

Northwestern Medicine Living Well Cancer Resources

Fall 2026 Program Guide

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



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Welcome to Living Well Cancer Resources

We offer online and in-person support and services to adults ages 18 years and older who have been diagnosed with cancer, along with their caregivers and family members. We also provide select programs for children who have cancer or are impacted by a loved one’s cancer journey.

- Our programs are tailored to people who are:
- › Newly diagnosed or within 3 years of a cancer diagnosis
 - › Currently in treatment
 - › Navigating early survivorship

Our mission is to provide compassionate services to everyone affected by cancer, regardless of where they receive medical care. Thanks to generous community donations, we are able to offer our programs at no cost to participants.

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, September 7
- › Wednesday, November 25 (closing at 3:00 pm)
- › Thursday, November 26
- › Thursday, December 24 (closing at 3:00 pm)
- › Friday, December 25
- › Thursday, December 31 (closing at 3:00 pm)

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.





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

How to Create a Living Well Account

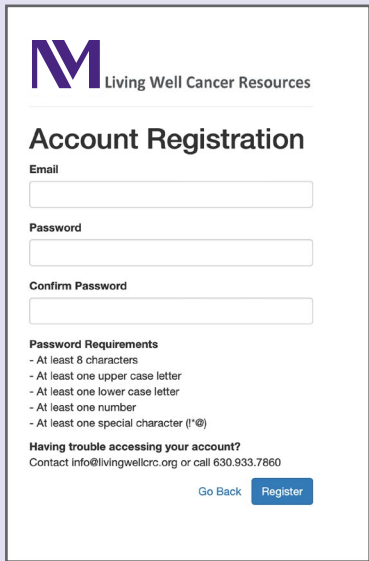
If you are a **new** Living Well participant, follow these steps:

- 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**.



The screenshot shows the 'Account Registration' page for Living Well Cancer Resources. It includes fields for Email, Password, and Confirm Password. Below these fields are the password requirements: at least 8 characters, at least one upper case letter, at least one lower case letter, at least one number, and at least one special character (!"#\$). At the bottom, there is a link for 'Having trouble accessing your account?' and a 'Register' button.

- 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.**

September

Medicare Made Easier – Parts A and B

Virtual: Thursday, September 17, 6:30 – 7:30 pm

Kara R. Murphy, President, DuPage Health Coalition

Once a year, Medicare gives its nearly 65 million beneficiaries a chance to step back, review their coverage and make any changes that will help them get the best out of the federal government’s health insurance program. Learn from an expert during this open enrollment season.

October

Understanding Breast Cancer: Risk Factors and Prevention

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

Miraj G. Shah-Khan, MD, Breast Surgery, Northwestern Medicine

Explore the key risk factors associated with breast cancer and learn how lifestyle, genetics, environment and overall health can influence breast cancer risk. The discussion will highlight common and lesser-known risk factors, the importance of early detection and practical strategies for reducing risk and promoting breast health.



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

Virtual: Monday, October 26, 6:00 – 7:15 pm

Neha Hippalgaonkar, MD, Hematology and 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. 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.

October

Fertility and Cancer

Virtual: Thursday, October 29, 6:30 – 7:30 pm
Kristin N. Smith, Program Manager for Fertility Preservation, Northwestern Medicine Center for Fertility and Reproductive Medicine
Join us for a compassionate, practical session on fertility and family building for people facing cancer and survivorship. We'll explain how cancer treatment can affect fertility, review the options and explore paths to parenthood.

November

Lung Screening: To Screen or Not?

Virtual: Thursday, November 5, 6:30 – 7:30 pm
Marisol Munoz, APRN, Thoracic Surgery, Northwestern Medicine
Gain a deeper understanding of lung cancer screening, including who qualifies and why it is an important part of preventive care. The presentation highlights how early detection can significantly improve treatment options and outcomes. Through discussion and practical guidance, this presentation empowers individuals to make informed decisions about their health and encourages proactive screening and prevention.

