

Northwestern Medicine Living Well Cancer Resources

Winter 2026 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.

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.

You must have a participant profile to register for programs at livingwell.nm.org. If you need help creating a profile or logging in to an existing profile, you can view instructions on page 2.

Hours

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

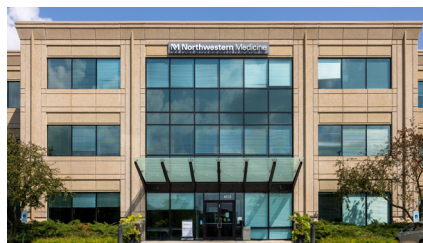
Friday:
9:00 am–Noon

Closed:
 › Saturday and Sunday
 › Thursday, January 1



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



Living Well Cancer Resources at
Northwestern Medicine St. George
Cancer Institute

15300 West Avenue, Suite 108
Orland Park, Illinois 60462

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



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



How to Create a Living Well Account

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

- 1 Go to livingwell.nm.org.
- 2 Select **Register as a New User**. Enter your email and create a password.

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

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

- 3 Select **Register**.

M Living Well Cancer Resources

Account Registration

Email

Password

Confirm Password

Password Requirements

- 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 (!*@)

Having trouble accessing your account?
Contact info@livingwellcrc.org or call 630.933.7860

[Go Back](#) [Register](#)

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

Account Registration has the following technical requirements:

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

Medical Presentations

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

You can watch recordings of previous medical discussions on our YouTube channel: youtube.com/c/livingwellcrc.

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

January

Oral Considerations in the Head and Neck Cancer Patient

Virtual: Thursday, January 8, 6:30–7:30 pm

John C. Mason, DDS, Mason, Faith, Hoscheit & Lefelstein DDS

Dr. Mason reviews the effects of chemotherapy and radiation on the oral mucosa and dentition. The symptoms vary from patient to patient, and many products have been developed to help. We will discuss these products and share patient experiences about products they have found beneficial.

Navigating Cancer as an Adolescent or Young Adult: Caring for Yourself During Treatment and Beyond

Virtual: Thursday, January 29, 6:30–7:30 pm

Alexandra M. Psihogios, PhD, Licensed Clinical Psychologist, Assistant Professor, Department of Medical Social Sciences, Northwestern University Feinberg School of Medicine
Member, Cancer Control and Survivorship Program, Robert H. Lurie Comprehensive Cancer Center of Northwestern University

Understand what to expect during treatment and survivorship by recognizing the physical, emotional and mental challenges you might face and knowing you are not alone. Learn practical strategies to care

for mind and body, including ways to manage stress, anxiety, physical symptoms and the demands of daily life throughout and beyond treatment. Dr. Psihogios helps connect you with supporting people, resources and tools that foster emotional well-being and empowerment during every stage of the journey.

February

Have Your Cake and Eat It Too: Things You Can Do Outside of Medicine to Help in Your Cancer Journey

Virtual: Tuesday, February 24, 6:30–7:30 pm

Anna L. Osmun, PA-C, Northwestern Medicine Delnor Hospital

Join us for an informative discussion on how to safely support your body during chemotherapy and surgical recovery. We'll explore which vitamins and supplements are safe, and which to avoid, while undergoing treatment. The session will also highlight recommended foods, lifestyle habits and evidence-informed practices that can ease side effects and promote healing. Plus, discover a few bonus wellness strategies outside of traditional medicine that are safe and supportive.

March

Common Chemotherapy and Radiation Side Effects

Virtual: Thursday, March 12, 6:30–7:30 pm

Sonja Claridge, BSN, RN, OCN, Nurse Manager, Radiation Oncology, Northwestern Medicine
Megha Shah, DNP, APRN, FNP-BC, OCN, Nurse Practitioner, Medical Oncology, Northwestern Medicine

Two experienced clinicians present an overview of common side effects for chemotherapy and radiation, as well as some interventions commonly recommended to manage them. There will also be time for a question-and-answer period.



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

Virtual: Monday, March 30, 6:00–7:15 pm

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

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

April

Finding Yourself Through Cancer

Virtual: Monday, April 20, 6:30–7:30 pm

Nicolette M. Bernhardt, PsyD, ABPP-CH Clinical Health Psychologist, Northwestern Medicine

During the cancer journey, your body and mind go through many changes that may alter the way you look and feel about yourself. Hair loss, weight gain or loss, surgeries and scars can create feelings of insecurity, a loss of confidence and a feeling of discomfort in your own skin. Join us to learn coping strategies, reduce those feelings and navigate the emotional impact of cancer.

Managing Scanxiety

Virtual: Thursday, April 30, 6:30–7:15 pm

Deanna Weiss, PsyD, Oncology Counselor, Northwestern Medicine Living Well Cancer Resources
It can be difficult for patients and their caregivers to cope with the unsettledness, worry or anxiety around a medical scan, office visit or intervention. Join Dr. Weiss to learn about the common symptoms of “scanxiety” and the ways you can manage them.





Counseling and Social Work Services

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

Counseling

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

To schedule an initial consultation, please email counseling@livingwellcrc.org.

Social Work

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

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

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

Survivorship Programs



Back-on-Track: Surviving Survivorship Series

Virtual discussion via Microsoft Teams

Mondays, March 2–April 13, 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.

›	March 2	Pressure to Thrive
›	March 9	Discussion Group
›	March 16	Managing Moods, Stress and Feeling Stuck
›	March 23	Discussion Group
›	March 30	Survivorship 101*
›	April 6	Fear of Recurrence
›	April 13	Envisioning Your Future



Register at livingwell.nm.org to receive a link to join this virtual series.

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

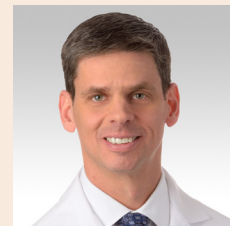


I've Finished Cancer Treatment, Now What? Survivorship 101

Virtual discussion via Microsoft Teams

Monday, March 30, 6:00–7:15 pm

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



Support Groups

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

Check the Support Group Schedule on page 10 for more information about when and where to attend a group.

► Registration is required for support groups at livingwell.nm.org.



Scanxiety Drop-In Group

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

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



Good Grief

Virtual: First Thursday of each month, 6:30–7:30 pm*

In Person (Geneva):

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

Navigating life after loss is hard, but having the support of others who understand can help you. This group provides emotional support and connection for people who have experienced the loss of an adult loved one to cancer in the past 18 months.

**Note holiday-related change: in January, the virtual meeting will be on the second Thursday (same time).*

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 Group

In Person (Geneva):

Monday, January 26, and Monday, March 23,
6:30–8:00 pm

In Person (Warrenville):

Monday, February 23, and Monday, April 27,
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, January 14
and March 11, 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.

Breast: Metastatic

Virtual:

Fourth Thursday of each month, 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.

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.

Virtual Young Adult Support Groups

Provided by the Lurie Adolescent and Young Adult Cancer Program at Northwestern Medicine and Ann & Robert H. Lurie Children's Hospital

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

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

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

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

February

Sound Bath

In Person (Warrenville):

Wednesday, February 11, 6:00 – 7:30 pm

Ruth Day, Yoga Instructor and Trauma Release Facilitator

This meditative experience with soothing instruments, such as singing bowls and gongs, promotes relaxation and stress relief through harmonious sounds. We will give 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, February 18, 5:00 – 6:15 pm

Nancy Nieto, LCPC, NCC, Counselor, 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: *Between Two Kingdoms: A Memoir of a Life Interrupted* by Suleika Jaouad

March



The Importance of Caregivers and Caregiving

Virtual: Tuesday, March 31, 6:30 – 7:45 pm

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

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

April

Sound Bath

In Person (Geneva):

Wednesday, April 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.

