

# Northwestern Medicine Living Well Cancer Resources

Fall 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](https://livingwell.nm.org). If you need help creating a profile or logging in to an existing profile, you can view instructions on page 4.

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

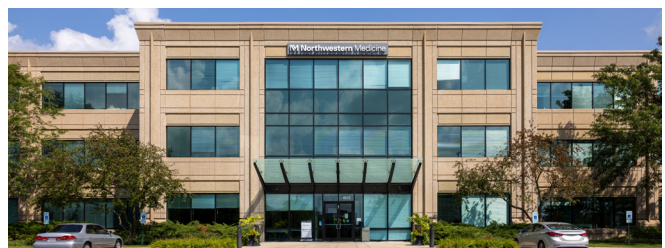
## Closed:

- › Saturday and Sunday
- › Wednesday, November 26 (after 3 pm)
- › Thursday, November 27
- › Wednesday, December 24 (after noon)
- › Thursday, December 25
- › Wednesday, December 31 (after 3 pm)



Living Well Cancer Resources Geneva

442 Williamsburg Avenue | Geneva, Illinois 60134  
630.933.7860



Living Well Cancer Resources Warrenville

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

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



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



## How to Create a Living Well Account

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

- 1 Go to [livingwell.nm.org](https://livingwell.nm.org).
- 2 Select **Register as a New User**. Enter your email and create a password.

Passwords must have **all** of the following:

- › At least 8 characters
- › At least one upper case letter
- › At least one lower case letter
- › At least one number
- › At least one special character (such as !\*@)

- 3 Select **Register**.

- 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](https://youtube.com/c/livingwellcrc).

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

## September

### Cancer and the Young Adult

Virtual: Wednesday, September 24, 6:00–7:00 pm

*Emily Krouse, MS, LCPC, Counselor, Northwestern Medicine Living Well Cancer Resources*

Adolescent and young adult patients with cancer face unique challenges throughout their cancer journey. Living Well counselor Emily Krouse, MS, LCPC, will discuss how the adolescent and young adult journey differs from the average cancer experience and will share resources and ways to cope with the obstacles faced by this population.

## October

### Common Breast Cancer Myths Debunked

Virtual: Thursday, October 9, 6:00–7:00 pm

*Angela L. Miciura, MD, Breast Surgical Oncologist, Medical Director of Breast Health in the Northwest Suburbs, Northwestern Medicine*

*Tucker D. Benjamin, MMS, PA-C, RD, Physician Assistant, Northwestern Medicine*

Join Dr. Miciura, breast surgical oncologist, and Tucker D. Benjamin, MMS, PA-C, RD, as they disprove some common breast cancer myths. Bringing useful information about breast cancer diagnoses, they will also discuss the importance of regular screening mammograms and ways to reduce your risk.

### Cómo manejar los efectos emocionales del cáncer

Virtual: martes, 21 de octubre, de 6:00 a 7:00 p. m.

*Ana Anaya, MA, LCPC, Consejera, Northwestern Medicine Living Well Cancer Resources*

Un diagnóstico de cáncer y su tratamiento pueden ser emocional y psicológicamente desafiantes. Acompañe a la consejera de Living Well, Ana Anaya, MA, LCPC, quien compartirá estrategias para manejar sentimientos difíciles y cómo tener conversaciones abiertas que puedan ayudar a lidiar con la ansiedad y la depresión. Este curso está dirigido a pacientes, familiares y cuidadores, y será presentado en español.

### Navigating the Emotional Effects of Cancer

Virtual: Tuesday, October 21, 6:00–7:00 pm

*Ana Anaya, MA, LCPC, Counselor, Northwestern Medicine Living Well Cancer Resources*

A cancer diagnosis and its treatment can be emotionally and psychologically challenging. Join Living Well counselor Ana Anaya, MA, LCPC, as she discusses strategies for navigating difficult feelings and shares how having open conversations can help you cope with anxious or depressive emotions. Designed for patients, family members and caregivers, this presentation will be given in Spanish only.



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

Virtual: Monday, October 27, 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.



## **November**

### **Cómo la consejería y los grupos de apoyo pueden beneficiarlo a usted y a su familia**

Virtual:

*miércoles, 5 de noviembre, de 6:30 a 7:45 p. m.*

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

Acompañe a la consejera Nancy Nieto, LPC, NCC, en su charla sobre los beneficios de la consejería y los grupos de apoyo y cómo saber cuál es mejor para usted. Este curso será presentado en español.

### **How Counseling and Support Groups Can Benefit You and Your Family**

Virtual: Wednesday, November 5, 6:30–7:45 pm

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

Join counselor Nancy Nieto, LPC, NCC, as she discusses the benefits of both counseling and support groups, and how to know which is best for you. This will be presented in Spanish only.

## **December**

### **Oncology and Palliative Care: Living Longer, Better**

Virtual: Thursday, December 4, 6:00–7:00 pm

*Laura A. Waldoch, DNP, APRN, FNP-C, ACHPN, Nurse Practitioner, Northwestern Medicine Delnor Hospital and Northwestern Medicine Kishwaukee Hospital*

Explore the powerful synergy and collaboration between oncology and palliative care, focusing on how early integration can enhance quality of life, improve symptom management and provide support throughout a cancer journey.





## Counseling and Social Work Services

Living Well oncology-trained and licensed counselors and social workers specialize in supporting individuals, families and children impacted by cancer. They are available to provide support to you at any phase of cancer care.

### Counseling

The emotional experience of cancer treatment can be as hard as the physical part. Our team of counseling professionals can help you discuss your thoughts, feelings and reactions to a diagnosis. Counseling services are available in person and virtually to patients, caregivers and family members.

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

### Social Work

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

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

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

# Survivorship Programs



## Back-on-Track: Surviving Survivorship Series

Virtual discussion via Microsoft Teams

Mondays, October 6–November 17, 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.

›	October 6	Pressure to Thrive
›	October 13	Discussion Group
›	October 20	Managing Moods, Stress and Feeling Stuck
›	October 27	Survivorship 101*
›	November 3	Discussion Group
›	November 10	Fear of Recurrence
›	November 17	Envisioning Your Future



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

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



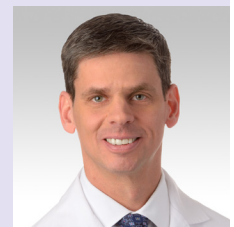
## I’ve Finished Cancer Treatment, Now What? Survivorship 101

Virtual discussion via Microsoft Teams

Monday, October 27, 6:00–7:15 pm

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

Cancer treatment can require your full attention and energy for months or even years. After treatment, you may feel emotionally and physically drained; you may even feel disoriented as you try to adjust to life after treatment. Join Dr. George as he talks about what to expect as a cancer survivor and how to work with your care team as you recover from treatment.





# Support Groups

Connect with others who understand your cancer journey and learn new ways to cope and handle difficult situations.

Check the Support Group Schedule on page 12 for more information about when and where to attend a group.

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



## Scanxiety Drop-In Group

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

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

*\*Note holiday-related change: in September, the meetings will be on the second and third Monday (same time).*

## 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, September 22, and Monday, November 24, 6:30–8:00 pm

In Person (Warrenville): Monday, October 27, and Monday, December 22, 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, September 10 and November 12, 6:30–8:00 pm

Open to anyone diagnosed with head and neck cancer and their caregivers, this group provides opportunities to share personal experiences and coping strategies and receive education and information about treatment and post-treatment changes.

### Spanish-Speaking Support Group

In Person (Warrenville): Second Wednesday of each month, 6:30–8:00 pm

This support group is for patients and caregivers affected by cancer whose primary language is Spanish.

### Grupo de apoyo en español

Presencial (Warrenville): Segundo miércoles de cada mes, de 6:30 a 8:00 p. m.

Este grupo de apoyo es para pacientes y cuidadores que han sido afectados por el cáncer y cuyo idioma principal es el español.



### 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, 6:00–8:00 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.

*\*Note holiday-related changes: in November and December, the meetings will be on the third Wednesday (same time).*

### **Breast: Metastatic**

Virtual: Thursdays, 6:30–7:30 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.

*\*Note holiday-related changes: in November and December, the meetings will be on the third Wednesday (same time).*

### **Young Adult Support**

Virtual:

Second Wednesday of each month, 6:00–7:00 pm

This monthly group provides support and education to young adults aged 18 to 40 years 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.

*\*Note holiday-related changes: in November and December, the meetings will be on the third Wednesday (same time).*

## **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](mailto: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](https://livingwell.nm.org).

