



Northwestern Medicine Living Well Cancer Resources

Summer 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. Our classes are specifically designed for adults ages 18 and older, unless the program guide notes otherwise. 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
- ▶ Monday, May 25
- ▶ Friday, July 3



442 Williamsburg Avenue
Geneva, Illinois 60134
630.933.7860




4525 Weaver Parkway, Suite 103
Warrenville, Illinois 60555
331.732.4900




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 uppercase letter
- › At least one lowercase 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.

Your Journey to Living Well: New Participant Orientation

We offer a virtual orientation for patients and families who are checking out Living Well Cancer Resources for the first time. This session will introduce you to everything Living Well has to offer. We review eligibility requirements, guide you through portal registration and take you on a virtual tour of our two main locations and our satellite site.

You will also learn about the wide range of programs and services available and how we can help you choose those that best support your needs and interests.

All programs and services at Living Well are provided at no cost to people affected by cancer, including individuals diagnosed, caregivers and family members — no matter where you receive your medical care.

All family members are welcome at this virtual orientation and encouraged to attend.

- May:** Mondays, 4, 11, 18, 5:30–6:15 pm
 Wednesdays, 6, 13, 20, 27, 12:00–12:45 pm
 Fridays, 1, 8, 15, 22, 29, 9:30–10:15 am
- June:** Mondays, 1, 8, 22, 29, 5:30–6:15 pm
 Wednesdays, 3, 10, 24, 12:00–12:45 pm
 Fridays, 5, 12, 26, 9:30–10:15 am
- July:** Mondays, 6, 13, 20, 27, 5:30–6:15 pm
 Wednesdays, 1, 8, 15, 22, 29, 12:00–12:45 pm
 Fridays, 10, 17, 24, 31, 9:30–10:15 am
- August:** Mondays, 3, 10, 17, 24, 31, 5:30–6:15 pm
 Wednesdays, 5, 12, 19, 26, 12:00–12:45 pm
 Fridays, 7, 14, 21, 28, 9:30–10:15 am



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/livingwellcnc.

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

May

Pelvic Pain and Cancer Survivorship: Understanding the Impact of Treatment

Virtual: Thursday, May 14, 6:30–7:30 pm

Jana Richardson, PT, DPT, WCS, PRPC, CIDN, Owner, Chicago Pelvic Health and Wellness

Cancer treatments such as radiation can cause lasting changes to pelvic tissues that contribute to pain, bowel and bladder dysfunction, and difficulty with medical exams. This session focuses on increasing awareness of these risks and empowering survivors with practical behavior changes that support pelvic tissue health, reduce pain and promote long-term wellness after cancer.

June

Unlocking the Health and Wellness Benefits of Nature

Virtual: Thursday, June 18, 6:30–7:30 pm

Alison Paul, Vice President of Community Conservation (The Conservation Foundation) and certified Forest Therapy Guide (Association of Nature and Forest Therapy), and Jessica Mino, Kane and Kendall County Program Director (The Conservation Foundation)

Research from around the world continues to confirm what many of us already feel—spending time in nature is good for our bodies and minds. Join us to explore how connecting with nature can boost physical and mental health, lower stress, strengthen our feeling of connectedness, and enhance overall well-being.

The Conservation Foundation will share how you can bring your health and wellness outdoors with practices like forest therapy, a way for people of all ages and abilities to connect with nature through their senses. We'll also explore other activities and adaptations you can use to enjoy the outdoors in a way that works for you.

August

The Anti-Inflammatory Lifestyle

Virtual: Thursday, August 20, 6:30–7:30 pm

Rachel Garrison, RN, BSN, and Katherine Whited, RD, CSO, LDN, CNSC, MPH

This session will introduce practical, evidence-informed strategies for adopting an anti-inflammatory lifestyle. We will examine how dietary choices and daily habits influence inflammation and overall well-being. You will learn to identify common triggers of inflammation and explore healthier alternatives that can support long-term health and improved quality of life.



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

Virtual: Monday, June 22, 6:00–7:15 pm

Neha Hippalgaonkar, MD, Medical Oncologist, 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. Hippalgaonkar as she talks about what to expect as a cancer survivor and how to work with your care team as you recover from treatment.

July

Screening for Prostate Cancer – What Every Man Should Know

Virtual: Thursday, July 30, 6:30–7:30 pm

Song Jiang, MD, PhD, Clinical Assistant Professor of Urology at Northwestern University Feinberg School of Medicine

Understanding who should be screened for prostate cancer, when screening is recommended, and why it matters empowers men to take an active role in their health. This talk will help patients navigate the benefits and potential risks of prostate cancer screening, encouraging informed, confident decisions through open conversation and evidence-based guidance.





Counseling and Social Work Services

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

Counseling

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

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

Social Work

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

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

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

Survivorship Programs

Back-on-Track: Surviving Survivorship Series*

Virtual discussion via Microsoft Teams
Mondays, June 1 – July 20, 6:30 – 7:45 pm

Missy Petty, LCPC, Lead Counselor, Northwestern Medicine Living Well Cancer Resources
Open to patients and caregivers, this seven-week “Back-on-Track: Surviving Survivorship” series is designed to help you navigate common challenges as you transition into survivorship.