Living Well Book Club

Virtual: Wednesday, April 29, 5:00 – 6:15 pm

Nancy Nieto, LCPC, NCC, Counselor, 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: *Memoir of a Debulked Woman: Enduring Ovarian Cancer* by Susan Gubar

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

Program	Location	January	February	March	April	Time
Sound Bath	Warrenville	—	11	—	—	6:00–7:30 pm
	Geneva	—	—	—	15	
Living Well Book Club	Virtually via Teams	—	18	—	29	5:00–6:15 pm
The Importance of Caregivers and Caregiving	Virtually via Teams	—	—	31	—	6:30–7:45 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, Olivia Rusch or Bridget Stern. No previous art experience is needed.

Check the Healing Through Art Schedule on page 20 for more information about when and where to attend.

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

Warrenville Classes

Jewelry: Wearable Art From the Heart

Bridget Stern, Art Instructor, Living Well Cancer Resources

Discover the joy of creating your own meaningful jewelry. 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.

January: Tuesdays, 6, 13, 20, 27, 1:00–3:00 pm

February: Tuesdays, 3, 10, 17, 24, 10:00 am–Noon

March: Wednesdays, 4, 11, 18, 25, 10:00 am–Noon

April: Wednesdays, 1, 8, 15, 22, 29, 1:00–3:00 pm

Woodburning: Draw With Fire, Create With Heart

Bridget Stern, Art Instructor, Living Well Cancer Resources

Woodburning, also known as pyrography, is a craft that involves decorating wood by burning designs into the surface using a heated tool. Try it and see where it takes your creativity!

January: Tuesdays, 6, 13, 20, 27, 10:00 am–Noon

February: Thursdays, 5, 12, 19, 26, 10:00 am–Noon

March: Mondays, 9, 16, 23, 30, 6:00–7:30 pm

April: Wednesdays, 1, 8, 15, 22, 29, 10:00 am–Noon

Art in Progress

Bridget Stern, Art Instructor, 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.

January: Wednesdays, 7, 14, 21, 28, 1:00–3:00 pm

February: Thursdays, 5, 12, 19, 26, 6:00–7:30 pm

March: Thursdays, 5, 12, 19, 26, 10:00 am–Noon

April: Mondays, 6, 13, 20, 27, 6:00–7:30 pm



String Art: Drawing With Thread

Bridget Stern, Art Instructor, Living Well Cancer Resources

Bring your designs to life with color, texture and a bit of geometry in this fun and relaxing string art class. Using wood, nails and colorful thread, you'll create eye-catching patterns, shapes or words by wrapping string around simple outlines.

January: Wednesdays, 7, 14, 21, 28, 10:00 am–Noon

February: Mondays, 2, 9, 16, 23, 10:00 am–Noon

March: Wednesdays, 4, 11, 18, 25, 1:00–3:00 pm

April: Thursdays, 2, 9, 16, 23, 30, 6:00–7:30 pm

Alcohol Ink: Flowing Color, Free Expression

Bridget Stern, Art Instructor, Living Well Cancer Resources

Explore the mesmerizing world of alcohol ink, where bold colors flow, blend and bloom into stunning abstract art. You'll learn techniques to guide and manipulate ink on nonporous surfaces like ceramic tiles, Yupo® paper or glass. No two pieces are ever the same.

January: Mondays, 5, 12, 19, 26, 1:00–3:00 pm

February: Wednesdays, 4, 11, 18, 25, 1:00–3:00 pm

Art Journaling Retreat: Reflect, Create, Discover

Bridget Stern, Art Instructor, Living Well Cancer Resources

Explore words, images and color in a personal way to reflect and create with meaning. Guided prompts and open-ended materials support expression, making each page a unique space to process thoughts and experiences.

March: Monday, 2, 10:00 am – 2:00 pm

Mosaics: Color in Pieces

Bridget Stern, Art Instructor, Living Well Cancer Resources

Step into the colorful world of mosaics and discover the joy of turning simple pieces into stunning works of art. You'll learn how to combine glass, tile and other materials to create unique patterns, pictures and designs that reflect your own style.

January: Mondays, 5, 12, 19, 26, 10:00 am–Noon

March: Tuesdays, 3, 10, 17, 24, 31, 1:00–3:00 pm

April: Thursdays, 2, 9, 16, 23, 30, 10:00 am–Noon



Decorative Glass Jars: Keepsakes of Light

Bridget Stern, Art Instructor, Living Well Cancer Resources

Decorate a glass jar with layers of tissue paper and dried flowers to create a soft, luminous glow. Finished with a tealight, your jar becomes a meaningful keepsake and a source of inspiration for any space.

January: Thursdays, 8, 15, 22, 29, 10:00 am–Noon

February: Mondays, 2, 9, 16, 23, 1:00–3:00 pm

April: Tuesdays, 7, 14, 21, 28, 1:00–3:00 pm



Clay: Shaping Art With Your Hands

Bridget Stern, Art Instructor, Living Well Cancer Resources

Learn to shape and sculpt using air-dry and Sculpey® clay as you create a variety of unique pieces, from earrings to trinket dishes. This hands-on class offers a relaxing introduction to clay work, blending creativity with simple techniques.

January: Thursdays, 8, 15, 22, 29, 6:00–7:30 pm

February: Wednesdays, 4, 11, 18, 25, 10:00 am–Noon

March: Mondays, 9, 16, 23, 30, 10:00 am–Noon

April: Tuesdays, 7, 14, 21, 28, 10:00 am–Noon

Yarn Art on Canvas: Color and Texture

Bridget Stern, Art Instructor, 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 creating multidimensional pieces.

February: Tuesdays, 3, 10, 17, 24, 1:00–3:00 pm

Meditative Drawing: Finding Calm Through Creative Flow

Bridget Stern, Art Instructor, 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 and let your pen guide you into a state of calm and clarity.

March: Tuesdays, 3, 10, 17, 24, 31, 10:00 am–Noon

Macramé: The Art of Creative Knotting

Bridget Stern, Art Instructor, Living Well Cancer Resources

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

March: Thursdays, 5, 12, 19, 26, 6:00–7:30 pm

April: Mondays, 6, 13, 20, 27, 10:00 am–Noon

Geneva Classes

Jewelry: Beads of Joy

Eva Coker, PhD, Art Instructor, Living Well Cancer Resources

Design your own earrings and bracelets with colorful beads that reflect your style and spirit. This class offers a fun way to relax and create jewelry that brings both beauty and joy.

March: Mondays, 2, 9, 16, 10:00 am–Noon

Art in Progress

Eva Coker, PhD, Art Instructor, Living Well Cancer Resources

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Art Journaling: Reflect, Create, Discover

Eva Coker, PhD, Art Instructor, Living Well Cancer Resources

Explore words, images, and color in a personal way to reflect and create with meaning. Guided prompts and open-ended materials support expression, making each page a unique space to process thoughts and experiences.

January: Wednesdays, 7, 14, 21, 28, 1:00–3:00 pm

February: Tuesdays, 3, 10, 17, 24, Noon–2:00 pm

Decorative Glass Jars: Keepsakes of Light

Eva Coker, PhD, Art Instructor, Living Well Cancer Resources

Decorate a glass jar with layers of tissue paper and dried flowers to create a soft, luminous glow. Finished with a tealight, your jar becomes a meaningful keepsake and a source of inspiration for any space.

March: Thursdays, 12, 19, 10:00 am–Noon

Clay: Shaping Art With Your Hands

Eva Coker, PhD, Art Instructor, Living Well Cancer Resources

Learn to shape and sculpt using air-dry and Sculpey clay as you create a variety of unique pieces, from earrings to trinket dishes. This hands-on class offers a relaxing introduction to clay work, blending creativity with simple techniques.

February: Wednesdays, 4, 11, 18, 25, 10:00 am–Noon

Yarn Art on Canvas: Color and Texture

Eva Coker, PhD, Art Instructor, 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 creating multidimensional pieces.

February: Mondays, 2, 16, 23, 10:00 am–Noon

Meditative Morning Art

Eva Coker, PhD, Art Instructor, Living Well Cancer Resources

Begin 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.