Cómo manejar los efectos emocionales del cáncer

Virtual: jueves, 19 de noviembre, de 6:00 a 7:00 p. m.
Ana Anaya, MA, LCPC, Consejera, Northwestern Medicine Living Well Cancer Resources
Un diagnóstico de cáncer y su tratamiento pueden ser emocional y psicológicamente desafiantes. Acompañe a la consejera de Living Well, Ana Anaya, MA, LCPC, quien compartirá estrategias para manejar sentimientos difíciles y cómo tener conversaciones abiertas que puedan ayudar a lidiar con la ansiedad y la depresión. Este curso está dirigido a pacientes, familiares y cuidadores, y será presentado en español.

Navigating the Emotional Effects of Cancer

Virtual: Thursday, November 19, 6:00 – 7:00 pm
Ana Anaya, MA, LCPC, Counselor, Northwestern Medicine Living Well Cancer Resources
A cancer diagnosis and its treatment can be emotionally and psychologically challenging. Join Living Well counselor Ana Anaya, MA, LCPC, as she discusses strategies for navigating difficult feelings and shares how having open conversations can help you cope with anxious or depressive emotions. Designed for patients, family members and caregivers, this presentation will be given in Spanish only.

December

Partnering With an End-of-Life Doula

Virtual: Thursday, December 3, 6:30 – 7:30 pm
Kimberly Rich, PhD, Death Doula, Tomorrow Mourning
Explore the role of an end-of-life doula and how this unique form of care can support the emotional, spiritual and practical needs of individuals living with cancer. You will learn how end-of-life doulas differ from medical and hospice caregivers and gain tools for advanced care planning, legacy work and meaningful communication with loved ones and care teams. The guided discussion will also allow time to ask questions and share concerns.



Medical Presentations Schedule | Register at livingwell.nm.org.

Program	Location	September	October	November	December	Time
Medicare Made Easier – Parts A and B	Virtually via Teams	17	—	—	—	6:30–7:30 pm
Understanding Breast Cancer: Risk Factors and Prevention	Virtually via Teams	—	15	—	—	6:30–7:30 pm
 I've Finished Cancer Treatment, Now What? Survivorship 101	Virtually via Teams	—	26	—	—	6:00–7:15 pm
Fertility and Cancer	Virtually via Teams	—	29	—	—	6:30–7:30 pm
Lung Screening: To Screen or Not?	Virtually via Teams	—	—	5	—	6:30–7:30 pm
Cómo manejar los efectos emocionales del cáncer Navigating the Emotional Effects of Cancer	Virtually via Teams	—	—	19	—	6:00–7:00 pm
Partnering With an End-of-Life Doula	Virtually via Teams	—	—	—	3	6:30–7:30 pm



Counseling Services

The emotional experience of cancer treatment can be as hard as the physical part. Our team of oncology-trained and licensed 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.

Survivorship Programs

Back-on-Track: Surviving Survivorship Series

Virtual: Mondays, October 5 – November 16, 6:30 – 7:45 pm

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

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

- | | |
|---------------|--|
| › October 5 | Pressure to Thrive |
| › October 12 | Discussion Group |
| › October 19 | Managing Moods, Stress and Feeling Stuck |
| › October 26 | Survivorship 101* |
| › November 2 | Discussion Group |
| › November 9 | Fear of Recurrence |
| › November 16 | 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: Monday, October 26, 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, 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.

*In September, the first virtual meeting will be on the second Monday, September 14 (same time).

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.

*In November, the Geneva meeting will be on the third Thursday, November 19 (same time).

*In December, the Geneva meeting will be on the third Thursday, December 17 (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, September 28, and Monday, November 23, 6:30–8:00 pm
In Person (Warrenville): Monday, October 26, and Monday, December 28, 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. Matt Vose, RN, OCN, an oncology nurse clinician, leads the group.

Head and Neck

In Person (Warrenville): Wednesday, September 9, and Wednesday, November 11, 6:30–8:00 pm
Virtual: Wednesday, October 14, and Wednesday, December 9, 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*
Virtual: Third Tuesday of each month, 6:30–7:30 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.

*In November, the Geneva meeting will be on the third Wednesday, November 18 (same time).

*In December, the Geneva meeting will be on the third Wednesday, December 16 (same time).



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.

