowler

Wednesday, August 6, 5:00–6:15 pm

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

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

Book: *Picking Up the Pieces: Life After Cancer* by Claire Brissette-Lamoureux, PhD

Art

Mixed Media | Wednesdays, June 4 – August 27, 6:00 – 8:00 pm

Relax and let your imagination guide you in expressing your creativity through mixed media: collage, abstract art, decoupage, layering, stenciling and a fun use of ephemera. 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 in May, Noon – 1:00 pm

May 7 | What to Eat Before and During Chemo-Symptom Management

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

May 14 | How to Make the Most of Each Bite and Sidelining Side Effects

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

May 21 | 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.

May 28 | 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 in July, 6:00 – 7:00 pm

July 9 | 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.

July 16 | 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.

July 23 | Gut Health and the Microbiome

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

July 30 | 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

Hybrid (Geneva): Tuesday, August 12, 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. This will be presented in Spanish.

¡ACOMPÁÑENOS A UNA PRESENTACIÓN ESPECIAL!

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

Híbrido (Geneva):

Martes, 12 de agosto, 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. Este curso se presentará en español.

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 Summer Programs at Living Well Cancer Resources

Pages 38 through 43 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.

Support Group Schedule | Register at livingwell.nm.org.

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



Support Group Schedule | Register at livingwell.nm.org.

Program	Location	May	June	July	August	Time
Breast: Mastectomy	Geneva	28	25	23	27	6:30–8:00 pm
Breast: Metastatic	Virtually via Teams	12	9	14	11	1:00–2:00 pm
Gynecological	Virtually via Teams	28	25	23	27	6:30–7:30 pm
Young Adult Support	Virtually via Teams	14	11	9	13	6:00–7:00 pm
Brain Tumor	Warrenville	28	25	23	27	6:30–8:00 pm

Stress Management Schedule | Register at livingwell.nm.org.

Program	Location	May	June	July	August	Time
Sound Bath	Warrenville	—	11	—	—	6:00–7:30 pm
	Geneva	—	—	—	20	
Book Club	Virtually via Teams	—	18	—	6	5:00–6:15 pm
Emotional Release and Journaling	Warrenville	—	—	9, 16, 23, 30	—	10:00 am–Noon

Healing Through Art Schedule | Register at livingwell.nm.org.

Program*	Location	May	June	July	August
Living Well SummerFest	Warrenville	—	18	—	—
Mixed Media	Virtually via Teams	—	4, 11, 25	2, 9, 16, 23	6, 13, 20, 27
Watercolor	Warrenville	—	2, 9, 16, 23	—	6, 13, 20, 27
	Geneva	—	10, 17, 24	—	—
Colored Pencil Drawing	Warrenville	—	16, 23	—	—
Meditative Drawing	Warrenville	—	4, 11, 25	2, 9, 16, 23	—
	Geneva	6, 13, 20, 27	—	—	—
Gelli Printing	Geneva	6, 13, 20, 27	—	—	5, 12, 19, 26
	Warrenville	—	4, 11, 25	—	—
Quilling	Warrenville	8, 15, 22, 29	—	7, 14, 21	—
Mandalas	Warrenville	—	—	—	11, 18, 25
Woodburning	Warrenville	8, 15, 22, 29	12, 19, 26	10, 17, 24, 31	7, 14, 21, 28
Alcohol Inks	Warrenville	—	—	10, 17, 24, 31	—
Bracelets and Origami	Warrenville	—	—	—	18, 25
Needle Felting	Geneva	—	—	8, 15, 22, 29	—
Collage	Warrenville	—	—	—	6, 13, 20, 27
	Geneva	—	10, 17, 24	8, 15, 22, 29	—
Chakra/Collage	Geneva	7, 14, 21, 28	—	—	—
Jewelry	Warrenville	1, 5, 8, 12, 15, 19, 29	19, 23, 26, 30	7, 10, 14, 17, 21, 24, 28, 31	—
	Geneva	7, 14, 21, 28	11, 25	—	5, 12, 19, 26
Zendoodle	Warrenville	6, 13, 20, 27	17, 24	1, 8, 15, 22, 29	—
Open Studio	Warrenville	—	12, 19, 26	—	7, 14, 21, 28
	Geneva	—	11, 25	9, 16, 23, 30	—
Mixed Media/Open Studio	Geneva	6, 13, 20, 27	10, 24	8, 15, 22, 29	5, 12, 19, 26
Emotional Release and Journaling	Warrenville	—	—	9, 16, 23, 30	—
Journaling Retreat	Geneva	—	—	—	6, 13, 20, 27

*Review class descriptions for times.

Eating Well Schedule | Register at livingwell.nm.org.

Program	Location	May	June	July	August	Time
What to Eat Before and During Chemo-Symptom Management	Hybrid Geneva	7	—	—	—	Noon–1:00 pm
How to Make the Most of Each Bite and Sideline Side Effects	Hybrid Geneva	14	—	—	—	Noon–1:00 pm
Protecting the Immune System and Reducing Inflammation Through Food	Hybrid Geneva	21	—	—	—	Noon–1:00 pm
Now It's My Turn to Cook: Tips for Simple and Healthy Meals	Hybrid Geneva	28	—	—	—	Noon–1:00 pm

Being Well Schedule | Register at livingwell.nm.org.