January: Mondays, 5, 12, 19, 26, 10:00 am–Noon

April: Thursdays, 2, 9, 16, 23, 30, 10:00 am–Noon

Bracelets and Origami Keepsakes

Eva Coker, PhD, Art Instructor, Living Well Cancer Resource

Design unique bracelets that reflect your personal style, and then fold elegant origami boxes to hold or gift them. This class offers a calming, creative experience that blends jewelry making with the beauty of paper art.

February: Wednesdays, 4, 11, 18, 25, 1:00–3:00 pm



Cardmaking: The Art of Quilling

Eva Coker, PhD, Art Instructor, Living Well Cancer Resource

Discover the relaxing art of quilling by curling and shaping paper strips into delicate spirals and patterns. Design personalized cards, gift tags and keepsakes that reflect your creativity and bring joy to both you and others.

April: Mondays, 6, 13, 20, 27, 10:00 am–Noon

Printmaking With Gelli Plates

Eva Coker, PhD, Art Instructor, Living Well Cancer Resource

Explore the art of printing with gel plates, where every print is one of a kind. Layer textures, stencils and colors to create vibrant, spontaneous artworks that encourage experimentation and discovery.

March: Wednesdays, 4, 11, 18, 1:00–3:00 pm

Mandala Art: Patterns of Calm

Eva Coker, PhD, Art Instructor, Living Well Cancer Resource

Discover 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 harmonious patterns.

January: Thursdays, 8, 15, 22, 29, 10:00 am–Noon

April: Wednesdays, 1, 8, 15, 22, 29, 1:00–3:00 pm

Mixed Media Collage: Layers of Expression

Eva Coker, PhD, Art Instructor, Living Well Cancer Resource

Explore the art of layering papers, textures and images to create meaningful collages that reflect your personal story. This creative process encourages reflection and healing through color, composition and imagination.

March: Tuesdays, 3, 10, 17, Noon–2:00 pm

Nature Journaling: Inspired by the Garden

Eva Coker, PhD, Art Instructor, Living Well Cancer Resource

Slow down and observe the beauty of the natural world through art and reflection. This class nurtures creativity, calm and connection by blending simple artmaking with the restorative presence of nature.

March: Wednesdays, 4, 11, 18, 10:00 am–Noon

Vision Boards: Healing and Hope

Eva Coker, PhD, Art Instructor, Living Well Cancer Resources

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.

January: Tuesdays, 6, 13, 20, 27, Noon–2:00 pm

April: Wednesdays, 1, 8, 15, 22, 29, 10:00 am–Noon

Watercolor: Calming Brushstrokes

Eva Coker, PhD, Art Instructor, Living Well Cancer Resources

Discover the calming flow of watercolor as you paint nature-inspired and abstract designs. This peaceful class encourages relaxation and self-expression, offering a gentle way to find comfort and inspiration through art.

January: Wednesdays, 7, 14, 21, 28, 10:00 am–Noon

April: Tuesdays, 7, 14, 21, 28, Noon–2:00 pm

Orland Park Classes

Junk Journaling

Olivia Rusch, Living Well Cancer Resources

Unwind and get creative in our Junk Journaling workshop! Discover the joy of repurposing materials into beautiful, eco-friendly journals, perfect for capturing your everyday thoughts while in supportive company.

Thursday: January 22, 10:00 am–Noon

Jewelry Making

Olivia Rusch, Living Well Cancer Resources

Learn to craft stunning necklaces, bracelets and earrings using various beads, wires and tools. Perfect for beginners and experienced crafters alike, this class lets you leave with beautiful, handmade pieces to wear or gift.

Thursday: February 12, 10:00 am–Noon

Collaborative Coloring

Olivia Rusch, Living Well Cancer Resources

Join our collaborative coloring art class, where individual creativity meets collective vision. Each participant adds their unique touch, resulting in a vibrant, unified artwork.

Thursday: March 12, 10:00 am–Noon

Mixed Media

Olivia Rusch, Living Well Cancer Resources

Join us for a Mixed Media art class that combines painting, drawing and assemblage techniques to help you craft unique artworks. With tons of arts and crafts at your fingertips, let your creativity flow!

Thursday: April 23, 10:00 am–Noon

Virtual Classes

Vision Boards: Healing and Hope

Eva Coker, PhD, Art Instructor, Living Well Cancer Resources

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.

January: Tuesdays, 6, 13, 20, 27

Two class times: 3:00–5:00 pm and 6:00–8:00 pm

Art Journaling: Reflect, Create, Discover

Eva Coker, PhD, Art Instructor, Living Well Cancer Resource

Explore words, images and color in a personal way to reflect and create with meaning. Guided prompts and open-ended materials support expression, making each page a unique space to process thoughts and experiences.

February: Tuesdays, 3, 10, 17, 24

Two class times: 3:00–5:00 pm and 6:00–8:00 pm

Mixed Media Collage: Layers of Expression

Eva Coker, PhD, Art Instructor, Living Well Cancer Resource

Explore the art of layering papers, textures and images to create meaningful collages that reflect your personal story. This creative process encourages

reflection and healing through color, composition and imagination.

March: Tuesdays, 3, 10, 17

Two class times: 3:00–5:00 pm and 6:00–8:00 pm

Watercolor: Calming Brushstrokes

Eva Coker, PhD, Art Instructor, Living Well Cancer Resource

Discover the calming flow of watercolor as you paint nature-inspired and abstract designs. This peaceful class encourages relaxation and self-expression, offering a gentle way to find comfort and inspiration through art.

April: Tuesdays, 7, 14, 21, 28

Two class times: 3:00–5:00 pm and 6:00–8:00 pm

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

Program*	Location	January	February	March	April
Jewelry: Wearable Art From the Heart	Warrenville	6, 13, 20, 27	3, 10, 17, 24	4, 11, 18, 25	1, 8, 15, 22, 29
Woodburning: Draw With Fire, Create With Heart	Warrenville	6, 13, 20, 27	5, 12, 19, 26	9, 16, 23, 30	1, 8, 15, 22, 29
Art in Progress	Warrenville	7, 14, 21, 28	5, 12, 19, 26	5, 12, 19, 26	6, 13, 20, 27
	Geneva	—	5, 12, 19, 26	—	—
String Art: Drawing With Thread	Warrenville	7, 14, 21, 28	2, 9, 16, 23	4, 11, 18, 25	2, 9, 16, 23, 30
Alcohol Ink: Flowing Color, Free Expression	Warrenville	5, 12, 19, 26	4, 11, 18, 25	—	—
Art Journaling Retreat: Reflect, Create, Discover	Warrenville	—	—	2	—
Mosaics: Color in Pieces	Warrenville	5, 12, 19, 26	—	3, 10, 17, 24, 31	2, 9, 16, 23, 30
Decorative Glass Jars: Keepsakes of Light	Warrenville	8, 15, 22, 29	2, 9, 16, 23	—	7, 14, 21, 28
	Geneva	—	—	12, 19	—
Clay: Shaping Art With Your Hands	Warrenville	8, 15, 22, 29	4, 11, 18, 25	9, 16, 23, 30	7, 14, 21, 28
	Geneva	—	4, 11, 18, 25	—	—