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

## September

### Self-Care: Restoring Your Inner Self

Virtual: Tuesday, September 30, 6:30–7:45 pm

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

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

### Living Well Book Club

Virtual: Wednesday, October 29, 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:** *No Cure for Being Human (and Other Truths I Need to Hear)* by Kate Bowler

## October

### Sound Bath

In Person (Warrenville):

Wednesday, October 15, 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 you 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.



## December

### Sound Bath

In Person (Geneva):

Wednesday, December 10, 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 you 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, December 17, 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 Emperor of All Maladies: A Biography of Cancer* by Siddhartha Mukherjee

### Stress Management Schedule | Register at [livingwell.nm.org](https://livingwell.nm.org).

Program	Location	September	October	November	December	Time
<b>Self-Care: Restoring Your Inner Self</b>	Virtually via Teams	30	—	—	—	6:00–7:45 pm
<b>Sound Bath</b>	Warrenville	—	15	—	—	6:00–7:30 pm
	Geneva	—	—	—	10	
<b>Living Well Book Club</b>	Virtually via Teams	—	29	—	17	5:00–6:15 pm

# Touch Therapy

Living Well's massage, facials, reflexology and reiki services can relieve muscle tension, assist in pain relief and provide an overall sense of well-being and relaxation. Talk to your physician about any concerns you may have before scheduling a touch therapy appointment.



Before your first appointment, a *Consent and Release Form* must be completed and received by Living Well. We offer up to five touch therapy appointments for patients **in active treatment or early survivorship**.

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

## Massage

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

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

## Facials

Experience the benefits of a gentle, hydrating facial given by a licensed, oncology-trained esthetician.

## Reiki

Reiki is a gentle relaxation therapy that involves a practitioner using their hands to direct and improve the flow of energy to help support your body's own healing process.

## Reflexology

Reflexology is the practice of applying appropriate pressure to specific areas of the feet that link to different parts of the body and corresponding organs. This technique can decrease pain, stress, nausea, anxiety and depression while boosting circulation that can increase energy.



# Healing Through Art

Art is a beautiful way to express yourself, explore untapped creativity, manage stress and connect with others. Each Living Well class is part of a four-week course (unless otherwise indicated) that is led by one of our art instructors, Eva Coker, Cloe Smith-Westphall or Bridget Stern. No previous art experience is needed.

Check the Healing Through Art Schedule on page 25 for more information about when and where to attend.

► Please register for classes at [livingwell.nm.org](http://livingwell.nm.org) at least 24 hours in advance. Note that we do not allow latecomers to join a session after it starts, so we encourage you to arrive on time or even a few minutes early.

## SEPTEMBER

### › Geneva Classes

#### Mindful Morning Art

In Person (Geneva):

Wednesdays, September 3–24, 10:00 am–Noon

*Eva Coker, Living Well Cancer Resources*

Start your day with calm and intention through guided art activities designed to center your thoughts and awaken your senses. This class blends mindfulness and artistic expression to create a peaceful beginning to your morning.

#### Gelli Printing

In Person (Geneva):

Wednesdays, September 3–24, 1:00–3:00 pm

*Eva Coker, Living Well Cancer Resources*

Discover the magic of printmaking with gel plates. In this hands-on class, you will layer textures, stencils and colors to create vibrant prints that are full of surprise and spontaneity.

#### Meditative Drawing

In Person (Geneva):

Mondays, September 8–22, 1:00–3:00 pm

*Eva Coker, Living Well Cancer Resources*

Discover the peaceful rhythm of meditative drawing as you explore techniques like Zentangle, neurographic art and mindful coloring. This gentle practice invites you to quiet the mind, center your thoughts and awaken your inner creativity. No experience is needed: just a willingness to slow down, breathe deeply and let your pen guide you into a state of calm and clarity.

#### Jewelry 101

In Person (Geneva):

Tuesdays, September 9–23, 10:00 am–Noon

*Cloe Smith-Westphall, Living Well Cancer Resources*

Explore the basics of jewelry making through beading, wirework and other techniques. You will learn to manipulate tools to create your own unique pieces.

#### Mixed Media Collage

In Person (Geneva):

Tuesdays, September 9–23, 1:00–3:00 pm

*Cloe Smith-Westphall, Living Well Cancer Resources*

Express yourself through the wonderful world of collage. You will learn to create with various materials and explore different techniques as you navigate emotions on your unique journey.



### Printmaking

In Person (Geneva):

Thursdays, September 11–25, 10:00 am–Noon

*Cloe Smith-Westphall, Living Well Cancer Resources*

Learn to use carving tools on unique items to bring ideas from thoughts to printed art. We will create prints using erasers, potatoes, Styrofoam and more.

### Art in Progress

In Person (Geneva):

Mondays, September 15 and 22, 10:00 am–Noon

*Eva Coker, Living Well Cancer Resources*

Bring your unfinished art, whether from home or class, and enjoy an open, relaxed space to keep creating at your own pace.

### Art in Progress

In Person (Geneva):

Thursday, September 25, 1:00–3:00 pm

*Cloe Smith-Westphall, Living Well Cancer Resources*

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

## SEPTEMBER

### › Warrenville Classes

### Candle Painting: Light Up Your Creativity

In Person (Warrenville):

Tuesdays, September 2–23, 10:00 am–Noon

*Bridget Stern, Living Well Cancer Resources*

Bring warmth and color to your space with hand-painted candles! In this relaxing and creative session, you'll transform plain candles into beautiful, decorative pieces using special paints and simple techniques. Whether you choose bold patterns, delicate florals or festive designs, each candle becomes a unique work of art, perfect as a gift or to light up your own home with a personal touch.

### Jewelry: Wearable Art From the Heart

In Person (Warrenville):

Tuesdays, September 2–23, 1:00–3:00 pm

*Bridget Stern, Living Well Cancer Resources*

Discover the joy of creating your own meaningful jewelry in this hands-on class. Using a mix of beads, wire, metal stamping and other accessible materials, you'll design and craft pieces that reflect your personal style and creativity. From bracelets and necklaces to earrings and charms, each session offers a chance to learn new techniques and leave with a wearable work of art.



### Clay: Shaping Art With Your Hands

In Person (Warrenville):

Wednesdays, September 3–24, 10:00 am–Noon

*Bridget Stern, Living Well Cancer Resources*

Dive into the world of clay using air-dry, Sculpey and other versatile materials. Each week, you'll create a variety of unique pieces, from decorative tags to bowls and trinket dishes, while learning basic sculpting and texturing techniques. Whether you're finishing a work in progress or starting something new, this class offers a relaxed, hands-on space to explore your creativity and bring your ideas to life.



### Macramé: The Art of Creative Knotting

In Person (Warrenville):

Wednesdays, September 3–24, 1:00–3:00 pm

Tuesday, September 30, 1:00–3:00 pm

*Bridget Stern, Living Well Cancer Resources*

Macramé is a meditative dance of knots and cords, where each twist and loop transforms simple fibers into intricate works of art, inviting a sense of calm, focus and creativity. Whether you are crafting a delicate bracelet, a flowing wall hanging or a keychain, this tactile art form weaves together beauty and intention.

### Mindful Art

In Person (Warrenville):

Thursdays, September 4–25, 10:00 am–Noon

*Bridget Stern, Living Well Cancer Resources*

This welcoming session offers unstructured space for individuals to engage in creative expression. Bring your unfinished projects from home or class. Our open studio supports mindfulness, stress reduction and a sense of community.

### Woodburning: Draw With Fire, Create With Heart

In Person (Warrenville):

Thursdays, September 4–25, 6:00–7:30 pm

Tuesday, September 30, 10:00 am–Noon

*Bridget Stern, Living Well Cancer Resources*

Woodburning, also known as pyrography, is a craft that involves decorating wood (and sometimes leather or gourds) by burning designs into the surface using a heated tool. Try it and see where it takes your creativity! Learn the free-handed art of decorating wood.

### Meditative Drawing: Finding Calm Through Creative Flow

In Person (Warrenville):

Mondays, September 8–29, 10:00 am–Noon

*Bridget Stern, Living Well Cancer Resources*

Discover the peaceful rhythm of meditative drawing as you explore techniques like Zentangle, neurographic art and mindful coloring. This gentle practice invites you to quiet the mind, center your thoughts and awaken your inner creativity. No experience is needed: just a willingness to slow down, breathe deeply and let your pen guide you into a state of calm and clarity.

### Yarn Art on Canvas: Texture Meets Color

In Person (Warrenville):

Mondays, September 8–29, 1:00–3:00 pm

*Bridget Stern, Living Well Cancer Resources*

Yarn art on canvas is a creative technique where colorful yarn is arranged, glued or wrapped onto a canvas to form patterns, textures or images, resulting in multidimensional pieces.