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

- › June 1 Pressure to Thrive
- › June 8 Discussion Group
- › June 15 Managing Moods, Stress and Feeling Stuck
- › June 22 Survivorship 101*
- › June 29 Discussion Group
- › July 13 Fear of Recurrence
- › July 20 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. Hippalgaonkar. Please note the start time difference at 6:00 pm.*

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

Virtual discussion via Microsoft Teams
Monday, June 22, 6:00 – 7:15 pm

Neha Hippalgaonkar, MD, Medical Oncologist, 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. Hippalgaonkar as she 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 11 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, bloodwork 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: Second Thursday of each month, 6:30–7:30 pm
 In Person (Geneva):
 Fourth 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 Group
 In Person (Geneva): Monday, May 18, and Monday, July 27, 6:30–8:00 pm
 In Person (Warrenville): Monday, June 22, and Monday, August 24, 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): Wednesday, May 13, and Wednesday, July 8, 6:30–8:00 pm
 Virtual: Wednesday, June 10, and Wednesday, August 12, 6:30–7:30 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 Thursday 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.

Colorectal Cancer

Virtual:
Fourth Wednesday of each month, 6:30–7:30 pm*
This group is designed to give patients diagnosed with colon or rectal cancers an opportunity to support and connect with each other and discuss their experiences.

*In July, the virtual meeting will be on the fifth Wednesday, July 29 (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 of Chicago

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



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

Program	Location	May	June	July	August	Time
Scanxiety Drop-In Group	Virtually via Teams	4, 18	1, 15	6, 20	3, 17	6:30–7:30 pm
Good Grief	Virtually via Teams	14	11	9	13	6:30–7:30 pm
	Geneva	28	25	23	27	6:30–8:00 pm
Caregiver Support	Warrenville	5	2	7	4	6:30–8:00 pm
	Virtually via Teams	12, 19	9, 16	14, 21	11, 18	6:30–7:30 pm
Facing Cancer Together (FACT)	Geneva	26	23	28	25	6:30–8:00 pm
	Warrenville	5	2	7	4	6:30–8:00 pm
Men’s Networking Group	Virtually via Teams	12, 19	9, 16	14, 21	11, 18	6:30–7:30 pm
	Geneva	26	23	28	25	6:30–8:00 pm
Prostate Support	Geneva	18	—	27	—	6:30–8:00 pm
	Warrenville	—	22	—	24	6:30–8:00 pm
Head and Neck	Geneva	20	17	15	19	11:00 am–12:30 pm
	Warrenville	13	—	8	—	6:30–8:00 pm
Spanish Speaking Support Group Grupo de apoyo en español	Virtually via Teams	—	10	—	12	6:30–7:30 pm
	Warrenville	13	10	8	12	6:30–8:00 pm
Breast: General	Warrenville	7	4	2	6	6:30–8:00 pm
	Virtually via Teams	13	10	8	12	6:30–7:30 pm
	Geneva	20	17	15	19	6:30–8:00 pm
Breast: Mastectomy	Geneva	27	24	22	26	6:00–8:00 pm
Breast: Metastatic	Virtually via Teams	28	25	23	27	6:30–7:30 pm
Gynecological	Virtually via Teams	27	24	22	26	6:30–7:30 pm
Young Adult Support	Virtually via Teams	13	10	8	12	6:00–7:00 pm
Brain Tumor	Warrenville	27	24	22	26	6:30–8:00 pm
Colorectal Cancer	Virtually via Teams	27	24	29	26	6:30–7:30 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 13 for more information about when and where to attend.

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

May

Sound Bath

In Person (Warrenville):

Wednesday, May 20, 6:00 – 7:30 pm

Ruth Day, Yoga Instructor and Trauma Release Facilitator

This meditative experience with soothing instruments, such as singing bowls and gongs, promotes relaxation and stress relief through harmonious sounds. We will give 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.

June

Living Well Book Club

Virtual: Wednesday, June 3, 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: *The Anatomy of Hope* by Jerome Groopman

Group Sound Healing

Hybrid (Warrenville): Thursday, June 4, 6:30 – 7:30 pm

Jackie Gaiamo, In Clairity, PLLC

Biofield tuning is a type of sound therapy using tuning forks to encourage the body to rewire stress responses and soothe the body and mind. The power of sound can help you feel physically more at ease.

July

Sound Bath

In Person (Geneva):

Wednesday, July 22, 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.

Self-Care: Restoring Your Inner Self

Virtual: Wednesday, July 15, 6:30 – 7:45 pm

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

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

August

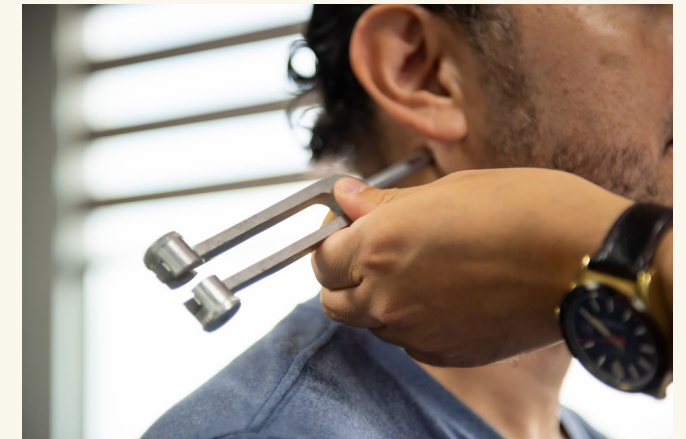
Living Well Book Club

Virtual: Wednesday, August 19, 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: *Living With Terminal Lung Cancer: A Story of Hope* by William Schuette



Group Sound Healing

Hybrid (Warrenville):

Thursday, August 20, 6:30 – 7:30 pm

Jackie Gaiamo, In Clairity, PLLC

Biofield tuning is a type of sound therapy using tuning forks to encourage the body to rewire stress responses and soothe the body and mind. The power of sound can help you feel physically more at ease.