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

Program*	Location	January	February	March	April
Yarn Art on Canvas: Color and Texture	Warrenville	—	3, 10, 17, 24	—	—
	Geneva	—	2, 16, 23	—	—
Meditative Drawing: Finding Calm Through Creative Flow	Warrenville	—	—	3, 10, 17, 24, 31	—
Macramé: The Art of Creative Knotting	Warrenville	—	—	5, 12, 19, 26	6, 13, 20, 27
Jewelry: Beads of Joy	Geneva	—	—	2, 9, 16	—
Art Journaling: Reflect, Create, Discover	Geneva	7, 14, 21, 28	3, 10, 17, 24	—	—
	Virtually via Teams	—	3, 10, 17, 24	—	—
Meditative Morning Art	Geneva	5, 12, 19, 26	—	—	2, 9, 16, 23, 30
Bracelets and Origami Keepsakes	Geneva	—	4, 11, 18, 25	—	—
Cardmaking: The Art of Quilling	Geneva	—	—	—	6, 13, 20, 27
Printmaking With Gelli Plates	Geneva	—	—	4, 11, 18	—
Mandala Art: Patterns of Calm	Geneva	8, 15, 22, 29	—	—	1, 8, 15, 22, 29
Mixed Media Collage: Layers of Expression	Geneva	—	—	3, 10, 17	—
	Virtually via Teams	—	—	3, 10, 17	—
Nature Journaling: Inspired by the Garden	Geneva	—	—	4, 11, 18	—
Vision Boards: Healing and Hope	Geneva	6, 13, 20, 27	—	—	1, 8, 15, 22, 29
	Virtually via Teams	6, 13, 20, 27	—	—	—
Watercolor: Calming Brushstrokes	Geneva	7, 14, 21, 28	—	—	7, 14, 21, 28
	Virtually via Teams	—	—	—	7, 14, 21, 28
Junk Journaling	Orland Park	22	—	—	—
Jewelry Making	Orland Park	—	12	—	—
Collaborative Coloring	Orland Park	—	—	12	—
Mixed Media	Orland Park	—	—	—	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.
- 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 or email to schedule an appointment.

- **Living Well Geneva:**
630.933.7860
- **Living Well Warrenville:**
331.732.4900
- **Living Well Cancer Resources at Northwestern Medicine St. George Cancer Institute:**
info@livingwellcrc.org

Beautiful You Workshops

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

In Person (Geneva): 4:30 – 6:00 pm

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

Select one of three dates:

- › Wednesday, February 18
- › Wednesday, April 15
- › Wednesday, March 18

In Person (Warrenville): 6:00 – 7:30 pm

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

Delilah V. Matos, licensed skin care professional, oncology trained esthetician and certified reflexologist

- › Thursday, March 26

In Person (Northwestern Medicine St. George Cancer Institute): 4:30 – 6:00 pm

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

Select one of two dates:

- › Thursday, February 19
- › Thursday, April 16

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



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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, March 4

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.

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, April 14, 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, 14 de abril, 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, Noon–1:00 pm

January 28 | What to Eat Before and During Chemo-Symptom Management

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

February 4 | How to Make the Most of Each Bite and Sidelining Side Effects

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

February 11 | Protecting the Immune System and Reducing Inflammation Through Food

Incorporating anti-inflammatory foods into your meals may help reduce low-grade chronic inflammation. Review which foods are considered the best choices to help with inflammation and how your diet can help prevent long-term inflammation.

February 18 | Now It's My Turn to Cook: Tips for Simple and Healthy Meals

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

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

Program	Location	January	February	March	April	Time
What to Eat Before and During Chemo-Symptom Management	Hybrid Geneva	28	—	—	—	Noon–1:00 pm
How to Make the Most of Each Bite and Sidelining Side Effects	Hybrid Geneva	—	4	—	—	Noon–1:00 pm
Protecting the Immune System and Reducing Inflammation Through Food	Hybrid Geneva	—	11	—	—	Noon–1:00 pm
Now It's My Turn to Cook: Tips for Simple and Healthy Meals	Hybrid Geneva	—	18	—	—	Noon–1:00 pm

BEING WELL

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

Wednesdays in March, 6:00–7:00 pm

March 4 | Moving Forward After a Cancer Diagnosis With the Mediterranean Diet

Learn about good health strategies for keeping yourself healthy, active and eating well. Discover the importance of a positive mindset, getting sleep and reducing stress and recommendations on how to incorporate more antioxidants, phytochemicals and anti-inflammatory foods.

March 11 | Eating Well for Survivorship: Maintaining a Healthy Weight

This session focuses on how to improve food habits and incorporate exercise to maintain a healthy weight. Learn about protein needs, whole grains and a balanced diet.

March 18 | Gut Health and the Microbiome

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

March 25 | Cooking for One or Two

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

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

Program	Location	January	February	March	April	Time
Moving Forward After a Cancer Diagnosis With the Mediterranean Diet	Hybrid Geneva	—	—	4	—	6:00–7:00 pm
Eating Well for Survivorship: Maintaining a Healthy Weight	Hybrid Geneva	—	—	11	—	6:00–7:00 pm
Gut Health and the Microbiome	Hybrid Geneva	—	—	18	—	6:00–7:00 pm
Cooking for One or Two	Hybrid Geneva	—	—	25	—	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 30 for more information about when and where to attend.



Before your first class, you must complete and we must receive a Consent and Release Form.

Schedule an exercise consultation

Physical activity and exercise are known to be safe and helpful for cancer survivors during and after treatment. If you have questions about your physical activity and exercise during and after cancer treatment, please email Living Well Wellness Coordinator Erin Bloodworth at erin.bloodworth@nm.org to schedule a consultation.



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

Virtual: Thursdays, March 12 – 26, 5:30 – 7:00 pm

Erin Bloodworth, Wellness Coordinator, 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.

Program	Location	January	February	March	April	Time
Week 1: Overview of Exercise and Physical Activity Guidelines	Virtually via Teams	—	—	12	—	5:30–7:00 pm
Week 2: Cardiovascular Training and Mindful Movements	Virtually via Teams	—	—	19	—	5:30–7:00 pm
Week 3: Strength Training and Exercise Demo	Virtually via Teams	—	—	26	—	5:30–7:00 pm

Weekly Group Exercise Classes

Yoga

Hybrid (Orland Park): Tuesdays, 2:00–2:45 pm

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

Chair Yoga and Standing Balance

Hybrid (Warrenville): Tuesdays, 11:15 am–Noon

Standing time is associated with improved cardiometabolic health, and a lower risk of all-cause mortality and cardiovascular disease. This class encourages participants to practice standing balance exercises in a safe environment following a seated mobility session.

Bone Health Light

Hybrid (Geneva): Mondays, 11:15 am–Noon

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

People who are de-conditioned by cancer treatment and those who have osteoporosis/osteopenia can be prone to falls and fractures. This class will emphasize strength training to help maintain bone density. Standing and mat work (on the floor) are included in this class.

Chair Fitness for Lymphedema and Neuropathy

Hybrid (Warrenville): Tuesdays, 12:15–1:00 pm

Hybrid (Orland Park): Tuesdays, 12:15–1:00 pm

Hybrid (Warrenville): Thursdays, 11:30 am–12:15 pm

Hybrid (Orland Park): 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.

Groove

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

Hybrid (Geneva): Wednesdays, 11:15 am–Noon

Get ready to move, express yourself and have fun in a high-energy cardio dance workout designed for everyone. Set to a mix of music genres, this class celebrates self-expression, inclusivity and joy through movement. Dancing not only boosts physical fitness — it also helps reduce stress, elevate mood and build confidence in your body. No dance experience needed; if you can move, you can groove!





Pilates

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

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

Strengthen your core, improve alignment and increase flexibility through a blend of breathwork and fluid, controlled movements. This calming yet powerful practice also helps reduce stress and promote relaxation. Mat-based exercises are included — just bring yourself and your breath.

Gentle Mat Yoga

Hybrid (Warrenville): Tuesdays, 5:45–6:30 pm

Gentle yoga is performed at a slower pace, with less intense positions, and usually includes extended time for meditation, breath work and relaxation. Gentle yoga can be practiced by just about anyone, regardless of age or physical condition. It is especially great for people with injuries, pain, or mobility or health issues. There may be a few standing poses, but the majority of class is on your mat.

Chair Yoga and Guided Relaxation for Stress Relief

Hybrid (Geneva): Wednesdays, 12:30–1:15 pm

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.