## OCTOBER

› [Geneva Classes](#)

### Upcycled Jewelry Studio

In Person (Geneva):

Monday, October 6, 4:00–6:00 pm

*Cloe Smith-Westphall, Living Well Cancer Resources*

Take jewelry that is no longer loved and turn it into something that you will want to wear daily. In this class, you will learn techniques that showcase how to upcycle and merge pieces so that they can truly shine.

Supplies: Please bring any jewelry that you no longer wear so that we can revamp it into something you love.

### Art Journaling

In Person (Geneva):

Mondays, October 6–27, 1:00–3:00 pm

*Eva Coker, Living Well Cancer Resources*

Combine words, images and color in a personal journal as a form of creative reflection. Through prompts and open-ended materials, art journaling becomes a meaningful way to process thoughts and experiences.



### Jewelry 101

In Person (Geneva):

Tuesdays, October 7–21, 10:00 am–Noon

*Cloe Smith-Westphall, Living Well Cancer Resources*

Explore the basics of jewelry making through beading, wirework and other techniques. You will learn to manipulate tools to create your own unique pieces.

### Mixed Media Collage

In Person (Geneva):

Tuesdays, October 7–21, 1:00–3:00 pm

*Cloe Smith-Westphall, Living Well Cancer Resources*

Express yourself through the wonderful world of collage. You will learn to create with various materials and explore different techniques as you navigate emotions on your unique journey.

### Printmaking

In Person (Geneva):

Thursdays, October 9–23, 10:00 am–Noon

*Cloe Smith-Westphall, Living Well Cancer Resources*

Learn to use carving tools on unique items to bring ideas from thoughts to printed art. We will create prints using erasers, potatoes, Styrofoam and more.

### Hope Bracelets

In Person (Geneva):

Monday, October 13, 4:30–6:30 pm

*Cloe Smith-Westphall, Living Well Cancer Resources*

Create beaded bracelets using elastic and a variety of different letter beads, glass, plastic and clay.

### Journey to Joy: JoyBox Workshop

In Person (Geneva):

Wednesday, October 15, 4:30–6:30 pm

*Moyra Gorski, RN, BSN*

Need more joy in your life? Join us for a creative and uplifting experience where you'll design your own JoyBox, a personalized space to hold physical reminders of what brings you joy. As you reflect and create, you'll also be nurturing your emotional well-being—because joy can be a powerful part of the healing journey. You'll leave with your JoyBox in hand and your heart a little lighter.

### Art in Progress

In Person (Geneva):

Mondays, October 20 and 27, 10:00 am–Noon

*Eva Coker, Living Well Cancer Resources*

Bring your unfinished art, whether from home or class, and enjoy an open, relaxed space to keep creating at your own pace.

### Mixed Media

In Person (Geneva):

Wednesdays, October 22 and 29, 10:00 am–Noon

*Eva Coker, Living Well Cancer Resources*

Create mixed media art through collage, abstract painting, stenciling and found materials. This class invites you to combine color, texture and ephemera in expressive and meaningful ways.

### Painting

In Person (Geneva):

Wednesdays, October 22 and 29, 1:00–3:00 pm

*Eva Coker, Living Well Cancer Resources*

Use watercolor, gouache and acrylics to express thoughts, feelings and stories through paint. Whether bold or gentle, loose or detailed, your brushstrokes become a journey of color, emotion and self-discovery.

### Art in Progress

In Person (Geneva):

Thursday, October 23, 1:00–3:00 pm

*Cloe Smith-Westphall, Living Well Cancer Resources*

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

## OCTOBER

### › Warrenville Classes

### Candle Painting: Light Up Your Creativity

In Person (Warrenville):

Wednesday, October 1–22, 1:00–3:00 pm

Wednesday, October 29, 10:00 am–Noon

*Bridget Stern, Living Well Cancer Resources*

Bring warmth and color to your space with hand-painted candles! In this relaxing and creative session, you'll transform plain candles into beautiful, decorative pieces using special paints and simple techniques. Whether you choose bold patterns, delicate florals or festive designs, each candle becomes a unique work of art, perfect as a gift or to light up your own home with a personal touch.

### Jewelry: Wearable Art From the Heart

In Person (Warrenville):

Wednesdays, October 1–22, 10:00 am–Noon

Thursday, October 30, 6:00–7:30 pm

*Bridget Stern, Living Well Cancer Resources*

Discover the joy of creating your own meaningful jewelry in this hands-on class. Using a mix of beads, wire, metal stamping and other accessible materials, you'll design and craft pieces that reflect your personal style and creativity. From bracelets and necklaces to earrings and charms, each session offers a chance to learn new techniques and leave with a wearable work of art.

### Mindful Art

In Person (Warrenville):

Thursdays, October 2–30, 10:00 am–Noon

*Bridget Stern, Living Well Cancer Resources*

This welcoming session offers unstructured space for individuals to engage in creative expression. Bring your unfinished projects from home or class. Our open studio supports mindfulness, stress reduction and a sense of community.

### Woodburning: Draw With Fire, Create With Heart

In Person (Warrenville):

Thursday, October 2, 6:00–7:30 pm

Tuesdays, October 7–21, 10:00 am–Noon

Monday, October 27, 10:00 am–Noon

*Bridget Stern, Living Well Cancer Resources*

Woodburning, also known as pyrography, is a craft that involves decorating wood (and sometimes leather or gourds) by burning designs into the surface using a heated tool. Try it and see where it takes your creativity! Learn the free-handed art of decorating wood.



### **Meditative Drawing: Finding Calm Through Creative Flow**

In Person (Warrenville):

Mondays, October 6–20, 10:00 am–Noon

*Bridget Stern, Living Well Cancer Resources*

Discover the peaceful rhythm of meditative drawing as you explore techniques like Zentangle, neurographic art and mindful coloring. This gentle practice invites you to quiet the mind, center your thoughts and awaken your inner creativity. No experience is needed: just a willingness to slow down, breathe deeply and let your pen guide you into a state of calm and clarity.

### **Clay: Shaping Art With Your Hands**

In Person (Warrenville):

Mondays, October 6–27, 1:00–3:00 pm

*Bridget Stern, Living Well Cancer Resources*

Dive into the world of clay using air-dry, Sculpey and other versatile materials. Each week, you'll create a variety of unique pieces, from decorative tags to bowls and trinket dishes, while learning basic sculpting and texturing techniques. Whether you're finishing a work in progress or starting something new, this class offers a relaxed, hands-on space to explore your creativity and bring your ideas to life.

### **Macramé: The Art of Creative Knotting**

In Person (Warrenville):

Tuesdays, October 7–28, 1:00–3:00 pm

*Bridget Stern, Living Well Cancer Resources*

Macramé is a meditative dance of knots and cords, where each twist and loop transforms simple fibers into intricate works of art inviting a sense of calm, focus and creativity. Whether you are crafting a delicate bracelet, a flowing wall hanging or a keychain, this tactile art form weaves together beauty and intention.

### **Yarn Art on Canvas: Texture Meets Color**

In Person (Warrenville):

Thursdays, October 9–23, 6:00–7:30 pm

Tuesday, October 28, 10:00 am–Noon

*Bridget Stern, Living Well Cancer Resources*

Yarn art on canvas is a creative technique where colorful yarn is arranged, glued or wrapped onto a canvas to form patterns, textures or images, resulting in multidimensional pieces.

### **Card Making: Send a Little Joy by Hand**

In Person (Warrenville):

Wednesday, October 29, 1:00–3:00 pm

*Bridget Stern, Living Well Cancer Resources*

Unleash your creativity each week as we craft handmade cards, gift tags and bookmarks using a variety of artistic techniques. From the bold colors of alcohol inks to the textured elegance of embossing and the layered beauty of collage, you'll explore new methods and materials in every session.

## **NOVEMBER**

### **› Geneva Classes**

### **Radial Symmetry: Patterns and Circles**

In Person (Geneva):

Mondays, November 3–24, 1:00–3:00 pm

*Eva Coker, Living Well Cancer Resources*

Explore the beauty of circular design as you create balanced, unfolding patterns on paper, canvas and wood. This class uses color, rhythm and repetition to promote focus, relaxation and creative expression through symmetrical forms.

### **Gelli Printing**

In Person (Geneva):

Wednesdays, November 5–26, 10:00 am–Noon

*Eva Coker, Living Well Cancer Resources*

Discover the magic of printmaking with gel plates. In this hands-on class, you will layer textures, stencils and colors to create vibrant prints that are full of surprise and spontaneity.