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

Program	Location	May	June	July	August	Time
Sound Bath	Warrenville	20	—	—	—	6:00–7:30 pm
	Geneva	—	—	22	—	
Group Sound Healing	Hybrid Warrenville	—	4	—	20	6:30–7:30 pm
Living Well Book Club	Virtually via Teams	—	3	—	19	5:00–6:15 pm
Self-Care: Restoring Your Inner Self	Virtually via Teams	—	—	15	—	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 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 23 for more information about when and where to attend.

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

Warrenville Classes

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 non-porous surfaces like ceramic tiles, Yupo® paper or glass. No two pieces are ever the same.

August: Wednesdays, 5, 12, 19, 26, 10:15 am–12:15 pm

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.

May: Mondays, 4, 11, 18, 10:15 am–12:15 pm

June: Mondays, 15, 22, 29, 10:15 am–12:15 pm

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

August: Thursdays, 6, 13, 20, 27, 10:15 am–12:15 pm



Art Journaling: Hope in the Margins

*Bridget Stern, Art Instructor, Living Well
Cancer Resources*

Explore your creativity and self-expression through the relaxing and inspiring practice of art journaling. You’ll learn how to combine writing, drawing, collage, painting and mixed media techniques to create unique, personal journal pages. Each session offers prompts and techniques to help you express thoughts, feelings, goals or memories in a visual, meaningful way.

June: Thursdays, 11, 18, 25, 6:00–7:30 pm

August: Tuesdays, 4, 11, 18, 25, 10:15 am–12:15 pm

Candle Decorating: Light Up Your Creativity

Bridget Stern, Art Instructor, Living Well Cancer Resources

Bring warmth and color to your space with decorated candles. You will transform plain candles into beautiful, decorative pieces using paint and decoupage techniques.

June: Thursdays, 11, 18, 25, 10:15 am–12:15 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.

May: Tuesdays, 5, 12, 19, 26, 10:15 am–12:15 pm

June: Wednesdays, 10, 17, 24, 1:00–3:00 pm

July: Tuesdays, 7, 14, 21, 28, 10:15 am–12:15 pm

August: Mondays, 3, 10, 17, 24, 31, 1:00–3:00 pm



Decorated Containers: Functional Art With a Personal Touch

Bridget Stern, Art Instructor, Living Well Cancer Resources

Turn everyday glassware and containers into colorful, custom works of art. In this fun and approachable class, you'll use a variety of techniques to create beautiful pieces for gifting, decorating or everyday use.

August: Tuesdays, 4, 11, 18, 25, 6:00–7:30 pm

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.

May: Tuesdays, 5, 12, 19, 26, 6:00–7:30 pm

June: Wednesdays, 10, 17, 24, 10:15 am–12:15 pm

July: Mondays, 6, 13, 20, 27, 10:15 am–12:15 pm

August: Wednesdays, 5, 12, 19, 26, 1:00–3:00 pm

Macramé and Weaving: The Art of Creative Knotting

Bridget Stern, Art Instructor, Living Well Cancer Resources

Macramé and weaving are 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, focus and creativity. Whether crafting a delicate bracelet, a flowing wall hanging or a keychain, this tactile art form weaves beauty and intention together.

May: Wednesdays, 6, 13, 20, 27, 1:00–3:00 pm

July: Wednesdays, 1, 8, 22, 29, 10:15 am–12:15 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.

May: Wednesdays, 6, 13, 20, 27, 10:15 am–12:15 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.

May: Thursdays, 7, 21, 28, 6:00–7:30 pm

July: Mondays, 6, 13, 20, 27, 1:00–3:00 pm

Open Terrariums and Fairy Gardens: Miniature Gardens, Big Creativity

Bridget Stern, Art Instructor, Living Well Cancer Resources

Create your own tiny world of beautiful, low-maintenance displays of plants, stones and natural elements. You'll design and build a personalized garden using succulents, stones, sand and decorative accents.

June: Mondays, 15, 22, 29, 6:00–7:30 pm

August: Thursdays, 6, 13, 20, 27, 6:00–7:30 pm

Painted Bags: Tote-ally Creative

Bridget Stern, Art Instructor, Living Well Cancer Resources

Participants will design and paint their own reusable canvas bag using paint, stencils and stamps. Each participant will leave with a beautifully customized, one-of-a-kind painted bag.

May: Thursdays, 7, 14, 21, 28, 10:15 am–12:15 pm

July: Thursdays, 2, 9, 16, 23, 30, 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.

June: Tuesdays, 9, 16, 23, 30, 1:00–3:00 pm

July: Thursdays, 2, 9, 16, 23, 30, 10:15 am–12:15 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!

May: Mondays, 4, 11, 18, 1:00–3:00 pm

June: Tuesdays, 9, 16, 23, 30, 10:15 am–12:15 pm

July: Wednesdays, 1, 8, 22, 29, 6:00–7:30 pm

August: Mondays, 3, 10, 17, 24, 31, 10:15 am–12:15 pm



AYA Hangout

Bridget Stern, Art Instructor, Living Well Cancer Resources

Lindsey Kovalik Bianchini, LCSW, Counselor, Living Well Cancer Resources

A space for adolescent and young adult (AYA) participants to connect in person, share conversation and unwind while creating a fun, hands-on art project together.

May: Thursday, 14, 6:00–8:00 pm

Geneva Classes

Abstract Painting: Exploring Mediums and Materials

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

Explore abstract painting using a variety of art materials, including gouache, acrylics, fabric paint and alcohol inks. Learn to layer and combine these materials to create abstract artworks on paper, fabric, canvases and tiles.

May: Tuesdays, 5, 12, 19, 26, 1:00–3:00 pm

June: Tuesdays, 2, 9, 16, 23, 12:00–2:00 pm

July: Tuesdays, 7, 14, 21, 1:00–3:00 pm

Art in Progress

Eva Coker, PhD, 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.