Tai Chi: Meditation in Motion

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

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

In Person (Orland Park): 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.

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

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

Program	Location	January	February	March	April	Time
Yoga	Hybrid Orland Park	6, 13, 20, 27	3, 10, 17, 24	3, 10, 17, 24, 31	7, 14, 21, 28	2:00 – 2:45 pm
	Hybrid Warrenville	2, 9, 16, 23, 30	6, 13, 20, 27	6, 13, 20, 27	3, 10, 17, 24	9:15 – 10:00 am
Chair Yoga and Standing Balance	Hybrid Warrenville	6, 13, 20, 27	3, 10, 17, 24	3, 10, 17, 24, 31	7, 14, 21, 28	11:15 am – Noon
Bone Health Light	Hybrid Geneva	5, 12, 19, 26	2, 9, 16, 23	2, 9, 16, 23, 30	6, 13, 20, 27	11:15 am – Noon
	Hybrid Geneva	7, 14, 21, 28	4, 11, 18, 25	4, 11, 18, 25	1, 8, 15, 22, 29	10:15 – 11:00 am
Chair Fitness for Lymphedema and Neuropathy	Hybrid Warrenville	6, 13, 20, 27	3, 10, 17, 24	3, 10, 17, 24, 31	7, 14, 21, 28	12:15 – 1:00 pm
	Hybrid Orland Park	6, 13, 20, 27	3, 10, 17, 24	3, 10, 17, 24, 31	7, 14, 21, 28	
	Hybrid Warrenville	8, 15, 22, 29	5, 12, 19, 26	5, 12, 19, 26	2, 9, 16, 23, 30	11:30 am – 12:15 pm
	Hybrid Orland Park	8, 15, 22, 29	5, 12, 19, 26	5, 12, 19, 26	2, 9, 16, 23, 30	
Groove	Hybrid Warrenville	6, 13, 20, 27	3, 10, 17, 24	3, 10, 17, 24, 31	7, 14, 21, 28	10:15 – 11:00 am
	Hybrid Geneva	7, 14, 21, 28	4, 11, 18, 25	4, 11, 18, 25	1, 8, 15, 22, 29	11:15 am – Noon
Pilates	Hybrid Geneva	5, 12, 19, 26	2, 9, 16, 23	2, 9, 16, 23, 30	6, 13, 20, 27	10:15 – 11:00 am
	Hybrid Warrenville	8, 15, 22, 29	5, 12, 19, 26	5, 12, 19, 26	2, 9, 16, 23, 30	
Gentle Mat Yoga	Hybrid Warrenville	6, 13, 20, 27	3, 10, 17, 24	3, 10, 17, 24, 31	7, 14, 21, 28	5:45 – 6:30 pm
Chair Yoga and Guided Relaxation	Hybrid Geneva	7, 14, 21, 28	4, 11, 18, 25	4, 11, 18, 25	1, 8, 15, 22, 29	12:30 – 1:15 pm
Tai Chi: Meditation in Motion	Geneva	5, 12, 19, 26	2, 9, 16, 23	2, 9, 16, 23, 30	6, 13, 20, 27	12:30 – 1:15 pm
	Warrenville	8, 15, 22, 29	5, 12, 19, 26	5, 12, 19, 26	2, 9, 16, 23, 30	
	Orland Park	8, 15, 22, 29	5, 12, 19, 26	5, 12, 19, 26	2, 9, 16, 23, 30	

Individualized Exercise Program

Living Well offers a program custom made for cancer patients and survivors.

Each program provides:

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

Each individual exercise program includes:

Pre-assessment

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



3 months of open studio sessions



Post-assessment

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

To get started on your individualized exercise program:

- › Contact Wellness Coordinator Erin Bloodworth at erin.bloodworth@nm.org to schedule your initial consultation.
- › Attend a pre-assessment session at **Living Well Geneva** or **Living Well Warrentville**.
- › Choose open studio days and times that work for you for 90 days at **either** Living Well Geneva or Living Well Warrentville.
- › 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	Warrentville	1:00 – 2:30 pm
Wednesdays	Geneva	1:30 – 3:00 pm
Thursdays	Warrentville	2:00 – 3:30 pm

Living Well Cancer Resources at 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. 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.

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

› Thursdays, February 19 and April 16, 4:30–6:00 pm

Wig Boutique

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

Selected Wednesdays, 9:00 am–4:00 pm

To make an appointment, email

info@livingwellcrc.org.

- | | |
|---------------|------------|
| › January 7 | › March 11 |
| › January 28 | › April 1 |
| › February 11 | › April 22 |

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 to schedule a consultation.

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.

Yoga

Tuesdays, 2:00–2:45 pm

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

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.

Junk Journaling

Thursday, January 22, 10:00 am–Noon

Unwind and get creative in our Junk Journaling workshop! Discover the joy of repurposing materials into beautiful, eco-friendly journals, perfect for capturing your everyday thoughts while in supportive company.

Jewelry Making

Thursday, February 12, 10:00 am–Noon

Learn to craft stunning necklaces, bracelets and earrings using various beads, wires and tools. Perfect

for beginners and experienced crafters alike, this class lets you leave with beautiful, handmade pieces to wear or gift.

Collaborative Coloring

Thursday, March 12, 10:00 am–Noon

Join our collaborative coloring art class, where individual creativity meets collective vision. Each participant adds their unique touch, resulting in a vibrant, unified artwork.

Mixed Media

Thursday, April 23, 10:00 am–Noon

Join us for a Mixed Media art class that combines painting, drawing and assemblage techniques to help you craft unique artworks. With tons of arts and crafts at your fingertips, let your creativity flow!

Living Well Cancer Resources at Northwestern Medicine St. George Cancer Institute Program Schedule

Program	Location	January	February	March	April	Time
Beautiful You Workshop	Northwestern Medicine St. George Cancer Institute	—	19	—	16	4:30 – 6:00 pm
Wig Boutique		7, 28	11	11	1, 22	9:00 am – 4:00 pm
Exercise Consultation		9	13	13	10	8:30 – 10:30 am
Chair Fitness for Lymphedema and Neuropathy		6, 13, 20, 27	3, 10, 17, 24	3, 10, 17, 24, 31	7, 14, 21, 28	12:15 – 1:00 pm
		8, 15, 22, 29	5, 12, 19, 26	5, 12, 19, 26	2, 9, 16, 23, 30	11:30 am – 12:15 pm
Yoga		6, 13, 20, 27	3, 10, 17, 24	3, 10, 17, 24, 31	7, 14, 21, 28	2:00 – 2:45 pm
Tai Chi: Meditation in Motion		8, 15, 22, 29	5, 12, 19, 26	5, 12, 19, 26	2, 9, 16, 23, 30	12:30 – 1:15 pm
Junk Journaling		22	—	—	—	10:00 am – Noon
Jewelry Making		—	12	—	—	10:00 am – Noon
Collaborative Coloring		—	—	12	—	10:00 am – Noon
Mixed Media	—	—	—	23	10:00 am – Noon	

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

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	January	February	March	April	Time
Living With Grief	McHenry Hospital Cancer Center	Dates and times vary; call 815.759.4459				
Creative Expressions		15	19	19	16	3:00–5:00 pm
Yoga		8, 15, 22, 29	5, 12, 19, 26	5, 12, 19, 26	2, 9, 16, 23, 30	5:30 – 6:30 pm
Chair Massage		20	17	17	21	9:00 am–1:00 pm

Winter 2026 Virtual Programs

We offer a wide variety of programming on Microsoft Teams to support patients, family members and caregivers wherever they are.

► Register at livingwell.nm.org to receive a link to join these virtual programs.

Medical Presentations

Oral Considerations in the Head and Neck Cancer Patient

Thursday, January 8, 6:30–7:30 pm

John C. Mason, DDS, Mason, Faith, Hoscheit & Lefelstein DDS

Dr. Mason reviews the effects of chemotherapy and radiation on the oral mucosa and dentition. The symptoms vary from patient to patient, and many products have been developed to help. We will discuss these products and share patient experiences about products they have found beneficial.