### Art Journaling

In Person (Geneva):

Wednesdays, November 5–26, 1:00–3:00 pm

*Eva Coker, Living Well Cancer Resources*

Combine words, images and color in a personal journal as a form of creative reflection. Through prompts and open-ended materials, art journaling becomes a meaningful way to process thoughts and experiences.



### Printmaking

In Person (Geneva):

Thursdays, November 13 and 20, 10:00 am–Noon

*Cloe Smith-Westphall, Living Well Cancer Resources*

Learn to use carving tools on unique items to bring ideas from thoughts to printed art. We will create prints using erasers, potatoes, Styrofoam and more.

### Collage Journaling

In Person (Geneva):

Thursdays, November 13 and 20, 1:00–3:00 pm

*Cloe Smith-Westphall, Living Well Cancer Resources*

Use collage techniques to create a safe space to share your thoughts, in your journal! Everyone will receive their own journal to decorate and make their own. We will also explore junk journaling and zine making.

### Art in Progress

In Person (Geneva):

Mondays, November 17 and 24, 10:00 am–Noon

*Eva Coker, Living Well Cancer Resources*

Bring your unfinished art, whether from home or class, and enjoy an open, relaxed space to keep creating at your own pace.

### Upcycled Jewelry Studio

In Person (Geneva):

Monday, November 18, 10:00 am–Noon

*Cloe Smith-Westphall, Living Well Cancer Resources*

Take jewelry that is no longer loved and turn it into something that you will want to wear daily. In this class, you will learn techniques that showcase how to upcycle and merge pieces so that they can truly shine.

Supplies: Please bring any jewelry that you no longer wear so that we can revamp it into something you love.

## NOVEMBER

### › Warrenville Classes

### Woodburning: Draw With Fire, Create With Heart

In Person (Warrenville):

Mondays, November 3–17, 10:00 am–Noon

Tuesday, November 25, 10:00 am–Noon

*Bridget Stern, Living Well Cancer Resources*

Woodburning, also known as pyrography, is a craft that involves decorating wood (and sometimes leather or gourds) by burning designs into the surface using a heated tool. Try it and see where it takes your creativity! Learn the free-handed art of decorating wood.

### Handmade for the Holidays

In Person (Warrenville):

Mondays, November 3–24, 1:00–3:00 pm

*Bridget Stern, Living Well Cancer Resources*

The holiday season is a time for heartfelt giving; what better way to show you care than with a handmade gift? In this joyful, hands-on class, we'll explore a variety of creative mediums each week to craft unique treasures you can gift or keep for yourself. From hand-stamped jewelry and custom cards to festive ornaments, gift tags and beyond, each project will add a personal touch to your holiday season.

### Yarn Art on Canvas: Texture Meets Color

In Person (Warrenville):

Tuesdays, November 4–18, 10:00 am–Noon

*Bridget Stern, Living Well Cancer Resources*

Yarn art on canvas is a creative technique where colorful yarn is arranged, glued or wrapped onto a canvas to form patterns, textures or images, resulting in multidimensional pieces.

### Clay: Shaping Art With Your Hands

In Person (Warrenville):

Tuesdays, November 4–25, 1:00–3:00 pm

*Bridget Stern, Living Well Cancer Resources*

Dive into the world of clay using air-dry, Sculpey and other versatile materials. Each week, you'll create a variety of unique pieces, from decorative tags to bowls and trinket dishes, while learning basic sculpting and texturing techniques. Whether you're finishing a work in progress or starting something new, this class offers a relaxed, hands-on space to explore your creativity and bring your ideas to life.

### Candle Painting: Light Up Your Creativity

In Person (Warrenville):

Wednesdays, November 5–19, 10:00 am–Noon

*Bridget Stern, Living Well Cancer Resources*

Bring warmth and color to your space with hand-painted candles! In this relaxing and creative session, you'll transform plain candles into beautiful, decorative pieces using special paints and simple techniques. Whether you choose bold patterns, delicate florals or festive designs, each candle becomes a unique work of art, perfect as a gift or to light up your own home with a personal touch.



### Card Making: Send a Little Joy by Hand

In Person (Warrenville):

Wednesdays, November 5–19, 1:00–3:00 pm

*Bridget Stern, Living Well Cancer Resources*

Unleash your creativity each week as we craft handmade cards, gift tags and bookmarks using a variety of artistic techniques. From the bold colors of alcohol inks to the textured elegance of embossing and the layered beauty of collage, you'll explore new methods and materials in every session.

### Mindful Art

In Person (Warrenville):

Thursdays, November 6–20, 10:00 am–Noon

Wednesday, November 26, 10:00 am–Noon

*Bridget Stern, Living Well Cancer Resources*

This welcoming session offers unstructured space for individuals to engage in creative expression. Bring your unfinished projects from home or class. Our open studio supports mindfulness, stress reduction and a sense of community.

### Jewelry: Wearable Art From the Heart

In Person (Warrenville):

Wednesdays, November 6–20, 6:00–7:30 pm

Monday, November 24, 10:00 am–Noon

*Bridget Stern, Living Well Cancer Resources*

Discover the joy of creating your own meaningful jewelry in this hands-on class. Using a mix of beads, wire, metal stamping and other accessible materials, you'll design and craft pieces that reflect your personal style and creativity. From bracelets and necklaces to earrings and charms, each session offers a chance to learn new techniques and leave with a wearable work of art.

## DECEMBER

### › Geneva Classes

#### **Creative Quilling: Paper Art With a Personal Touch**

In Person (Geneva):

Mondays, December 1, 15 and 22, 1:00–3:00 pm

*Eva Coker, Living Well Cancer Resources*

Enjoy the art of quilling by transforming simple paper strips into delicate, spiraled forms. In this class, you will design and decorate cards, gift tags and paper to create small, personalized works of art.

#### **Mindful Morning Art**

In Person (Geneva):

Wednesdays, December 3 and 17, 10:00 am–Noon

*Eva Coker, Living Well Cancer Resources*

Start your day with calm and intention through guided art activities designed to center your thoughts and awaken your senses. This class blends mindfulness and artistic expression to create a peaceful beginning to your morning.

#### **Bracelets and Origami**

In Person (Geneva):

Wednesdays, December 3 and 17, 1:00–3:00 pm

*Eva Coker, Living Well Cancer Resources*

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

#### **Vision Boards: Planning for the New Year**

In Person (Geneva):

Wednesdays, December 3 and 17, 6:00–7:30 pm

*Eva Coker, Living Well Cancer Resources*

In this class, you can dream, imagine and design a board that captures your inner strength and inspires personal growth. Through images, words and creative reflection, you will create a vision board that supports healing, hope and your personal journey.

## Art in Progress

In Person (Geneva):

Mondays, December 15 and 22, 10:00 am–Noon

*Eva Coker, Living Well Cancer Resources*

Bring your unfinished art, whether from home or class, and enjoy an open, relaxed space to keep creating at your own pace.

## DECEMBER

### › Warrenville Classes

#### **Jewelry: Wearable Art From the Heart**

In Person (Warrenville):

Mondays, December 1–22, 10:00 am–Noon

*Bridget Stern, Living Well Cancer Resources*

Discover the joy of creating your own meaningful jewelry in this hands-on class. Using a mix of beads, wire, metal stamping and other accessible materials, you'll design and craft pieces that reflect your personal style and creativity. From bracelets and necklaces to earrings and charms, each session offers a chance to learn new techniques and leave with a wearable work of art.

#### **Yarn Art on Canvas: Texture Meets Color**

In Person (Warrenville):

Mondays, December 1–22, 1:00–3:00 pm

*Bridget Stern, Living Well Cancer Resources*

Yarn art on canvas is a creative technique where colorful yarn is arranged, glued or wrapped onto a canvas to form patterns, textures or images, resulting in multidimensional pieces.

#### **Woodburning: Draw With Fire, Create With Heart**

In Person (Warrenville):

Tuesdays, December 2–23, 10:00 am–Noon

Wednesdays, December 3–17, 1:00–3:00 pm

*Bridget Stern, Living Well Cancer Resources*

Woodburning, also known as pyrography, is a craft that involves decorating wood (and sometimes leather or gourds) by burning designs into the surface using a heated tool. Try it and see where it takes your creativity! Learn the free-handed art of decorating wood.