*In November, the virtual meeting will be on the third Thursday, November 19 (same time).

*In December, the virtual meeting will be on the third Thursday, December 17 (same time).

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.

*In November, the virtual meeting will be on the third Wednesday, November 18 (same time).

*In December, the virtual meeting will be on the third Wednesday, December 16 (same time).

Young Adult Support

Virtual: Second Wednesday of each month, 6:00 – 7:00 pm
This monthly group provides support and education to young adults aged 18 to 40 years who have a cancer diagnosis.

Brain Tumor

In Person (Warrenville):
Fourth Wednesday of each month, 6:30 – 8:00 pm*
This group provides support and education to patients of all ages who have a diagnosis of a primary brain tumor. Caregivers are welcome to attend.

*In November, the meeting will be on the third Wednesday, November 18 (same time).

*In December, the meeting will be on the third Wednesday, December 16 (same time).

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 November, the meeting will be on the third Wednesday, November 18 (same time).

*In December, the meeting will be on the third Wednesday, December 16 (same time).

Young Adult Programming and Meetups

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

Scan the QR code to learn more and find additional resources.



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

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

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

September

Sound Bath
In Person (Warrenville):
Wednesday, September 16, 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.

Reshaping Your Self-Image – Part 1
In Person (Warrenville):
Wednesday, September 30, 6:00 – 8:00 pm
Nancy Nieto, LCPC, NCC, Counselor, Living Well Cancer Resources
Bridget Stern, Art Instructor, Living Well Cancer Resources
A cancer diagnosis can bring physical changes that can shift your perspective of your self-image. This two-part workshop is aimed at helping process the changes that cancer brings and develop strategies towards redesigning your self-image in a safe and creative environment. You will take

part in a discussion about self-image with one of our counselors and then do an art project. We recommend registering for both days.

October

Reshaping Your Self-Image – Part 2
In Person (Warrenville):
Wednesday, October 7, 6:00 – 8:00 pm
Nancy Nieto, LCPC, NCC, Counselor, Living Well Cancer Resources
Bridget Stern, Art Instructor, Living Well Cancer Resources
A cancer diagnosis can bring physical changes that can shift your perspective of your self-image. This two-part workshop is aimed at helping process the changes that cancer brings and develop strategies towards redesigning your self-image in a safe and creative environment. You will take part in a discussion about self-image with one of our counselors and then do an art project. We recommend registering for both days.

Only those who attended the first meeting may attend the second meeting.

Group Sound Healing
In Person (Warrenville):
Thursday, October 8, 6:30 – 7:30 pm
Jackie Giaimo, 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.

Living Well Book Club
Virtual: Wednesday, October 21, 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: *Radical: The Science, Culture, and History of Breast Cancer in America* by Kate Pickert

November

Self-Care: Restoring Your Inner Self
Virtual: Wednesday, November 4, 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 is intended to help you learn about different types of self-care and their benefits. You will also learn how to implement your self-care practices.

Sound Bath
In Person (Geneva):
Wednesday, November 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.

December

Living Well Book Club
Virtual: Wednesday, December 16, 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: *How to Live Between Office Visits: A Guide to Life, Love and Health* by Bernie S. Siegel

Group Sound Healing
In Person (Warrenville):
Thursday, December 3, 6:30 – 7:30 pm
Jackie Giaimo, 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.



Touch Therapy

Living Well’s touch therapy 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.

Vibrational Sound Therapy

Placing the therapeutic singing bowls directly on the body and creating a therapeutic sound wave vibration allows a practitioner to engage with the client physically and energetically. The practitioner generates a vibration on the singing bowls, which creates physical vibration throughout your body. As the bowls focus on physical connection, the practitioner focuses on spiritual and energetic connections.



Stress Management Schedule Register at livingwell.nm.org .						
Program	Location	September	October	November	December	Time
Sound Bath	Warrenville	16	—	—	—	6:00–7:30 pm
	Geneva	—	—	11	—	
Reshaping Your Self-Image	Warrenville	30	7	—	—	6:00–8:00 pm
Group Sound Healing	Warrenville	—	8	—	3	6:30–7:30 pm
Living Well Book Club	Virtually via Teams	—	21	—	16	5:00– 6:15 pm
Self-Care: Restoring Your Inner Self	Virtually via Teams	—	—	4	—	6:30–7:45 pm

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 24 for more information about when and where to attend.