Navigating Cancer as an Adolescent or Young Adult: Caring for Yourself During Treatment and Beyond

Thursday, January 29, 6:30–7:30 pm

Alexandra M. Psihogios, PhD, Licensed Clinical Psychologist, Assistant Professor, Department of Medical Social Sciences, Northwestern University Feinberg School of Medicine

Member, Cancer Control and Survivorship Program, Robert H. Lurie Comprehensive Cancer Center of Northwestern University

Understand what to expect during treatment and survivorship by recognizing the physical, emotional and mental challenges you might face and knowing you are not alone. Learn practical strategies to care for mind and body, including ways to manage stress, anxiety, physical symptoms and the demands of daily life throughout and beyond treatment. Dr. Psihogios helps connect you with supporting people, resources and tools that foster emotional well-being and empowerment during every stage of the journey.

Have Your Cake and Eat It Too: Things You Can Do Outside of Medicine to Help in Your Cancer Journey

Tuesday, February 24, 6:30–7:30 pm

Anna L. Osmun, PA-C, Northwestern Medicine Delnor Hospital

Join us for an informative discussion on how to safely support your body during chemotherapy and surgical recovery. We'll explore which vitamins and supplements are safe, and which to avoid, while undergoing treatment. The session will also highlight recommended foods, lifestyle habits and evidence-informed practices that can ease side effects and promote healing. Plus, discover a few bonus wellness strategies outside of traditional medicine that are safe and supportive.

Common Chemotherapy and Radiation Side Effects

Thursday, March 12, 6:30–7:30 pm

Sonja Claridge, BSN, RN, OCN, Nurse Manager, Radiation Oncology, Northwestern Medicine
Megha Shah, DNP, APRN, FNP-BC, OCN, Nurse Practitioner, Medical Oncology, Northwestern Medicine

Two experienced clinicians present an overview of common side effects for chemotherapy and radiation, as well as some interventions commonly recommended to manage them. There will also be time for a question-and-answer period.



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

Monday, March 30, 6:00–7:15 pm

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

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

Finding Yourself Through Cancer

Monday, April 20, 6:30–7:30 pm

Nicolette M. Bernhardt, PsyD, ABPP-CH Clinical Health Psychologist, Northwestern Medicine

During the cancer journey, your body and mind go through many changes that may alter the way you look and feel about yourself. Hair loss, weight gain or loss, surgeries and scars can create feelings of insecurity, a loss of confidence and a feeling of discomfort in your own skin. Join us to learn coping strategies, reduce those feelings and navigate the emotional impact of cancer.

Managing Scanxiety

Thursday, April 30, 6:30–7:15 pm

Deanna Weiss, PsyD, Oncology Counselor, Northwestern Medicine Living Well Cancer Resources

It can be difficult for patients and their caregivers to cope with the unsettledness, worry or anxiety around a medical scan, office visit or intervention. Join Dr. Weiss to learn about the common symptoms of “scanxiety” and the ways you can manage them.

Survivorship Programs



Back-on-Track: Surviving Survivorship Series

Mondays, March 2 – April 13, 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.

›	March 2	Pressure to Thrive
›	March 9	Discussion Group
›	March 16	Managing Moods, Stress and Feeling Stuck
›	March 23	Discussion Group
›	March 30	Survivorship 101*
›	April 6	Fear of Recurrence
›	April 13	Envisioning Your Future

Register at livingwell.nm.org to receive a link to join this virtual series.

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



Survivorship Programs



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

Monday, March 30, 6:00–7:15 pm

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

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

Support Groups



Scanxiety Drop-In Group

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

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

Good Grief

First Thursday of each month, 6:30–7:30 pm*

Navigating life after loss is hard, but having the support of others who understand can help you. This group provides emotional support and connection for people who have experienced the loss of an adult loved one to cancer in the past 18 months.

**Note holiday-related change: in January, the virtual meeting will be on the second Thursday (same time).*

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

Fourth Thursday of each month, 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.

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 to be added to the email list and receive updates about upcoming meetings and other relevant information.

Stress Management

Living Well Book Club

Wednesday, February 18, 5:00 – 6:15 pm

Nancy Nieto, LCPC, NCC, Counselor, 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: *Between Two Kingdoms: A Memoir of a Life Interrupted* by Suleika Jaouad

The Importance of Caregivers and Caregiving

Tuesday, March 31, 6:30 – 7:45 pm

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

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

Living Well Book Club

Wednesday, April 29, 5:00 – 6:15 pm

Nancy Nieto, LCPC, NCC, Counselor, 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: *Memoir of a Debulked Woman: Enduring Ovarian Cancer* by Susan Gubar

Healing Through Art

Vision Boards: Healing and Hope

Eva Coker, PhD, Art Instructor, Living Well Cancer Resources

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.

January: Tuesdays, 6, 13, 20, 27

Two class times: 3:00–5:00 pm and 6:00–8:00 pm

Art Journaling: Reflect, Create, Discover

Eva Coker, PhD, Art Instructor, Living Well Cancer Resources

Explore words, images and color in a personal way to reflect and create with meaning. Guided prompts and open-ended materials support expression, making each page a unique space to process thoughts and experiences.

February: Tuesdays, 3, 10, 17, 24

Two class times: 3:00–5:00 pm and 6:00–8:00 pm

Mixed Media Collage: Layers of Expression

Eva Coker, PhD, Art Instructor, Living Well Cancer Resources

Explore the art of layering papers, textures and images to create meaningful collages that reflect your personal story. This creative process encourages reflection and healing through color, composition and imagination.

March: Tuesdays, 3, 10, 17

Two class times: 3:00–5:00 pm and 6:00–8:00 pm

Watercolor: Calming Brushstrokes

Eva Coker, PhD, Art Instructor, Living Well Cancer Resources

Discover the calming flow of watercolor as you paint nature-inspired and abstract designs. This peaceful class encourages relaxation and self-expression, offering a gentle way to find comfort and inspiration through art.

April: Tuesdays, 7, 14, 21, 28

Two class times: 3:00–5:00 pm and 6:00–8:00 pm

Eating Well

Classes in the Eating Well series are designed to help patients in **active treatment** navigate the changes and challenges they face with nutrition. Classes are a lecture format with some topics including a cooking demonstration.

Wednesdays, Noon–1:00 pm

January 28 | What to Eat Before and During Chemo-Symptom Management

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

February 4 | How to Make the Most of Each Bite and Sidelining Side Effects

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

February 11 | Protecting the Immune System and Reducing Inflammation Through Food

Incorporating anti-inflammatory foods into your meals may help reduce low-grade chronic inflammation. Review which foods are considered the best choices to help with inflammation and how your diet can help prevent long-term inflammation.

February 18 | Now It's My Turn to Cook: Tips for Simple and Healthy Meals

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



Being Well

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

Wednesdays in March, 6:00–7:00 pm

March 4 | Moving Forward After a Cancer Diagnosis With the Mediterranean Diet

Learn about good health strategies for keeping yourself healthy, active and eating well. Discover the importance of a positive mindset, getting sleep and reducing stress and recommendations on how to incorporate more antioxidants, phytochemicals and anti-inflammatory foods.

March 11 | Eating Well for Survivorship: Maintaining a Healthy Weight

This session focuses on how to improve food habits and incorporate exercise to maintain a healthy weight. Learn about protein needs, whole grains and a balanced diet.

March 18 | Gut Health and the Microbiome

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

March 25 | 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, April 14, 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, 14 de abril, 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



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

Thursdays, March 12 – 26, 5:30 – 7:00 pm

Erin Bloodworth, Wellness Coordinator, 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

Yoga

Tuesdays, 2:00–2:45 pm

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

Chair Yoga and Standing Balance

Tuesdays, 11:15 am–Noon

Standing time is associated with improved cardiometabolic health, and a lower risk of all-cause mortality and cardiovascular disease. This class encourages participants to practice standing balance exercises in a safe environment following a seated mobility session.