### Handmade for the Holidays

In Person (Warrenville):

Tuesday, December 2–23, 1:00–3:00 pm

Thursdays, December 4 and 18, 6:00–7:30 pm

*Bridget Stern, Living Well Cancer Resources*

The holiday season is a time for heartfelt giving; what better way to show you care than with a handmade gift? In this joyful, hands-on class, we'll explore a variety of creative mediums each week to craft unique treasures you can gift or keep for yourself. From hand-stamped jewelry and custom cards to festive ornaments, gift tags and beyond, each project will add a personal touch to your holiday season.

### Clay: Shaping Art With Your Hands

In Person (Warrenville):

Wednesdays, December 3–17, 10:00 am–Noon

*Bridget Stern, Living Well Cancer Resources*

Dive into the world of clay using air-dry, Sculpey and other versatile materials. Each week, you'll create a variety of unique pieces, from decorative tags to bowls and trinket dishes, while learning basic sculpting and texturing techniques. Whether you're finishing a work in progress or starting something new, this class offers a relaxed, hands-on space to explore your creativity and bring your ideas to life.

### Mindful Art

In Person (Warrenville):

Thursdays, December 4 and 18, 10:00 am–Noon

*Bridget Stern, Living Well Cancer Resources*

This welcoming session offers unstructured space for individuals to engage in creative expression. Bring your unfinished projects from home or class. Our open studio supports mindfulness, stress reduction and a sense of community.



### Holiday Joy

In Person (Geneva):

Thursday, December 11, 5:30–7:30 pm

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

**Healing Through Art Schedule** | Register at [livingwell.nm.org](https://livingwell.nm.org).

#### Geneva Classes

Program*	September	October	November	December
<b>Mindful Morning Art</b>	3, 10, 17, 24	—	—	3, 17
<b>Gelli Printing</b>	3, 10, 17, 24	—	5, 12, 19, 26	—
<b>Meditative Drawing</b>	8, 15, 22	—	—	—
<b>Jewelry 101</b>	9, 16, 23	7, 14, 21	—	—
<b>Mixed Media Collage</b>	9, 16, 23	7, 14, 21	—	—
<b>Printmaking</b>	11, 18, 25	9, 16, 23	13, 20	—
<b>Art in Progress</b>	15, 22, 25	20, 23, 27	17, 24	15, 22

\*Review class descriptions for times.

## Healing Through Art Schedule | Register at [livingwell.nm.org](https://livingwell.nm.org). (Continued)

Geneva Classes				
Program*	September	October	November	December
Upcycled Jewelry Studio	—	6	18	—
Art Journaling	—	6, 13, 20, 27	5, 12, 19, 26	—
Hope Bracelets	—	13	—	—
Journey to Joy: JoyBox Workshop	—	15	—	—
Mixed Media	—	22, 29	—	—
Painting	—	22, 29	—	—
Radial Symmetry: Patterns and Circles	—	—	3, 10, 17, 24	—
Collage Journaling	—	—	13, 20	—
Creative Quilling: Paper Art With a Personal Touch	—	—	—	1, 15, 22
Bracelets and Origami	—	—	—	3, 17
Vision Boards: Planning for the New Year	—	—	—	3, 17
Holiday Joy	—	—	—	11
Warrenville Classes				
Program*	September	October	November	December
Candle Painting: Light Up Your Creativity	2, 9, 16, 23	1, 8, 15, 22, 29	5, 12, 19	—
Jewelry: Wearable Art From the Heart	2, 9, 16, 23	1, 8, 15, 22, 30	6, 13, 20, 24	1, 8, 15, 22
Clay: Shaping Art With Your Hands	3, 10, 17, 24	6, 13, 20, 27	4, 11, 18, 25	3, 10, 17
Macramé: The Art of Creative Knotting	3, 10, 17, 24, 30	7, 14, 21, 28	—	—
Mindful Art	4, 11, 18, 25	2, 9, 16, 23, 30	6, 13, 20, 26	4, 18
Woodburning: Draw With Fire, Create With Heart	4, 11, 18, 25, 30	2, 7, 14, 21, 27	3, 10, 17, 25	2, 3, 9, 10, 16, 17, 23
Meditative Drawing: Finding Calm Through Creative Flow	8, 15, 22, 29	6, 13, 20	—	—
Yarn Art on Canvas: Texture Meets Color	8, 15, 22, 29	9, 16, 23, 28	4, 11, 18	1, 8, 15, 22
Card Making: Send a Little Joy by Hand	—	29	5, 12, 19	—
Handmade for the Holidays	—	—	3, 10, 17, 24	2, 4, 9, 16, 18, 23

\*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](https://livingwellcrc.org).
- 2 Under the **Forms** drop-down menu near the top of the webpage, select **Hair Goals Form**.
- 3 Complete the form and submit it.
- 4 Call to schedule an appointment.

• Living Well Geneva:  
630.933.7860

• Living Well Warrenville:  
331.732.4900

## Beautiful You Workshops

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, September 17
- › Wednesday, November 19
- › Wednesday, October 15

**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, September 18
- › Thursday, November 13

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

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

- › Wednesday, September 24

## Events

Join other families impacted by cancer at these special events! Registration is required for both events, and space is limited for Holiday Joy. Please register in advance at [livingwell.nm.org](https://livingwell.nm.org).

October

# NORTHWESTERN MEDICINE WALK & 5K

Benefiting Living Well  
Cancer Resources  
and Celebrating  
Cancer Survivors

**SATURDAY, OCTOBER 11**

Northwestern Medicine Field  
Geneva, Illinois

Learn more and register at  
**[nm.org/nmwalkand5k](https://nm.org/nmwalkand5k)**



December

## Holiday Joy

In Person (Geneva):

Thursday, December 11, 5:30–7:30 pm

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





# Nutrition Classes

Living Well offers nutrition classes designed to help patients with cancer and their caregivers make informed choices about nutrition and move through cancer treatment into survivorship.

Classes are hybrid; this means you can attend virtually or in person at Living Well Geneva. Classes are led by Living Well Dietitians Nancy Zawicki, RD, LDN, MS, and Mary Zupke, RD, LDN, MS, FAND, and the Northwestern Medicine Oncology Dietitian team.

Each class will also be available to watch live via Microsoft Teams or to rewatch later on our YouTube channel at [youtube.com/c/livingwellcrc](https://youtube.com/c/livingwellcrc).

## Nutrition Consultations

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

After you complete the 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, December 9, 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, 9 de diciembre, 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 October, Noon–1:00 pm

#### October 1 | What to Eat Before and During Chemo-Symptom Management

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

#### October 8 | How to Make the Most of Each Bite and Sidelining Side Effects

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

#### October 15 | 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.

#### October 22 | Now It's My Turn to Cook: Tips for Simple and Healthy Meals

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

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

Program	Location	September	October	November	December	Time
What to Eat Before and During Chemo-Symptom Management	Hybrid Geneva	—	1	—	—	Noon–1:00 pm
How to Make the Most of Each Bite and Sidelining Side Effects	Hybrid Geneva	—	8	—	—	Noon–1:00 pm
Protecting the Immune System and Reducing Inflammation Through Food	Hybrid Geneva	—	15	—	—	Noon–1:00 pm
Now It's My Turn to Cook: Tips for Simple and Healthy Meals	Hybrid Geneva	—	22	—	—	Noon–1:00 pm

## BEING WELL

Classes in the Being Well series are designed to guide patients in **early survivorship** to make positive choices and get back on track with their nutrition. Classes are a lecture format including a cooking demonstration.

**Wednesdays, 6:00–7:00 pm**

### **October 29 | 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.

### **November 5 | 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.

### **November 12 | Gut Health and the Microbiome**

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

### **November 19 | 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](https://livingwell.nm.org).

Program	Location	September	October	November	December	Time
<b>Moving Forward After a Cancer Diagnosis With the Mediterranean Diet</b>	Hybrid Geneva	—	29	—	—	6:00–7:00 pm
<b>Eating Well for Survivorship: Maintaining a Healthy Weight</b>	Hybrid Geneva	—	—	5	—	6:00–7:00 pm
<b>Gut Health and the Microbiome</b>	Hybrid Geneva	—	—	12	—	6:00–7:00 pm
<b>Cooking for One or Two</b>	Hybrid Geneva	—	—	19	—	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 34 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](mailto:erin.bloodworth@nm.org) to schedule a consultation.



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

**Virtual: Thursdays, September 11–25, 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 want 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](https://livingwell.nm.org).

Program	Location	September	October	November	December	Time
<b>Week 1: Overview of Exercise and Physical Activity Guidelines</b>	Virtually via Teams	11	—	—	—	5:30–7:00 pm
<b>Week 2: Cardiovascular Training and Mindful Movements</b>	Virtually via Teams	18	—	—	—	5:30–7:00 pm
<b>Week 3: Strength Training and Exercise Demo</b>	Virtually via Teams	25	—	—	—	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

In Person (Northwestern Medicine St. George Cancer Institute): 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 deconditioned 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 you 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): 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](https://livingwell.nm.org).