August: Tuesdays, 4, 11, 18, 25, 12:00–2:00 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, zendoodles, neurographic art and open-ended materials support expression, making each page a unique space to process thoughts and experiences.

June: Mondays, 1, 8, 15, 22, 10:15 am–12:15 pm

Bracelets and Origami Keepsakes

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

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.

June: Wednesdays, 3, 10, 17, 24, 1:00–3:00 pm

Cardmaking: The Art of Quilling

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

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.

May: Wednesdays, 6, 13, 20, 27, 12:00–2:00 pm

July: Mondays, 6, 13, 20, 10:15 am–12:15 pm

Clay: Shaping Art with Your Hands

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

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

August: Mondays, 10, 17, 24, 10:15 am–12:15 pm



Fiber Arts: Embroidery and Weaving

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

This class offers a relaxing introduction to fiber arts through hand embroidery and simple weaving. Using hoops, soft fabrics, felt, flour sacks, yarn, wools and embroidery threads, explore patterns and textures through stitching and weaving while creating ornaments, keepsakes or woven pieces.

July: Wednesdays, 1, 8, 22, 12:00–2:00 pm

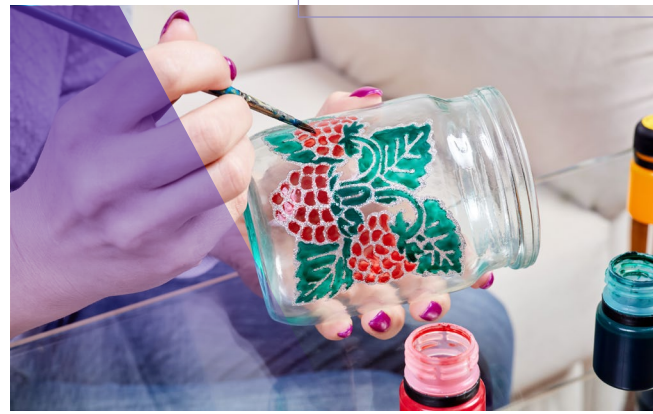
August: Thursdays, 6, 13, 20, 27, 10:15 am–12:15 pm

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.

June: Wednesdays, 3, 10, 17, 24, 10:15 am–12:15 pm



Mandala Art: Patterns of Calm

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

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.

May: Thursdays, 7, 14, 21, 28, 10:15 am–12:15 pm

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.

May: Mondays, 4, 11, 18, 10:15 am–12:15 pm

Nature Journaling: Inspired by the Garden

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

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.

August: Wednesdays, 5, 12, 19, 26, 10:15 am–12:15 pm

Painting on Glass: Light, Color and Reflection

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

Paint on transparent and reflective surfaces. Using glasses, dishes, jars, tiles and vases, explore how light and color interact on glass while enjoying moments of quiet reflection and personal expression.

June: Thursdays, 4, 11, 18, 25, 10:15 am–12:15 pm

Printmaking: Gelli Plates and Linoleum Blocks

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

This printmaking class offers creative expression through Gelli plate printing and linoleum block printing. Explore fundamental printmaking techniques, layering and image transfer while experimenting with texture and pattern.

July: Thursdays, 2, 9, 16, 23, 10:15 am–12:15 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.

May: Tuesdays, 5, 12, 19, 26, 10:15 am–12:15 pm

July: Tuesdays, 7, 14, 21, 10:15 am–12:15 pm

Watercolor and Quilling Creations

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

Print watercolor backgrounds and enhance them with paper quilling elements to create layered textured artwork. Learn foundational watercolor and quilling techniques while making nature-inspired mixed-media artworks.

August: Wednesdays, 5, 12, 19, 26, 1:00–3:00 pm

Orland Park Classes

Paint by Number

Olivia Rusch, Living Well Cancer Resources

Experience the joy of painting without the pressure. Follow your paint-by-number canvas and create a beautiful piece of art to take home with you. Making art effortlessly is a great way to relax and unwind your mind.

May: Monday, 18, 10:00 am–Noon



Geometric Art

Olivia Rusch, Living Well Cancer Resources

In this beginner-friendly class, we explore simple elements such as line, shape and color and use them as tools for relaxation as well as self-expression.

June: Thursday, 11, 10:00 am–Noon

Watercolor Cards

Olivia Rusch, Living Well Cancer Resources

Watercolor cards are perfect for any occasion: birthdays, graduations, holidays, thank yous and so much more. In this class, learn how to paint with watercolors and make cards that are truly one of a kind.

July: Monday, 13, 10:00 am–Noon

Yarn Canvases

Olivia Rusch, Living Well Cancer Resources

Create a three-dimensional art piece in our yarn canvas class. Explore the world of color and texture by layering yarn into a beautiful design on a take-home canvas.

August: Monday, 10, 10:00 am–Noon

Virtual Classes

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, zendoodles, neurographic art and open-ended materials support expression, making each page a unique space to process thoughts and experiences.

May: Wednesdays, 6, 13, 20, 27, 3:00–5:00 pm

July: Wednesdays, 1, 8, 22, 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.

July: Wednesdays, 1, 8, 22, 3:00–5:00 pm

Vision Boards: Healing and Hope

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

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.

May: Wednesdays, 6, 13, 20, 27, 6:00–8:00 pm

August: Tuesdays, 4, 11, 18, 25, 3:00–5:00 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.

June: Tuesdays, 2, 9, 16, 23, 3:00–5:00 pm

Mandala Art: Patterns of Calm

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

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.

August: Tuesdays, 4, 11, 18, 25, 6:00–8:00 pm

Nature Journaling: Inspired by the Garden

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

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.