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

Geneva Classes

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.

- September: Thursday, 3, 1:15 – 3:15 pm
- October: Thursday, 22, 1:15 – 3:15 pm
- December: Thursdays, 3, 31, 10:15 am – 12:15 pm

Fiber Arts: Wet Felting

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

Explore the timeless art of wet felting by layering colorful wool fibers. Enjoy the calming, tactile experience while experimenting with texture, pattern and creative expression.

October: Monday, 12, 1:15 - 3:15 pm

Art Journaling: Reflect, Create, Discover

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

Explore words, imagery, and color in a personal and meaningful way. Through guided prompts, zendoodles, neurographic art, nature journaling, mandalas, vision boards and mixed media collage, you will engage in a calm and reflective process.

- October: Thursdays, 1, 8, 22, 29, 10:15 am – 12:15 pm
- December: Mondays, 7, 28, 1:15 – 3:15 pm



Bingo Night: Laughter and Connection

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

Enjoy an evening of bingo, conversation, creativity and community. Join us for games, lighthearted fun, shared laughter and meaningful connection in a welcoming and supportive environment.

September: Monday, 28, 5:30 – 6:30 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.

November: Thursdays, 5, 12, 19, 10:15 am – 12:15 pm

Clay Creations

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

Explore the expressive possibilities of clay as you design decorative dishes, ornaments and personal keepsakes. Experiment with hand-building, stamping and surface embellishment techniques.

November: Tuesdays, 3, 10, 17, 24, 1:15 – 3:15 pm

Colored Pencils: Layers of Color and Creativity

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

Transform simple colored pencils into rich, luminous works of art through layering, blending, shading and textured techniques. Using artist papers and inspiration from nature, abstract imagery and personal themes, explore color in a creatively energizing way.

September: Wednesdays, 2, 9, 16, 23, 30, 12:00 – 2:00 pm



Painted Aprons and Tea Towels

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

Design and paint colorful aprons and tea towels using fabric paints, stencils, stamps and expressive patterns. Create functional handmade pieces that bring personality to the kitchen or make thoughtful holiday gifts.

September: Mondays, 14, 21, 28, 10:15 am – 12:15 pm

Printmaking and Flowing Inks

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

Experiment with plate printing and hand-carved linoleum block designs while working with flowing inks. Layer textures, patterns, stencils and image transfer techniques to create vibrant one-of-a-kind prints on paper and fabric.

October: Wednesdays, 7, 21, 28, 1:15 – 3:15 pm

Geneva Classes

Jewelry Studio
Eva Coker, PhD, Art Instructor, Living Well Cancer Resources
Design and create unique bracelets, earrings, necklaces and other wearable art using colorful beads, charms, wire and mixed materials. Explore combinations of texture, color and decorative elements while creating meaningful jewelry pieces.

September: Thursdays, 3, 10, 17, 24, 10:15 am–12:15 pm

October: Tuesdays, 6, 13, 20, 27, 12:00 – 2:00 pm

Jewelry: Holiday Sparkle
Eva Coker, PhD, Art Instructor, Living Well Cancer Resources
Design festive earrings, bracelets and necklaces inspired by the colors and warmth of the holiday season. Explore beads, charms, wire and decorative materials to create personalized jewelry pieces perfect for wearing, gifting and celebrating the season creatively.

November: Mondays, 2, 9, 16, 23, 10:15 am–12:15 pm

December: Tuesdays, 1, 8, 29, 12:00 – 2:00 pm

Knitting for Beginners: A Cozy Scarf
Eva Coker, PhD, Art Instructor, Living Well Cancer Resources
Learn simple knitting techniques while creating a soft and colorful scarf. Make a handmade piece that offers comfort and creativity to enjoy yourself or share with someone special.