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

Program	Location	September	October	November	December	Time
<b>Yoga</b>	Hybrid Geneva	8, 15, 22, 29	6, 13, 20, 27	3, 10, 17, 24	1, 8, 15, 22, 29	10:15 – 11:00 am
	Hybrid Warrentville	5, 12, 19, 26	3, 10, 17, 24, 31	7, 14, 21	5, 12, 19	9:15 – 10:00 am
<b>Tai Chi: Meditation in Motion</b>	Geneva	3, 8, 10, 15, 17, 22, 24, 29	1, 6, 8, 13, 15, 20, 22, 27, 29	3, 5, 10, 12, 17, 19, 24, 26	1, 3, 8, 10, 15, 17, 22, 29, 31	12:30 – 1:15 pm
	Warrentville	4, 11, 18, 25	2, 9, 16, 23, 30	6, 13, 20	4, 11, 18	
	Northwestern Medicine St. George Cancer Institute	4, 18, 25	2, 9, 16, 23, 30	6, 13, 20	4, 11, 18	
<b>Restorative Yoga</b>	Hybrid Warrentville	2, 9, 16, 23, 30	7, 14, 21, 28	4, 11, 18, 25	2, 9, 16, 23, 30	5:45 – 6:30 pm
<b>Movement for Bone Health</b>	Hybrid Warrentville	2, 9, 16, 23, 30	7, 14, 21, 28	4, 11, 18, 25	2, 9, 16, 23, 30	10:15 – 11:00 am
	Hybrid Geneva	3, 10, 17, 24	1, 8, 15, 22, 29	5, 12, 19, 26	3, 10, 17, 31	
<b>Chair Yoga and Standing Balance</b>	Hybrid Warrentville	2, 9, 16, 23, 30	7, 14, 21, 28	4, 11, 18, 25	2, 9, 16, 23, 30	11:15 am – Noon
<b>Chair Fitness for Lymphedema and Neuropathy</b>	Hybrid Warrentville	2, 9, 16, 23, 30	7, 14, 21, 28	4, 11, 18, 25	2, 9, 16, 23, 30	12:15 – 1:00 pm
		4, 11, 18, 25	2, 9, 16, 23, 30	6, 13, 20	4, 11, 18	11:30 am – 12:15 pm
<b>Chair Yoga</b>	Hybrid Northwestern Medicine St. George Cancer Institute	2, 16, 23, 30	7, 21, 28	4, 18, 25	2, 16, 23, 30	2:00 – 2:45 pm
<b>Chair Yoga and Guided Relaxation for Stress Relief</b>	Hybrid Geneva	3, 10, 17, 24	1, 8, 15, 22, 29	5, 12, 19, 26	3, 10, 17, 31	11:15 am – Noon
<b>Gentle Mat Yoga</b>	Hybrid Warrentville	3, 10, 17, 24	1, 8, 15, 22, 29	5, 12, 19	3, 10, 17	5:45 – 6:30 pm

# Individualized Exercise Program

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

## Each program will provide:

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

## Each individual exercise program includes:

### Pre-assessment

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



**3 months of open studio sessions**



### Post-assessment

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

## To get started on your individualized exercise program:

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

### Living With Grief

Tuesdays: Various times throughout the year

This is a six-week group for adults experiencing loss through death. To learn more, call 815.759.4459.

## ART

### Creative Expressions

Third Thursday of each month, 3:00–5:00 pm

A monthly expressive arts program helps you link art with therapeutic support. You do not need experience for this class. McHenry Hospital Cancer Center provides all supplies at no cost.

## MINDFUL MOVEMENTS

### Yoga

Wednesdays, 5:30–6:30 pm

This weekly class offers an opportunity to relax and build body strength through practicing yoga.

## TOUCH THERAPY

### Chair Massage

Third Tuesday of 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	September	October	November	December	Time
GT3 General Cancer Support Group	McHenry Hospital Cancer Center	3	1	5	3	6:30–8:00 pm
Living With Grief		Dates and times vary; call 815.759.4459				
Creative Expressions		18	16	20	18	3:00–5:00 pm
Yoga		3, 10, 17, 24	1, 8, 15, 22, 29	5, 12, 19	3, 10, 17	5:30–6:30 pm
Chair Massage		16	21	18	16	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.

## Beautiful You Workshop

If you are experiencing hair loss from cancer treatment, Beautiful You is designed to help you feel beautiful inside and out. 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.

Thursdays, 4:30–6:00 pm

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

› Thursdays, September 18 and November 13

## Pop-up Wig Boutique

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.

Wednesdays, 9:00–3:00 pm

To make an appointment, email Jamie Ott at [jamie.ott@nm.org](mailto:jamie.ott@nm.org).

## Exercise Consultation

Second Friday of the month, 8:30–10:30 am

Physical activity and exercise are known to be safe and helpful for cancer survivors during and after treatment. If you have questions about your physical activity and exercise during and after cancer treatment, please email Living Well Wellness Coordinator Erin Bloodworth at [info@livingwellcrc.org](mailto:info@livingwellcrc.org) to schedule a consultation.

## 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.

## Tai Chi: Meditation in Motion

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.

### Northwestern Medicine St. George Cancer Institute Program Schedule

Program	Location	September	October	November	December	Time
Beautiful You Workshop	Northwestern Medicine St. George Cancer Institute	18	—	13	—	4:30–6:00 pm
Pop-up Wig Boutique		3, 24	15	5, 19	3, 17	9:00 am–3:00 pm
Exercise Consultation		12	10	14	12	8:30–10:30 am
Chair Yoga		2, 16, 23, 30	7, 21, 28	4, 18, 25	2, 16, 23, 30	2:00–2:45 pm
Tai Chi: Meditation in Motion		4, 18, 25	2, 9, 16, 23, 30	6, 13, 20	4, 11, 18	12:30–1:15 pm

# Fall 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

### September

#### Cancer and the Young Adult

Wednesday, September 24, 6:00–7:00 pm

*Emily Krouse, MS, LCPC, Counselor, Northwestern Medicine Living Well Cancer Resources*

Adolescent and young adult patients with cancer face unique challenges throughout their cancer journey. Living Well counselor Emily Krouse, MS, LCPC, will discuss how the adolescent and young adult journey differs from the average cancer experience and will share resources and ways to cope with the obstacles faced by this population.

### October

#### Common Breast Cancer Myths Debunked

Thursday, October 9, 6:00–7:00 pm

*Angela L. Miciura, MD, Breast Surgical Oncologist, Medical Director of Breast Health in the Northwest Suburbs, Northwestern Medicine*

*Tucker D. Benjamin, MMS, PA-C, RD, Physician Assistant, Northwestern Medicine*

Join Dr. Miciura, breast surgical oncologist, and Tucker D. Benjamin, MMS, PA-C, RD, as they disprove some common breast cancer myths. Bringing useful information about breast cancer diagnoses, they will also discuss the importance of regular screening mammograms and ways to reduce your risk.

#### Cómo manejar los efectos emocionales del cáncer

Martes, 21 de octubre, de 6:00 a 7:00 p. m.

*Ana Anaya, MA, LCPC, Consejera, Northwestern Medicine Living Well Cancer Resources*

Un diagnóstico de cáncer y su tratamiento pueden ser emocional y psicológicamente desafiantes. Acompañe a la consejera de Living Well, Ana Anaya, MA, LCPC, quien compartirá estrategias para manejar sentimientos difíciles y cómo tener conversaciones abiertas que puedan ayudar a lidiar con la ansiedad y la depresión. Este curso está dirigido a pacientes, familiares y cuidadores, y será presentado en español.

#### Navigating the Emotional Effects of Cancer

Tuesday, October 21, 6:00–7:00 pm

*Ana Anaya, MA, LCPC, Counselor, Northwestern Medicine Living Well Cancer Resources*

A cancer diagnosis and its treatment can be emotionally and psychologically challenging. Join Living Well counselor Ana Anaya, MA, LCPC, as she discusses strategies for navigating difficult feelings and shares how having open conversations can help you cope with anxious or depressive emotions. Designed for patients, family members and caregivers, this presentation will be given in Spanish only.



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

Monday, October 27, 6:00–7:15 pm

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

Cancer treatment can require your full attention and energy for months or even years. After treatment, you may feel emotionally and physically drained; you may even feel disoriented as you try to adjust to life after treatment. Join Dr. George as he talks about what to expect as a cancer survivor and how to work with your care team as you recover from treatment.