June: Tuesdays, 2, 9, 16, 23, 6:00–8:00 pm

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

Program*	Location	May	June	July	August
AYA Hangout	Warrenville	14	—	—	—
Jewelry: Wearable Art From the Heart	Warrenville	5, 12, 19, 26	10, 17, 24	6, 13, 20, 27	5, 12, 19, 26
Woodburning: Draw With Fire, Create With Heart	Warrenville	4, 11, 18	9, 16, 23, 30	1, 8, 22, 29	3, 10, 17, 24, 31
Art in Progress	Warrenville	4, 11, 18	15, 22, 29	7, 14, 21, 28	6, 13, 20, 27
String Art: Drawing With Thread	Warrenville	—	9, 16, 23, 30	2, 9, 16, 23, 30	—
Alcohol Ink: Flowing Color, Free Expression	Warrenville	—	—	—	5, 12, 19, 26
Mosaics: Color in Pieces	Warrenville	7, 21, 28	—	6, 13, 20, 27	—
Clay: Shaping Art With Your Hands	Warrenville	5, 12, 19, 26	10, 17, 24	7, 14, 21, 28	3, 10, 17, 24, 31
Meditative Drawing: Finding Calm Through Creative Flow	Warrenville	6, 13, 20, 27	—	—	—
Macramé and Weaving: The Art of Creative Knotting	Warrenville	6, 13, 20, 27	—	1, 8, 22, 29	—
Painted Bags: Tote-ally Creative	Warrenville	7, 14, 21, 28	—	2, 9, 16, 23, 30	—
Open Terrariums and Fairy Gardens: Miniature Gardens, Big Creativity	Warrenville	—	15, 22, 29	—	6, 13, 20, 27
Art Journaling: Hope in the Margins	Warrenville	—	11, 18, 25	—	4, 11, 18, 25
Candle Decorating: Light Up Your Creativity	Warrenville	—	11, 18, 25	—	—
Decorated Containers: Functional Art With a Personal Touch	Warrenville	—	—	—	4, 11, 18, 25
Jewelry: Beads of Joy	Geneva	—	3, 10, 17, 24	—	—
Art Journaling: Reflect, Create, Discover	Geneva	—	1, 8, 15, 22	—	—
	Virtually via Teams	6, 13, 20, 27	—	1, 8, 22	—
Art in Progress	Geneva	—	—	—	4, 11, 18, 25
Clay: Shaping Art with Your Hands	Geneva	—	—	—	10, 17, 24

*Review class descriptions for times.

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

Program*	Location	May	June	July	August
Meditative Morning Art	Geneva	4, 11, 18	—	—	—
Bracelets and Origami Keepsakes	Geneva	—	3, 10, 17, 24	—	—
Cardmaking: The Art of Quilling	Geneva	6, 13, 20, 27	—	6, 13, 20	—
Printmaking: Gelli Plates and Linoleum Blocks	Geneva	—	—	2, 9, 16, 23	—
Mandala Art: Patterns of Calm	Geneva	7, 14, 21, 28	—	—	4, 11, 18, 25
Mixed Media Collage: Layers of Expression	Virtually via Teams	—	—	1, 8, 22	—
Vision Boards: Healing and Hope	Virtually via Teams	6, 13, 20, 27	—	—	4, 11, 18, 25
Watercolor: Calming Brushstrokes	Geneva	5, 12, 19, 26	—	7, 14, 21	—
	Virtually via Teams	—	2, 9, 16, 23	—	—
Abstract Painting: Exploring Mediums and Materials	Geneva	5, 12, 19, 26	2, 9, 16, 23	7, 14, 21	—
Fiber Arts: Embroidery and Weaving	Geneva	—	—	1, 8, 22	6, 13, 20, 27
Painting on Glass: Light, Color and Reflection	Geneva	—	4, 11, 18, 25	—	—
Watercolor and Quilling Creations	Geneva	—	—	—	5, 12, 19, 26
Nature Journaling: Inspired by the Garden	Geneva	—	—	—	5, 12, 19, 26
	Virtually via Teams	—	2, 9, 16, 23	—	—
Paint by Number	Orland Park	18	—	—	—
Geometric Art	Orland Park	—	11	—	—
Watercolor Cards	Orland Park	—	—	13	—
Yarn Canvases	Orland Park	—	—	—	10

*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 four dates:

- › Wednesday, May 20
- › Wednesday, July 15
- › Wednesday, June 17
- › Wednesday, August 19

In Person (Warrenville): 6:00–7:30 pm

Jamie Ott, 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

Select one of two dates:

- › Thursday, May 7
- › Thursday, July 9

In Person (Northwestern Medicine St. George Cancer Institute):

4:30–6:00 pm

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

Select one of two dates:

- › Thursday, June 11
- › Thursday, August 13

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

Living Well SummerFest

In Person (Warrenville):
Wednesday, July 15
5:30 – 7:30 pm

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



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, June 10

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.

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.



Ask a Dietitian

Join Living Well Dietitians Nancy Zawicki, RD, LDN, MS, and Mary Zupke, RD, LDN, MS, FAND, and the Northwestern Medicine Oncology Dietitian team to answer your questions regarding nutrition choices as you move through cancer treatment into survivorship.

Virtual: Wednesdays, 5:30–6:00 pm

- › Wednesday, May 6
- › Wednesday, June 10
- › Wednesday, August 5

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):

Thursday, July 16, 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):

jueves, 16 de julio, 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.

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.

Wednesdays, Noon–1:00 pm

May 13 | What to Eat Before and During Chemo-Symptom Management

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

May 20 | How to Make the Most of Each Bite and Sideline Side Effects

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

May 27 | 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.