October: Mondays, 5, 12, 26, 10:15 am – 12:15 pm

November: Tuesdays, 3, 10, 17, 24, 10:15 am–12:15 pm

Light for the New Year
Eva Coker, PhD, Art Instructor, Living Well Cancer Resources
Create glowing mixed-media lanterns and decorative jars using paint, tissue paper and embellishments inspired by comfort, hope and possibility. Layers of color and light come together to form a luminous artwork to display throughout the winter season.

December: Wednesdays, 2, 9, 30, 10:15 am–12:15 pm

Weaving an Amulet Bag
Eva Coker, PhD, Art Instructor, Living Well Cancer Resources
Let your creativity flow while weaving a small handmade bag perfect for holding keepsakes and treasures. Learn how to use a simple cardboard loom to create a wearable pouch that blends artistry, function and personal expression.

December: Mondays, 7, 28, 10:15 am – 12:15 pm

Quilted Pillow Workshop
Eva Coker, PhD, Art Instructor, Living Well Cancer Resources
Learn simple hand-sewing techniques while creating a cozy, festive quilted pillow. Work with colorful fabrics and stitching to make a handmade piece to enjoy in your home or share as a thoughtful gift.

November: Monday, 23, 1:15 – 4:15 pm

Abstract Painting
Eva Coker, PhD, Art Instructor, Living Well Cancer Resources
Explore abstract painting using a variety of art materials, including gouache, acrylics and glass paint. Learn to layer and combine these mediums while creating expressive works on paper, canvas and glass.

September: Tuesdays, 1, 8, 15, 22, 29, 1:15 – 3:15 pm

Watercolor and Spirals
Eva Coker, PhD, Art Instructor, Living Well Cancer Resources
Combine flowing watercolor backgrounds with paper quilling designs to create layered mixed-media artwork. Explore watercolor techniques, colorful rolled-paper forms and nature-inspired imagery while making colorful expressive pieces.

December: Wednesdays, 2, 9, 30, 1:15 – 3:15 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.

September: Tuesdays, 1, 8, 15, 22, 29, 10:15 am–12:15 pm

October: Wednesdays, 7, 21, 28, 10:15 am–12:15 pm

Watercolor: Holiday Cards
Eva Coker, PhD, Art Instructor, Living Well Cancer Resources
Create festive hand-painted holiday cards using watercolor techniques and expressive brushwork. Explore seasonal imagery, color and creative design while making heartfelt cards to share with family and friends.

November: Wednesdays, 4, 11, 18, 25, 12:00–2:00 pm

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 will learn techniques to guide and manipulate ink on nonporous surfaces like ceramic tiles, synthetic paper or glass. No two pieces are ever the same.

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

November: Thursdays, 5, 12, 19, 10:15 am – 12:15 pm

Art in Progress
Bridget Stern, Art Instructor, Living Well Cancer Resources
A welcoming and unstructured space for individuals to engage in creative expression. Bring your unfinished projects from home or class.

September: Thursdays, 3, 10, 17, 24, 10:15 am–12:15 pm

October: Tuesdays, 6, 13, 20, 27, 6:00 – 7:30 pm

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

December: Wednesdays, 2, 9, 16, 23, 1:00 – 3:00 pm

Warrenville Classes

Art Journaling: Hope in the Margins
Bridget Stern, Art Instructor, Living Well Cancer Resources
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.

December: Wednesdays, 2, 9, 16, 23,
10:15 am – 12:15 pm

Decorated Candles and Containers: Light Up Your Creativity
Bridget Stern, Art Instructor, Living Well Cancer Resources
Bring warmth and color to your space with decorated candles and containers. You will transform plain candles and containers into beautiful, decorative pieces using paints and simple techniques. Each piece becomes a unique work of art that makes a perfect gift or a light for your own home.

November: Tuesdays, 3, 10, 17, 24, 10:15 am – 12:15 pm

Card Making: Send a Little Joy by Hand
Bridget Stern, Art Instructor, Living Well Cancer Resources
Unleash your creativity each week as we craft handmade cards, gift tags and bookmarks using a variety of artistic techniques. From bold colors of alcohol inks to the textured elegance of embossing and the layered beauty of collage, you’ll explore new methods and materials in every session.