Mindful Movements

Bone Health Light

Mondays, 11:15 am–Noon

Wednesdays, 10:15–11:00 am

People who are de-conditioned by cancer treatment and those who have osteoporosis/osteopenia can be prone to falls and fractures. This class will emphasize strength training to help maintain bone density. Standing and mat work (on the floor) are included in this class.

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.

Groove

Tuesdays, 10:15–11:00 am

Wednesdays, 11:15 am–Noon

Get ready to move, express yourself and have fun in a high-energy cardio dance workout designed for everyone. Set to a mix of music genres, this class celebrates self-expression, inclusivity and joy through movement. Dancing not only boosts physical fitness — it also helps reduce stress, elevate mood and build confidence in your body. No dance experience needed; if you can move, you can groove!

Pilates

Mondays, 10:15–11:00 am

Thursdays, 10:15–11:00 am

Strengthen your core, improve alignment and increase flexibility through a blend of breathwork and fluid, controlled movements. This calming yet powerful practice also helps reduce stress and promote relaxation. Mat-based exercises are included — just bring yourself and your breath.

Gentle Mat Yoga

Tuesdays, 5:45–6:30 pm

Gentle yoga is performed at a slower pace, with less intense positions, and usually includes extended time for meditation, breath work and relaxation. Gentle yoga can be practiced by just about anyone, regardless of age or physical condition. It is especially great for people with injuries, pain, or mobility or health issues. There may be a few standing poses, but the majority of class is on your mat.

Chair Yoga and Guided Relaxation for Stress Relief

Wednesdays, 12:30–1:15 pm


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.

Removable Schedules

for Winter Programs at Living Well Cancer Resources

Pages 42 through 48 include schedules for all programs mentioned in this guide. **These pages are perforated so you can easily tear them out and reference them.** Register for classes and programs at livingwell.nm.org.

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

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



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

Program	Location	January	February	March	April	Time
Breast: Mastectomy	Geneva	28	25	25	22	6:00–8:00 pm
Breast: Metastatic	Virtually via Teams	22	26	26	23	6:30–7:30 pm
Gynecological	Virtually via Teams	28	25	25	22	6:30–7:30 pm
Young Adult Support	Virtually via Teams	14	11	11	8	6:00–7:00 pm
Brain Tumor	Warrenville	28	25	25	22	6:30–8:00 pm

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

Program	Location	January	February	March	April	Time
Sound Bath	Warrenville	—	11	—	—	6:00–7:30 pm
	Geneva	—	—	—	15	
Living Well Book Club	Virtually via Teams	—	18	—	29	5:00–6:15 pm
The Importance of Caregivers and Caregiving	Virtually via Teams	—	—	31	—	6:30–7:45 pm

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

Program*	Location	January	February	March	April
Jewelry: Wearable Art From the Heart	Warrenville	6, 13, 20, 27	3, 10, 17, 24	4, 11, 18, 25	1, 8, 15, 22, 29
Woodburning: Draw With Fire, Create With Heart	Warrenville	6, 13, 20, 27	5, 12, 19, 26	9, 16, 23, 30	1, 8, 15, 22, 29
Art in Progress	Warrenville	7, 14, 21, 28	5, 12, 19, 26	5, 12, 19, 26	6, 13, 20, 27
	Geneva	—	5, 12, 19, 26	—	—
String Art: Drawing With Thread	Warrenville	7, 14, 21, 28	2, 9, 16, 23	4, 11, 18, 25	2, 9, 16, 23, 30
Alcohol Ink: Flowing Color, Free Expression	Warrenville	5, 12, 19, 26	4, 11, 18, 25	—	—
Art Journaling Retreat: Reflect, Create, Discover	Warrenville	—	—	2	—
Mosaics: Color in Pieces	Warrenville	5, 12, 19, 26	—	3, 10, 17, 24, 31	2, 9, 16, 23, 30
Decorative Glass Jars: Keepsakes of Light	Warrenville	8, 15, 22, 29	2, 9, 16, 23	—	7, 14, 21, 28
	Geneva	—	—	12, 19	—
Clay: Shaping Art With Your Hands	Warrenville	8, 15, 22, 29	4, 11, 18, 25	9, 16, 23, 30	7, 14, 21, 28
	Geneva	—	4, 11, 18, 25	—	—
Yarn Art on Canvas: Color and Texture	Warrenville	—	3, 10, 17, 24	—	—
	Geneva	—	2, 16, 23	—	—
Meditative Drawing: Finding Calm Through Creative Flow	Warrenville	—	—	3, 10, 17, 24, 31	—
Macramé: The Art of Creative Knotting	Warrenville	—	—	5, 12, 19, 26	6, 13, 20, 27
Jewelry: Beads of Joy	Geneva	—	—	2, 9, 16	—
Art Journaling: Reflect, Create, Discover	Geneva	7, 14, 21, 28	3, 10, 17, 24	—	—
	Virtually via Teams	—	3, 10, 17, 24	—	—
Meditative Morning Art	Geneva	5, 12, 19, 26	—	—	2, 9, 16, 23, 30
Bracelets and Origami Keepsakes	Geneva	—	4, 11, 18, 25	—	—
Cardmaking: The Art of Quilling	Geneva	—	—	—	6, 13, 20, 27
Printmaking With Gelli Plates	Geneva	—	—	4, 11, 18	—

*Review class descriptions for times.

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

Program*	Location	January	February	March	April
Mandala Art: Patterns of Calm	Geneva	8, 15, 22, 29	—	—	1, 8, 15, 22, 29
Mixed Media Collage: Layers of Expression	Geneva	—	—	3, 10, 17	—
	Virtually via Teams	—	—	3, 10, 17	—
Nature Journaling: Inspired by the Garden	Geneva	—	—	4, 11, 18	—
Vision Boards: Healing and Hope	Geneva	6, 13, 20, 27	—	—	1, 8, 15, 22, 29
	Virtually via Teams	6, 13, 20, 27	—	—	—
Watercolor: Calming Brushstrokes	Geneva	7, 14, 21, 28	—	—	7, 14, 21, 28
	Virtually via Teams	—	—	—	7, 14, 21, 28
Junk Journaling	Orland Park	22	—	—	—
Jewelry Making	Orland Park	—	12	—	—
Collaborative Coloring	Orland Park	—	—	12	—
Mixed Media	Orland Park	—	—	—	23

*Review class descriptions for times.

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

Program	Location	January	February	March	April	Time
What to Eat Before and During Chemo-Symptom Management	Hybrid Geneva	28	—	—	—	Noon–1:00 pm
How to Make the Most of Each Bite and Sidelining Side Effects	Hybrid Geneva	—	4	—	—	Noon–1:00 pm
Protecting the Immune System and Reducing Inflammation Through Food	Hybrid Geneva	—	11	—	—	Noon–1:00 pm
Now It's My Turn to Cook: Tips for Simple and Healthy Meals	Hybrid Geneva	—	18	—	—	Noon–1:00 pm



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

Program	Location	January	February	March	April	Time
Moving Forward After a Cancer Diagnosis With the Mediterranean Diet	Hybrid Geneva	—	—	4	—	6:00–7:00 pm
Eating Well for Survivorship: Maintaining a Healthy Weight	Hybrid Geneva	—	—	11	—	6:00–7:00 pm
Gut Health and the Microbiome	Hybrid Geneva	—	—	18	—	6:00–7:00 pm
Cooking for One or Two	Hybrid Geneva	—	—	25	—	6:00–7:00 pm



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

Program	Location	January	February	March	April	Time
Week 1: Overview of Exercise and Physical Activity Guidelines	Virtually via Teams	—	—	12	—	5:30–7:00 pm
Week 2: Cardiovascular Training and Mindful Movements	Virtually via Teams	—	—	19	—	5:30–7:00 pm
Week 3: Strength Training and Exercise Demo	Virtually via Teams	—	—	26	—	5:30–7:00 pm