June 3 | Now It's My Turn to Cook: Tips for Simple and Healthy Meals

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

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

Program	Location	May	June	July	August	Time
What to Eat Before and During Chemo-Symptom Management	Hybrid Geneva	13	—	—	—	Noon–1:00 pm
How to Make the Most of Each Bite and Sideline Side Effects	Hybrid Geneva	20	—	—	—	Noon–1:00 pm
Protecting the Immune System and Reducing Inflammation Through Food	Hybrid Geneva	27	—	—	—	Noon–1:00 pm
Now It's My Turn to Cook: Tips for Simple and Healthy Meals	Hybrid Geneva	—	3	—	—	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.

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.

Wednesdays in July, 6:00–7:00 pm

July 8 | Moving Forward After a Cancer Diagnosis With the Mediterranean Diet

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

July 15 | Eating Well for Survivorship: Maintaining a Healthy Weight

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

July 22 | Gut Health and the Microbiome

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

July 29 | Cooking for One or Two

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

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

Program	Location	May	June	July	August	Time
Moving Forward After a Cancer Diagnosis With the Mediterranean Diet	Hybrid Geneva	—	—	8	—	6:00–7:00 pm
Eating Well for Survivorship: Maintaining a Healthy Weight	Hybrid Geneva	—	—	15	—	6:00–7:00 pm
Gut Health and the Microbiome	Hybrid Geneva	—	—	22	—	6:00–7:00 pm
Cooking for One or Two	Hybrid Geneva	—	—	29	—	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 to schedule a consultation.



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

Virtual: Thursdays, June 11, 18, 25, 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	May	June	July	August	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



Weekly Group Exercise Classes

Pelvic Strength for Men

Hybrid (Orland Park): Mondays, 9:00–9:45 am

A structured exercise class designed for men recovering from cancer treatment, focusing on pelvic floor strength, core stability, balance and lower-body function to support continence, mobility and daily activities.

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.

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.

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.

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!



Chair Yoga and Standing Balance

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

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

Chair Fitness for Lymphedema and Neuropathy

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

Hybrid (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 covers 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 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.

Yoga

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.

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 of time to release tension and deepen relaxation. Class may include both standing and mat yoga poses.



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

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

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

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 Warrenville**.
- › Choose open studio days and times that work for you for 90 days at **either** Living Well Geneva or Living Well 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	4:00 – 5:30 pm
Tuesdays	Warrenville	1:00 – 2:30 pm
Wednesdays	Geneva	1:30 – 3:00 pm
Thursdays	Warrenville	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.

› Thursday, June 11, and Thursday, August 13, 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. To make an appointment, please email jamie.ott@nm.org.

Caregiver Support

Thursday, May 21, and Thursday, July 16, 4:30 – 6:00 pm

Nicole Ryan, MSW, LSW, Northwestern Medicine St. George Cancer Institute

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)

Thursday, May 21, and Thursday, July 16, 4:30 – 6:00 pm

Denelle Bean, MSW, LCSW, Northwestern Medicine St. George Cancer Institute

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.

Pelvic Strength for Men

Mondays, 9:00 – 9:45 am

A structured exercise class designed for men recovering from cancer treatment, focusing on pelvic floor strength, core stability, balance and lower-body function to support continence, mobility and daily activities.

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 covers movements to help your lymphatic system and stimulate receptors of hands and feet. This can help reduce the pain and symptoms related to neuropathy.

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.

Paint by Number

Olivia Rusch, Living Well Cancer Resources

Experience the joy of painting without the pressure. Follow your paint-by-number canvas and create a beautiful piece of art to take home with you. Making art effortlessly is a great way to relax and unwind your mind.

› Monday, May 18, 10:00 am – Noon

Geometric Art

Olivia Rusch, Living Well Cancer Resources

In this beginner-friendly class, we will explore simple elements such as line, shape and color and use them as tools for relaxation as well as self-expression.

› Thursday, June 11, 10:00 am – Noon

Watercolor Cards

Olivia Rusch, Living Well Cancer Resources

Watercolor cards are perfect for any occasion: birthdays, graduations, holidays, thank yous and so much more. In this class, learn how to paint with watercolors and make cards that are truly one of a kind.

› Monday, July 13, 10:00 am – Noon

Yarn Art on Canvas

Olivia Rusch, Living Well Cancer Resources

Create a three-dimensional art piece in our yarn canvas class. Explore the world of color and texture by layering yarn into a beautiful design on a take-home canvas.

› Monday, August 10, 10:00 am – Noon

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

Program	Location	May	June	July	August	Time
Beautiful You Workshop	Conference Room A	—	11	—	13	4:30 – 6:00 pm
Caregiver Support	Conference Room A	21	—	16	—	4:30 – 6:00 pm
Facing Cancer Together (FACT)	Conference Room B	21	—	16	—	4:30 – 6:00 pm
Pelvic Strength for Men	Conference Room A	4, 11, 18	1, 8, 22, 29	6, 13, 20, 27	3, 10, 17, 24, 31	9:00 – 9:45 am
Chair Fitness for Lymphedema and Neuropathy	Conference Room A	5, 12, 19, 26	2, 9, 23, 30	7, 21, 28	4, 11, 18, 25	12:15 – 1:00 pm
	Conference Room A	7, 14, 21, 28	4, 11, 25	2, 9, 16, 23, 30	6, 13, 20, 27	11:30 am – 12:15 pm
Tai Chi: Meditation in Motion	Conference Room B	7, 14, 21, 28	4, 11, 25	2, 9, 16, 23, 30	6, 13, 20, 27	12:30 – 1:15 pm
Paint by Number	Conference Room B	18	—	—	—	10:00 am – Noon
Geometric Art	Conference Room B	—	11	—	—	10:00 am – Noon
Watercolor Cards	Conference Room B	—	—	13	—	10:00 am – Noon
Yarn Art on Canvas	Conference Room B	—	—	—	10	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 their 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	May	June	July	August	Time
Living With Grief	McHenry Hospital Cancer Center	Dates and times vary; call 815.759.4459				
Creative Expressions		21	18	16	20	3:00–5:00 pm
Yoga		6, 13, 20, 27	3, 10, 17, 24	1, 8, 15, 22, 29	5, 12, 19, 26	5:30 – 6:30 pm
Chair Massage		19	16	21	18	9:00 am–1:00 pm

Summer 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.