December: Tuesdays, 1, 8, 15, 22, 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 clay as you create a variety of unique pieces, from earrings to trinket dishes. This class offers a relaxing introduction to clay work, blending creativity with simple techniques.

October: Wednesdays, 14, 21, 28, 1:00 – 3:00 pm

December: Mondays, 7, 14, 21, 10:15 am – 12:15 pm

Handmade for the Holidays
Bridget Stern, Art Instructor, Living Well Cancer Resources
The holiday season is a time for heartfelt giving, and what better way to show you care than with a handmade gift? We will explore a variety of creative mediums each week to craft unique treasures you can gift or keep for yourself: from jewelry and custom cards to festive ornaments, gift tags and beyond.

December: Tuesdays, 1, 8, 15, 22, 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 in this hands-on class. Using a mix of beads, wire, metal stamping and other accessible materials, you’ll design and craft pieces that reflect your personal style and creativity.

September: Thursdays, 3, 10, 17, 24, 6:00 – 7:30 pm

October: Mondays, 5, 12, 19, 26, 10:15 am – 12:15 pm

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

December: Thursdays, 3, 17, 10:15 am – 12:15 pm

Kinusaiga: Painting With Fabric
Bridget Stern, Art Instructor, Living Well Cancer Resources
Kinusaiga is a contemporary Japanese “no-sew” art form often called silk painting or fabric painting. This technique involves transferring a design onto a surface and tucking fabric edges into slits to create texture.

September: Tuesdays, 1, 8, 15, 22, 29, 1:00 – 3:00 pm

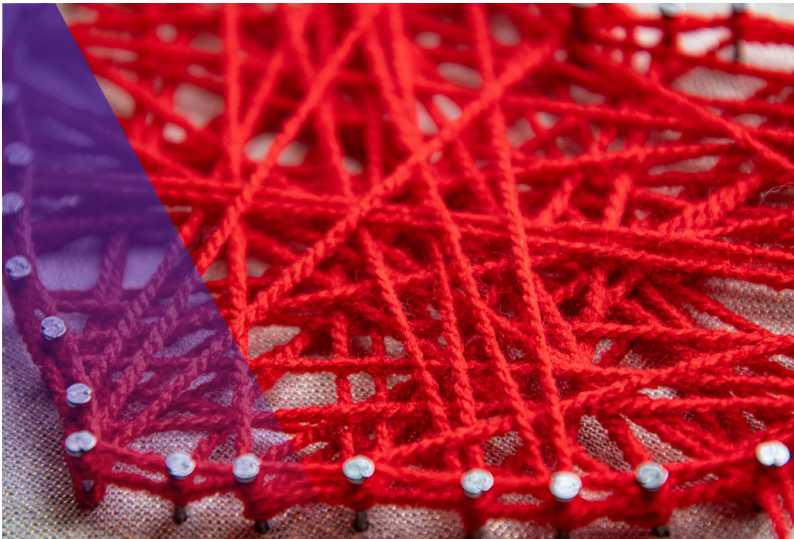
November: Mondays, 2, 9, 16, 23, 30, 6:00 – 7:30 pm

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 transforming simple fibers into intricate works of art. Whether you craft a delicate bracelet, a flowing wall hanging or a keychain, this tactile art form weaves beauty and intention together.

September: Wednesdays, 2, 9, 16, 23, 30,
10:15 am – 12:15 pm

Meditative Art: Finding Calm Through Creative Flow
Bridget Stern, Art Instructor, Living Well Cancer Resources
Discover the peaceful rhythm of meditative art as you explore techniques like zendoodles, neurographic art and mindful coloring. No experience is needed, just a willingness to slow down, breathe deeply and let your pen guide you into a state of calm and clarity.

October: Tuesdays, 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. Learn how to combine glass, tile and other materials to create unique patterns, pictures and designs that reflect your own style.

September: Wednesdays, 2, 9, 16, 23, 6:00 – 7:30 pm

October: Thursdays, 1, 8, 22, 29, 10:15 am – 12:15 pm

November: Wednesdays, 4, 11, 18, 10:15 am – 12:15 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.