## December

### Oncology and Palliative Care: Living Longer, Better

Thursday, December 4, 6:00–7:00 pm

*Laura A. Waldoch, DNP, APRN, FNP-C, ACHPN, Nurse Practitioner, Northwestern Medicine Delnor Hospital and Northwestern Medicine Kishwaukee Hospital*

Explore the powerful synergy and collaboration between oncology and palliative care, focusing on how early integration can enhance quality of life, improve symptom management and provide support throughout a cancer journey.

## November

### Cómo la consejería y los grupos de apoyo pueden beneficiarlo a usted y a su familia

Miércoles, 5 de noviembre, de 6:30 a 7:45 p. m.

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

Acompañe a la consejera Nancy Nieto, LPC, NCC, en su charla sobre los beneficios de la consejería y los grupos de apoyo y cómo saber cuál es mejor para usted. Este curso será presentado en español.

### How Counseling and Support Groups Can Benefit You and Your Family

Wednesday, November 5, 6:30–7:45 pm

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

Join counselor Nancy Nieto, LPC, NCC, as she discusses the benefits of both counseling and support groups, and how to know which is best for you. This will be presented in Spanish only.



Program focused on survivorship

## Survivorship Programs



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

Mondays, October 6–November 17, 6:30–7:45 pm

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

Open to patients and caregivers, this seven-week “Back-on-Track: Surviving Survivorship” series is designed to help you navigate common challenges as you transition into survivorship.

Topics include changes in relationships, managing expectations, addressing anxiety and depression, the “new normal,” fear of recurrence, how to partner with your care team, managing your health records and envisioning a positive future. We encourage you to attend the whole series but do not require it.

›	<b>October 6</b>	<b>Pressure to Thrive</b>
›	<b>October 13</b>	<b>Discussion Group</b>
›	<b>October 20</b>	<b>Managing Moods, Stress and Feeling Stuck</b>
›	<b>October 27</b>	<b>Survivorship 101*</b>
›	<b>November 3</b>	<b>Discussion Group</b>
›	<b>November 10</b>	<b>Fear of Recurrence</b>
›	<b>November 17</b>	<b>Envisioning Your Future</b>

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

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

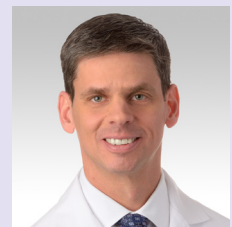


### I’ve Finished Cancer Treatment, Now What? Survivorship 101

Monday, October 27, 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 your feelings while waiting for tests or test results.

*\*Note holiday-related change: in September, the meetings will be on the second and third Monday (same time).*

### 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

Thursdays, 6:30–7:30 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.

*\*Note holiday-related changes: in November and December, the meetings will be on the third Wednesday (same time).*

### Young Adult Support

Second Wednesday of each month, 6:00–7:00 pm

This monthly group provides support and education to young adults aged 18 to 40 years 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](mailto:jennifer.carrera@nm.org) to be added to the email list and receive updates about upcoming meetings and other relevant information.





## Stress Management

### Self-Care: Restoring Your Inner Self

Tuesday, September 30, 6:30–7:45 pm

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

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

### Living Well Book Club

Wednesday, October 29, 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:** *No Cure for Being Human (and Other Truths I Need to Hear)* by Kate Bowler

### Living Well Book Club

Wednesday, December 17, 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 Emperor of All Maladies: A Biography of Cancer* by Siddhartha Mukherjee

## 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 October, Noon–1:00 pm

### October 1

#### What to Eat Before and During Chemo-Symptom Management

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

### October 8

#### How to Make the Most of Each Bite and Sidelining Side Effects

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

### October 15

#### 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.

### October 22

#### 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**

**October 29**

### **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.

**November 5**

### **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.

**November 12**

### **Gut Health and the Microbiome**

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

**November 19**

### **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, December 9, 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**

**Martes, 9 de diciembre, 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.

### 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.

### Movement for Bone Health

Tuesdays, 10:15–11:00 am

Wednesdays, 10:15–11:00 am

Individuals deconditioned 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

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 you to practice standing balance exercises in a safe environment after a seated mobility session.

### 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.

### 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 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 Fall Programs at Living Well Cancer Resources

Pages 45 through 50 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](https://livingwell.nm.org).

### Support Group Schedule | Register at [livingwell.nm.org](https://livingwell.nm.org).

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



### Support Group Schedule | Register at [livingwell.nm.org](https://livingwell.nm.org). (Continued)

Program	Location	September	October	November	December	Time
Breast: Mastectomy	Geneva	24	22	19	17	6:00–8:00 pm
Breast: Metastatic	Virtually via Teams	18	16	20	18	6:30–7:30 pm
Gynecological	Virtually via Teams	24	22	19	17	6:30–7:30 pm
Young Adult Support	Virtually via Teams	10	8	12	10	6:00–7:00 pm
Brain Tumor	Warrenville	24	22	19	17	6:30–8:00 pm

### Stress Management Schedule | Register at [livingwell.nm.org](https://livingwell.nm.org).

Program	Location	September	October	November	December	Time
Self-Care: Restoring Your Inner Self	Virtually via Teams	30	—	—	—	6:00–7:45 pm
Sound Bath	Warrenville	—	15	—	—	6:00–7:30 pm
	Geneva	—	—	—	10	
Living Well Book Club	Virtually via Teams	—	29	—	17	5:00–6:15 pm

### Healing Through Art Schedule | Register at [livingwell.nm.org](https://livingwell.nm.org).

#### Geneva Classes

Program*	September	October	November	December
Mindful Morning Art	3, 10, 17, 24	—	—	3, 17
Gelli Printing	3, 10, 17, 24	—	5, 12, 19, 26	—
Meditative Drawing	8, 15, 22	—	—	—
Jewelry 101	9, 16, 23	7, 14, 21	—	—
Mixed Media Collage	9, 16, 23	7, 14, 21	—	—
Printmaking	11, 18, 25	9, 16, 23	13, 20	—
Art in Progress	15, 22, 25	20, 23, 27	17, 24	15, 22
Upcycled Jewelry Studio	—	6	18	—

\*Review class descriptions for times.



## Healing Through Art Schedule | Register at [livingwell.nm.org](https://livingwell.nm.org). (Continued)

### Geneva Classes

Program*	September	October	November	December
Art Journaling	—	6, 13, 20, 27	5, 12, 19, 26	—
Hope Bracelets	—	13	—	—
Journey to Joy: JoyBox Workshop	—	15	—	—
Mixed Media	—	22, 29	—	—
Painting	—	22, 29	—	—
Radial Symmetry: Patterns and Circles	—	—	3, 10, 17, 24	—
Collage Journaling	—	—	13, 20	—
Creative Quilling: Paper Art With a Personal Touch	—	—	—	1, 15, 22
Bracelets and Origami	—	—	—	3, 17
Vision Boards: Planning for the New Year	—	—	—	3, 17
Holiday Joy	—	—	—	11

### Warrenville Classes

Program*	September	October	November	December
Candle Painting: Light Up Your Creativity	2, 9, 16, 23	1, 8, 15, 22, 29	5, 12, 19	—
Jewelry: Wearable Art From the Heart	2, 9, 16, 23	1, 8, 15, 22, 30	6, 13, 20, 24	1, 8, 15, 22
Clay: Shaping Art With Your Hands	3, 10, 17, 24	6, 13, 20, 27	4, 11, 18, 25	3, 10, 17
Macramé: The Art of Creative Knotting	3, 10, 17, 24, 30	7, 14, 21, 28	—	—
Mindful Art	4, 11, 18, 25	2, 9, 16, 23, 30	6, 13, 20, 26	4, 18
Woodburning: Draw With Fire, Create With Heart	4, 11, 18, 25, 30	2, 7, 14, 21, 27	3, 10, 17, 25	2, 3, 9, 10, 16, 17, 23
Meditative Drawing: Finding Calm Through Creative Flow	8, 15, 22, 29	6, 13, 20	—	—
Yarn Art on Canvas: Texture Meets Color	8, 15, 22, 29	9, 16, 23, 28	4, 11, 18	1, 8, 15, 22
Card Making: Send a Little Joy by Hand	—	29	5, 12, 19	—
Handmade for the Holidays	—	—	3, 10, 17, 24	2, 4, 9, 16, 18, 23

\*Review class descriptions for times.