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

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

Program	Location	January	February	March	April	Time
Yoga	Hybrid Orland Park	6, 13, 20, 27	3, 10, 17, 24	3, 10, 17, 24, 31	7, 14, 21, 28	2:00 – 2:45 pm
	Hybrid Warrenville	2, 9, 16, 23, 30	6, 13, 20, 27	6, 13, 20, 27	3, 10, 17, 24	9:15 – 10:00 am
Chair Yoga and Standing Balance	Hybrid Warrenville	6, 13, 20, 27	3, 10, 17, 24	3, 10, 17, 24, 31	7, 14, 21, 28	11:15 am – Noon
Bone Health Light	Hybrid Geneva	5, 12, 19, 26	2, 9, 16, 23	2, 9, 16, 23, 30	6, 13, 20, 27	11:15 am – Noon
	Hybrid Geneva	7, 14, 21, 28	4, 11, 18, 25	4, 11, 18, 25	1, 8, 15, 22, 29	10:15 – 11:00 am
Chair Fitness for Lymphedema and Neuropathy	Hybrid Warrenville	6, 13, 20, 27	3, 10, 17, 24	3, 10, 17, 24, 31	7, 14, 21, 28	12:15 – 1:00 pm
	Hybrid Orland Park	6, 13, 20, 27	3, 10, 17, 24	3, 10, 17, 24, 31	7, 14, 21, 28	
	Hybrid Warrenville	8, 15, 22, 29	5, 12, 19, 26	5, 12, 19, 26	2, 9, 16, 23, 30	11:30 am – 12:15 pm
	Hybrid Orland Park	8, 15, 22, 29	5, 12, 19, 26	5, 12, 19, 26	2, 9, 16, 23, 30	
Groove	Hybrid Warrenville	6, 13, 20, 27	3, 10, 17, 24	3, 10, 17, 24, 31	7, 14, 21, 28	10:15 – 11:00 am
	Hybrid Geneva	7, 14, 21, 28	4, 11, 18, 25	4, 11, 18, 25	1, 8, 15, 22, 29	11:15 am – Noon
Pilates	Hybrid Geneva	5, 12, 19, 26	2, 9, 16, 23	2, 9, 16, 23, 30	6, 13, 20, 27	10:15 – 11:00 am
	Hybrid Warrenville	8, 15, 22, 29	5, 12, 19, 26	5, 12, 19, 26	2, 9, 16, 23, 30	
Gentle Mat Yoga	Hybrid Warrenville	6, 13, 20, 27	3, 10, 17, 24	3, 10, 17, 24, 31	7, 14, 21, 28	5:45 – 6:30 pm
Chair Yoga and Guided Relaxation	Hybrid Geneva	7, 14, 21, 28	4, 11, 18, 25	4, 11, 18, 25	1, 8, 15, 22, 29	12:30 – 1:15 pm
Tai Chi: Meditation in Motion	Geneva	5, 12, 19, 26	2, 9, 16, 23	2, 9, 16, 23, 30	6, 13, 20, 27	12:30 – 1:15 pm
	Warrenville	8, 15, 22, 29	5, 12, 19, 26	5, 12, 19, 26	2, 9, 16, 23, 30	
	Orland Park	8, 15, 22, 29	5, 12, 19, 26	5, 12, 19, 26	2, 9, 16, 23, 30	

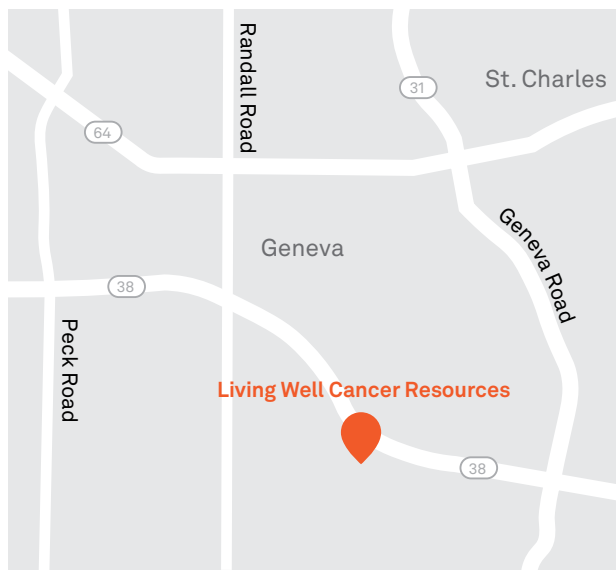
Living Well Cancer Resources at Northwestern Medicine St. George Cancer Institute Program Schedule

Program	Location	January	February	March	April	Time
Beautiful You Workshop	Northwestern Medicine St. George Cancer Institute	—	19	—	16	4:30 – 6:00 pm
Wig Boutique		7, 28	11	11	1, 22	9:00 am – 4:00 pm
Exercise Consultation		9	13	13	10	8:30 – 10:30 am
Chair Fitness for Lymphedema and Neuropathy		6, 13, 20, 27	3, 10, 17, 24	3, 10, 17, 24, 31	7, 14, 21, 28	12:15 – 1:00 pm
		8, 15, 22, 29	5, 12, 19, 26	5, 12, 19, 26	2, 9, 16, 23, 30	11:30 am – 12:15 pm
Yoga		6, 13, 20, 27	3, 10, 17, 24	3, 10, 17, 24, 31	7, 14, 21, 28	2:00 – 2:45 pm
Tai Chi: Meditation in Motion		8, 15, 22, 29	5, 12, 19, 26	5, 12, 19, 26	2, 9, 16, 23, 30	12:30 – 1:15 pm
Junk Journaling		22	—	—	—	10:00 am – Noon
Jewelry Making		—	12	—	—	10:00 am – Noon
Collaborative Coloring		—	—	12	—	10:00 am – Noon
Mixed Media		—	—	—	23	10:00 am – Noon

Northwestern Medicine McHenry Hospital Cancer Center Program Schedule

Program	Location	January	February	March	April	Time
Living With Grief	McHenry Hospital Cancer Center	Dates and times vary; call 815.759.4459				
Creative Expressions		15	19	19	16	3:00 – 5:00 pm
Yoga		8, 15, 22, 29	5, 12, 19, 26	5, 12, 19, 26	2, 9, 16, 23, 30	5:30 – 6:30 pm
Chair Massage		20	17	17	21	9:00 am – 1:00 pm

Living Well Cancer Resources Geneva



Living Well Cancer Resources Warrenville



Living Well Cancer Resources Geneva

442 Williamsburg Avenue
Geneva, Illinois 60134
630.933.7860

Living Well Cancer Resources Warrenville

4525 Weaver Parkway, Suite 103
Warrenville, Illinois 60555
331.732.4900

Living Well Cancer Resources at Northwestern Medicine St. George Cancer Institute

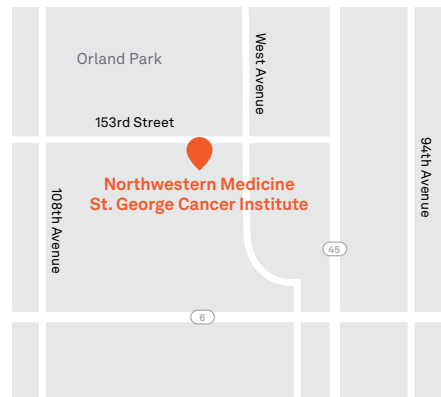
15300 West Avenue, Suite 108
Orland Park, Illinois 60462

Northwestern Medicine McHenry Hospital Cancer Center

4305 Medical Center Drive
McHenry, Illinois 60050
815.344.8000

TTY for all locations: 711

Northwestern Medicine St. George Cancer Institute



Northwestern Medicine McHenry Hospital Cancer Center



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