Program	Location	May	June	July	August	Time
Moving Forward After a Cancer Diagnosis With the Mediterranean Diet	Hybrid Geneva	—	—	9	—	6:00–7:00 pm
Eating Well for Survivorship: Maintaining a Healthy Weight	Hybrid Geneva	—	—	16	—	6:00–7:00 pm
Gut Health and the Microbiome	Hybrid Geneva	—	—	23	—	6:00–7:00 pm
Cooking for One or Two	Hybrid Geneva	—	—	30	—	6:00–7:00 pm

Back-on-Track Schedule | Register at livingwell.nm.org.

Program	Location	May	June	July	August	Time
Week 1: Overview of Exercise and Physical Activity Guidelines	Virtually via Teams	8	—	—	—	5:30–7:00 pm
Week 2: Cardiovascular Training and Mindful Movements	Virtually via Teams	15	—	—	—	5:30–7:00 pm
Week 3: Strength Training and Exercise Demo	Virtually via Teams	22	—	—	—	5:30–7:00 pm

Mindful Movements Schedule | Register at livingwell.nm.org.

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

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

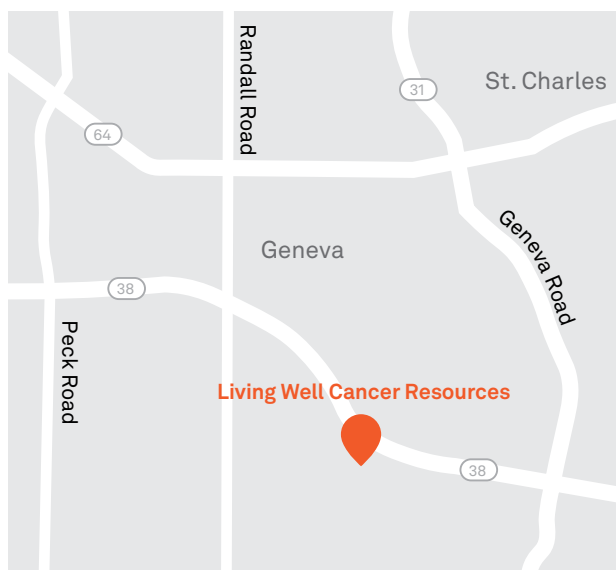
Northwestern Medicine McHenry Hospital Cancer Center Program Schedule

Program	Location	May	June	July	August	Time
GT3 General Cancer Support Group	McHenry Hospital Cancer Center	7	4	2	6	6:30–8:00 pm
Breast: Survivors		20	17	22	19	6:30–8:00 pm
Living With Grief		Dates and times vary; call 815.759.4459				
Creative Expressions		15	19	17	21	3:00–5:00 pm
Yoga		7, 14, 21, 28	4, 11, 18, 25	2, 9, 16, 23, 30	6, 13, 20, 27	5:30 – 6:30 pm
Chair Massage		20	17	22	19	9:00 am–1:00 pm

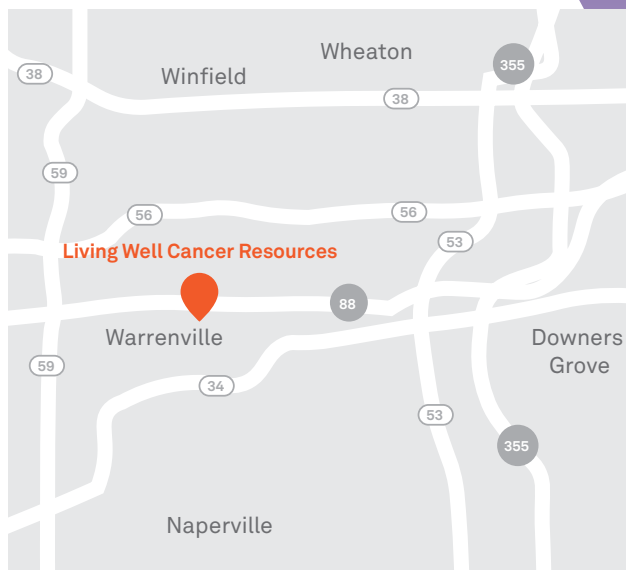
Northwestern Medicine St. George Cancer Institute Program Schedule

Program	Location	May	June	July	August	Time
Chair Yoga	St. George Cancer Institute	6, 20, 27	3, 17, 24	1, 15, 22, 29	5, 19, 26	2:00–2:45 pm
Beautiful You Workshop		—	—	17	—	4:30–6:00 pm
Exercise Consultation		9	13	11	8	9:00–11:00 am
Pop-up Wig Boutique		15	—	—	21	9:00 am–4:00 pm
Pop-up Art Classes		12	16	21	18	11:30 am–1:30 pm

Living Well Cancer Resources Geneva



Living Well Cancer Resources Warrenville



Living Well Cancer Resources Geneva

442 Williamsburg Avenue
Geneva, Illinois 60134
630.933.7860

Living Well Cancer Resources Warrenville

4525 Weaver Parkway, Suite 103
Warrenville, Illinois 60555
331.732.4900

Northwestern Medicine McHenry Hospital Cancer Center

4305 Medical Center Drive
McHenry, Illinois 60050
815.344.8000

Northwestern Medicine St. George Cancer Institute

15300 West Avenue, Suite 108
Orland Park, Illinois 60462
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Northwestern Medicine McHenry Hospital Cancer Center



Northwestern Medicine St. George Cancer Institute



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