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

Program	Location	September	October	November	December	Time
What to Eat Before and During Chemo-Symptom Management	Hybrid Geneva	—	1	—	—	Noon–1:00 pm
How to Make the Most of Each Bite and Sidelining Side Effects	Hybrid Geneva	—	8	—	—	Noon–1:00 pm
Protecting the Immune System and Reducing Inflammation Through Food	Hybrid Geneva	—	15	—	—	Noon–1:00 pm
Now It's My Turn to Cook: Tips for Simple and Healthy Meals	Hybrid Geneva	—	22	—	—	Noon–1:00 pm

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

Program	Location	September	October	November	December	Time
Moving Forward After a Cancer Diagnosis With the Mediterranean Diet	Hybrid Geneva	—	29	—	—	6:00–7:00 pm
Eating Well for Survivorship: Maintaining a Healthy Weight	Hybrid Geneva	—	—	5	—	6:00–7:00 pm
Gut Health and the Microbiome	Hybrid Geneva	—	—	12	—	6:00–7:00 pm
Cooking for One or Two	Hybrid Geneva	—	—	19	—	6:00–7:00 pm

 **Back-on-Track Schedule** | Register at [livingwell.nm.org](https://livingwell.nm.org).

Program	Location	September	October	November	December	Time
Week 1: Overview of Exercise and Physical Activity Guidelines	Virtually via Teams	11	—	—	—	5:30–7:00 pm
Week 2: Cardiovascular Training and Mindful Movements	Virtually via Teams	18	—	—	—	5:30–7:00 pm
Week 3: Strength Training and Exercise Demo	Virtually via Teams	25	—	—	—	5:30–7:00 pm

## Mindful Movements Schedule | Register at [livingwell.nm.org](https://livingwell.nm.org).

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

Program	Location	September	October	November	December	Time
Yoga	Hybrid Geneva	8, 15, 22, 29	6, 13, 20, 27	3, 10, 17, 24	1, 8, 15, 22, 29	10:15 – 11:00 am
	Hybrid Warrentville	5, 12, 19, 26	3, 10, 17, 24, 31	7, 14, 21	5, 12, 19	9:15 – 10:00 am
Tai Chi: Meditation in Motion	Geneva	3, 8, 10, 15, 17, 22, 24, 29	1, 6, 8, 13, 15, 20, 22, 27, 29	3, 5, 10, 12, 17, 19, 24, 26	1, 3, 8, 10, 15, 17, 22, 29, 31	12:30 – 1:15 pm
	Warrentville	4, 11, 18, 25	2, 9, 16, 23, 30	6, 13, 20	4, 11, 18	
	Northwestern Medicine St. George Cancer Institute	4, 18, 25	2, 9, 16, 23, 30	6, 13, 20	4, 11, 18	
Restorative Yoga	Hybrid Warrentville	2, 9, 16, 23, 30	7, 14, 21, 28	4, 11, 18, 25	2, 9, 16, 23, 30	5:45 – 6:30 pm
Movement for Bone Health	Hybrid Warrentville	2, 9, 16, 23, 30	7, 14, 21, 28	4, 11, 18, 25	2, 9, 16, 23, 30	10:15 – 11:00 am
	Hybrid Geneva	3, 10, 17, 24	1, 8, 15, 22, 29	5, 12, 19, 26	3, 10, 17, 31	
Chair Yoga and Standing Balance	Hybrid Warrentville	2, 9, 16, 23, 30	7, 14, 21, 28	4, 11, 18, 25	2, 9, 16, 23, 30	11:15 am – Noon
Chair Fitness for Lymphedema and Neuropathy	Hybrid Warrentville	2, 9, 16, 23, 30	7, 14, 21, 28	4, 11, 18, 25	2, 9, 16, 23, 30	12:15 – 1:00 pm
		4, 11, 18, 25	2, 9, 16, 23, 30	6, 13, 20	4, 11, 18	11:30 am – 12:15 pm
Chair Yoga	Hybrid Northwestern Medicine St. George Cancer Institute	2, 16, 23, 30	7, 21, 28	4, 18, 25	2, 16, 23, 30	2:00 – 2:45 pm
Chair Yoga and Guided Relaxation for Stress Relief	Hybrid Geneva	3, 10, 17, 24	1, 8, 15, 22, 29	5, 12, 19, 26	3, 10, 17, 31	11:15 am – Noon
Gentle Mat Yoga	Hybrid Warrentville	3, 10, 17, 24	1, 8, 15, 22, 29	5, 12, 19	3, 10, 17	5:45 – 6:30 pm

### Northwestern Medicine McHenry Hospital Cancer Center Program Schedule

Program	Location	September	October	November	December	Time
GT3 General Cancer Support Group	McHenry Hospital Cancer Center	3	1	5	3	6:30–8:00 pm
Living With Grief		Dates and times vary; call 815.759.4459				
Creative Expressions		18	16	20	18	3:00–5:00 pm
Yoga		3, 10, 17, 24	1, 8, 15, 22, 29	5, 12, 19	3, 10, 17	5:30 – 6:30 pm
Chair Massage		16	21	18	16	9:00 am–1:00 pm

### Northwestern Medicine St. George Cancer Institute Program Schedule

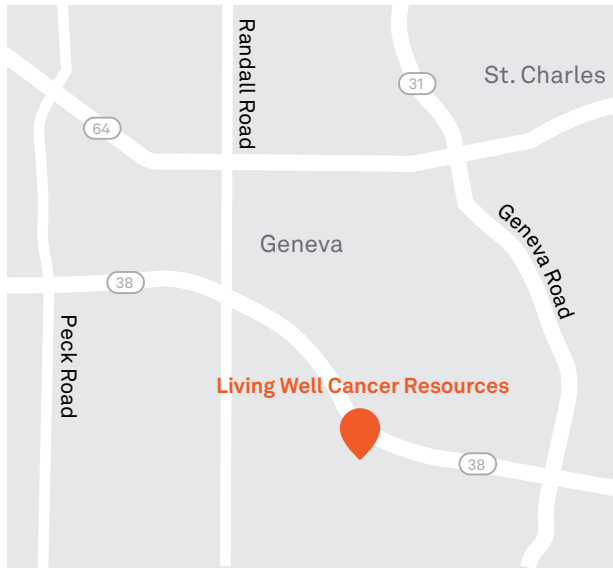
Program	Location	September	October	November	December	Time
Beautiful You Workshop	Northwestern Medicine St. George Cancer Institute	18	—	13	—	4:30–6:00 pm
Pop-up Wig Boutique		3, 24	15	5, 19	3, 17	9:00 am–3:00 pm
Exercise Consultation		12	10	14	12	8:30–10:30 am
Chair Yoga		2, 16, 23, 30	7, 21, 28	4, 18, 25	2, 16, 23, 30	2:00–2:45 pm
Tai Chi: Meditation in Motion		4, 18, 25	2, 9, 16, 23, 30	6, 13, 20	4, 11, 18	12:30–1:15 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

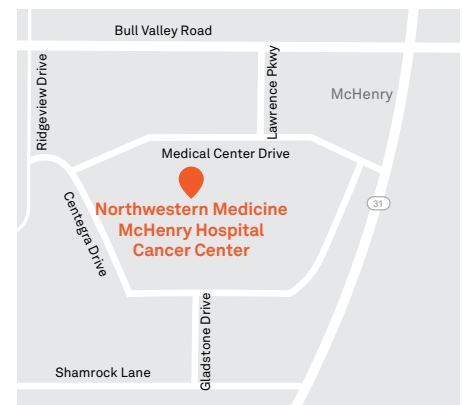
#### Northwestern Medicine McHenry Hospital Cancer Center

4305 Medical Center Drive  
McHenry, Illinois 60050  
815.344.8000

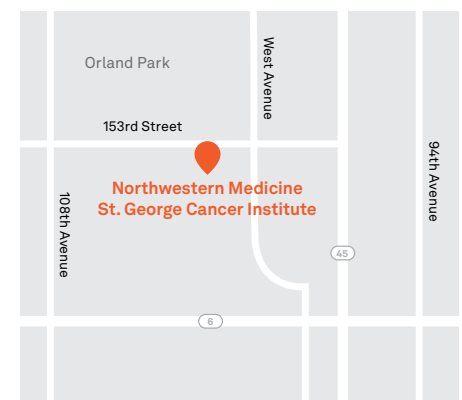
#### Northwestern Medicine St. George Cancer Institute

15300 West Avenue, Suite 108  
Orland Park, Illinois 60462  
708.226.2318

#### Northwestern Medicine McHenry Hospital Cancer Center



#### Northwestern Medicine St. George Cancer Institute



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