Your Journey to Living Well: New Participant Orientation

We offer a virtual orientation for patients and families who are checking out Living Well Cancer Resources for the first time. This session will introduce you to everything Living Well has to offer. We review eligibility requirements, guide you through portal registration and take you on a virtual tour of our two main locations and our satellite site.

You will also learn about the wide range of programs and services available and how we can help you choose those that best support your needs and interests.

All programs and services at Living Well are provided at no cost to people affected by cancer, including individuals diagnosed, caregivers and family members — no matter where you receive your medical care.

All family members are welcome at this virtual orientation and are encouraged to attend.

May:	Mondays, 4, 11, 18, 5:30–6:15 pm
	Wednesdays, 6, 13, 20, 27, 12:00–12:45 pm
	Fridays, 1, 8, 15, 22, 29, 9:30–10:15 am
June:	Mondays, 1, 8, 22, 29, 5:30–6:15 pm
	Wednesdays, 3, 10, 24, 12:00–12:45 pm
	Fridays, 5, 12, 26, 9:30–10:15 am
July:	Mondays, 6, 13, 20, 27, 5:30–6:15 pm
	Wednesdays, 1, 8, 15, 22, 29, 12:00–12:45 pm
	Fridays, 10, 17, 24, 31, 9:30–10:15 am
August:	Mondays, 3, 10, 17, 24, 31, 5:30–6:15 pm
	Wednesdays, 5, 12, 19, 26, 12:00–12:45 pm
	Fridays, 7, 14, 21, 28, 9:30–10:15 am

Summer 2026 Virtual Programs (continued)

Medical Presentations

May

Pelvic Pain and Cancer Survivorship: Understanding the Impact of Treatment

Virtual: Thursday, May 14, 6:30–7:30 pm

Jana Richardson, PT, DPT, WCS, PRPC, CIDN, Owner, Chicago Pelvic Health and Wellness

Cancer treatments such as radiation can cause lasting changes to pelvic tissues that contribute to pain, bowel and bladder dysfunction, and difficulty with medical exams. This session focuses on increasing awareness of these risks and empowering survivors with practical behavior changes that support pelvic tissue health, reduce pain and promote long-term wellness after cancer.

June

Unlocking the Health and Wellness Benefits of Nature

Virtual: Thursday, June 18, 6:30–7:30 pm

Alison Paul, Vice President of Community Conservation (The Conservation Foundation) and certified Forest Therapy Guide (Association of Nature and Forest Therapy), and Jessica Mino, Kane and Kendall County Program Director (The Conservation Foundation)

Research from around the world continues to confirm what many of us already feel—spending time in nature is good for our bodies and minds. Join us to explore how connecting with nature can boost physical and mental health, lower stress, strengthen our feeling of connectedness, and enhance overall well-being.

The Conservation Foundation will share how you can bring your health and wellness outdoors with practices like forest therapy, a way for people of all ages and abilities to connect with nature through their senses. We'll also explore other activities and adaptations you can use to enjoy the outdoors in a way that works for you.



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

Virtual: Monday, June 22, 6:00–7:15 pm

Neha Hippalgaonkar, MD, Medical Oncologist, 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. Hippalgaonkar as she talks about what to expect as a cancer survivor and how to work with your care team as you recover from treatment.

July

Screening for Prostate Cancer – What Every Man Should Know

Virtual: Thursday, July 30, 6:30–7:30 pm

Song Jiang, MD, PhD, Clinical Assistant Professor of Urology at Northwestern University Feinberg School of Medicine

Understanding who should be screened for prostate cancer, when screening is recommended, and why it matters empowers men to take an active role in their health. This talk will help patients navigate the benefits and potential risks of prostate cancer screening, encouraging informed, confident decisions through open conversation and evidence-based guidance.

August

The Anti-Inflammatory Lifestyle

Virtual: Thursday, August 20, 6:30–7:30 pm

Rachel Garrison, RN, BSN, and Katherine Whited, RD, CSO, LDN, CNSC, MPH

This session will introduce practical, evidence-informed strategies for adopting an anti-inflammatory lifestyle. We will examine how dietary choices and daily habits influence inflammation and overall well-being. You will learn to identify common triggers of inflammation and explore healthier alternatives that can support long-term health and improved quality of life.

Survivorship Programs



Back-on-Track: Surviving Survivorship Series*

Virtual discussion via Microsoft Teams
Mondays, June 1–July 20, 6:30–7:45 pm

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

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

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

› June 1 Pressure to Thrive

› June 8 Discussion Group

› June 15 Managing Moods, Stress and Feeling Stuck

› June 22 Survivorship 101*

› June 29 Discussion Group

› July 13 Fear of Recurrence

› July 20 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. Hippalgaonkar. Please note the time difference at 6:00 pm.*



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

Virtual discussion via Microsoft Teams
Monday, June 22, 6:00–7:15 pm

Neha Hippalgaonkar, MD, Medical Oncologist, 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. Hippalgaonkar as she 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, bloodwork 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

Second 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.



Summer 2026 Virtual Programs (continued)

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.

Head and Neck

Wednesday, June 10, and Wednesday, August 12, 6:30–7:30 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.

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.

Colorectal Cancer

Fourth Wednesday of each month, 6:30–7:30 pm*

This group is designed to give patients diagnosed with colon or rectal cancers an opportunity to support and connect with each other and discuss their experiences.

*In July, the virtual meeting will be on the fifth Wednesday, July 29 (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 of Chicago

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

June

Living Well Book Club

Wednesday, June 3, 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: *The Anatomy of Hope* by Jerome Groopman

Group Sound Healing

Hybrid (Warrenville):

Thursday, June 4, 6:30 – 7:30 pm

Jackie Gaiimo, In Clairity, PLLC

Biofield tuning is a type of sound therapy using tuning forks to encourage the body to rewire stress responses and soothe the body and mind. The power of sound can help you feel physically more at ease.

July

Self-Care: Restoring Your Inner Self

Wednesday, July 15, 6:30 – 7:45 pm

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

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

August

Living Well Book Club

Wednesday, August 19, 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: *Living With Terminal Lung Cancer: A Story of Hope* by William Schuette

Group Sound Healing

Hybrid (Warrenville):

Thursday, August 20, 6:30 – 7:30 pm

Jackie Gaiimo, In Clairity, PLLC

Biofield tuning is a type of sound therapy using tuning forks to encourage the body to rewire stress responses and soothe the body and mind. The power of sound can help you feel physically more at ease.

Summer 2026 Virtual Programs (continued)

Healing Through Art

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, zendoodles, neurographic art and open-ended materials support expression, making each page a unique space to process thoughts and experiences.

May: Wednesdays, 6, 13, 20, 27, 3:00–5:00 pm

July: Wednesdays, 1, 8, 22, 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.

July: Wednesdays, 1, 8, 22, 3:00–5:00 pm

Vision Boards: Healing and Hope

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

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.

May: Wednesdays, 6, 13, 20, 27, 6:00–8:00 pm

August: Tuesdays, 4, 11, 18, 25, 3:00–5:00 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.

June: Tuesdays, 2, 9, 16, 23, 3:00–5:00 pm

Mandala Art: Patterns of Calm

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

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.

August: Tuesdays, 4, 11, 18, 25, 6:00–8:00 pm

Nature Journaling: Inspired by the Garden

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

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.

June: Tuesdays, 2, 9, 16, 23, 6:00–8:00 pm

Nutrition Classes

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

May 13 | What to Eat Before and During Chemo-Symptom Management

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

May 20 | How to Make the Most of Each Bite and Sidelining Side Effects

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

May 27 | 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.

June 3 | Now It's My Turn to Cook: Tips for Simple and Healthy Meals

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

Being Well

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

Wednesdays in July, 6:00–7:00 pm

July 8 | Moving Forward After a Cancer Diagnosis With the Mediterranean Diet

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

July 15 | Eating Well for Survivorship: Maintaining a Healthy Weight

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

July 22 | Gut Health and the Microbiome

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

July 29 | Cooking for One or Two

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

Nutrition Classes

JOIN US FOR A SPECIAL PRESENTATION!

Healthy Hispanic Cooking: Flavorful Traditions With a Nutritious Twist

Thursday, July 16, 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

jueves, 16 de julio, 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, June 11, 18, 25, 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

Pelvic Strength for Men

Mondays, 9:00–9:45 am

A structured exercise class designed for men recovering from cancer treatment, focusing on pelvic floor strength, core stability, balance and lower-body function to support continence, mobility and daily activities.

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.

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.

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!

Chair Yoga and Standing Balance

Tuesdays, 11:15 am–Noon

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

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 covers 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 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.

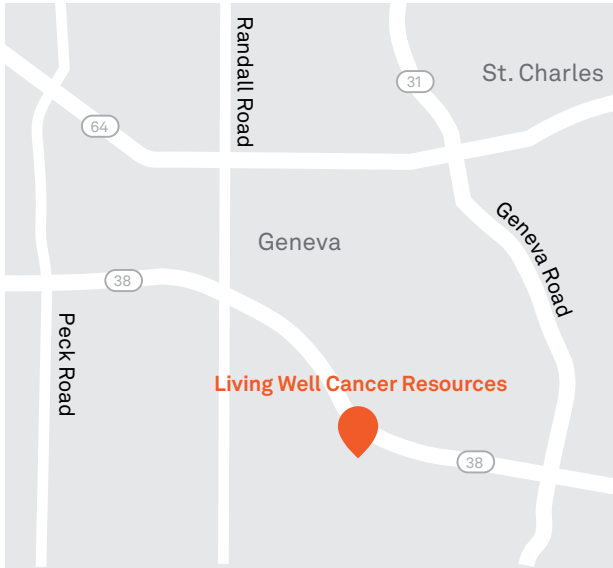
Yoga

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.



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

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

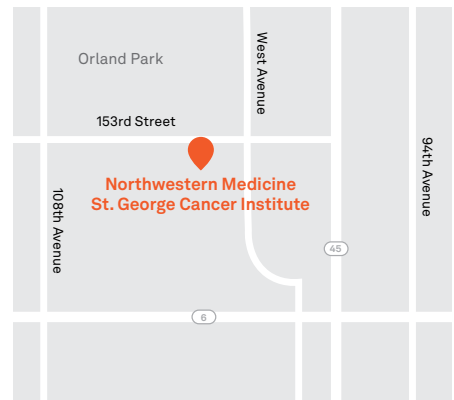
15300 West Avenue, Suite 108
Orland Park, Illinois 60462

TTY for all locations: 711

Northwestern Medicine McHenry Hospital Cancer Center



Northwestern Medicine St. George Cancer Institute



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