September: Mondays, 14, 21, 28, 10:15 am – 12:15 pm

November: Mondays, 2, 9, 16, 23, 30,
10:15 am – 12:15 pm

Warrenville Classes

Textile Stamping and Painting: Stamp Away Stress, Paint in a Little Peace

Bridget Stern, Art Instructor, Living Well Cancer Resources
Discover the art of transforming plain fabric into a one-of-a-kind work of art. Design and stamp patterns using handmade or pre-carved stamps, as well as explore fabric painting techniques to add depth, color and personal flair.

September: Mondays, 14, 21, 28, 1:00 – 3:00 pm

December: Mondays, 7, 14, 21, 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 (and sometimes leather or gourds) by burning designs into the surface using a heated tool. Try it and see where it takes your creativity! Learn the free-handed art of decorating wood.

September: Tuesdays, 1, 8, 15, 22, 29, 10:15 am – 12:15 pm

October: Wednesdays, 7, 14, 21, 28, 10:15 am – 12:15 pm

November: Tuesdays, 3, 10, 17, 1:00 – 3:00 pm

December: Thursdays, 3, 17, 6:00 – 7:30 pm

Wood Flower Painting and Bouquets: Serenity in Bloom

Bridget Stern, Art Instructor, Living Well Cancer Resources
Bring wooden blooms to life with color and creativity! In this hands-on workshop, you'll learn how to paint and customize sola wood flowers using various techniques including washes, blending and dry brushing.

October: Thursdays, 1, 8, 22, 29, 6:00 – 7:30 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.

October: Thursday, 22, 6:00 – 8:00 pm

Orland Park Classes

Coloring Club

Olivia Rusch, Living Well Cancer Resources
Join us for a relaxing afternoon of low-stakes coloring. Just bring yourself; we will provide all of the coloring utensils and coloring books. Unwind with us as we color, socialize and build community.

September: Thursday, 17, 1:30 – 3:30 pm

Jewelry: Halloween Edition

Olivia Rusch, Living Well Cancer Resources
Bring your own jewelry creations into existence. Earrings, necklaces, keychains: you name it; you can make it! From a class that is perfect for beginners and experienced crafters alike, you'll leave with beautiful, handmade pieces to wear or gift.

October: Wednesday, 28, 12:30 – 2:30 pm

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.

November: Thursday, 19, 1:30 – 3:30 pm

Holiday Card Making

Olivia Rusch, Living Well Cancer Resources
Get into the holiday spirit with our card making class. Learn to craft unique personalized cards with festive designs. Add a handmade touch to your season's greetings.

December: Wednesday, 9, 12:30 – 2:30 pm

Virtual Classes

Art Journaling: Reflect, Create, Discover

Eva Coker, PhD, Art Instructor, Living Well Cancer Resources
Explore words, imagery, and color in a personal and meaningful way. Through guided prompts, zendoodles, neurographic art, nature journaling, mandalas, vision boards and mixed media collage, you will engage in a calm and reflective process.

October: Tuesdays, 6, 13, 20, 27, 3:00 – 5:00 pm

December: Tuesdays, 1, 8, 29, 6:00 – 8:00 pm

Colored Pencils: Layers of Color and Creativity

Eva Coker, PhD, Art Instructor, Living Well Cancer Resources
Transform simple colored pencils into rich, luminous works of art through layering, blending, shading and textured techniques. Using artist papers and inspiration from nature, abstract imagery and personal themes, explore color in a creatively energizing way.

September: Wednesdays, 2, 9, 16, 23, 30, 6:00 – 8:00 pm

December: Tuesdays, 1, 8, 29, 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.

September: Wednesdays, 2, 9, 16, 23, 30, 3:00 – 5:00 pm

October: Tuesdays, 6, 13, 20, 27, 6:00 – 8:00 pm

Watercolor: Holiday Cards

Eva Coker, PhD, Art Instructor, Living Well Cancer Resources
Create festive hand-painted holiday cards using watercolor techniques and expressive brushwork. Explore seasonal imagery, color and creative design while making heartfelt cards to share with family and friends.

November: Wednesdays, 4, 11, 18, 3:00 – 5:00 pm

November: Wednesdays, 4, 11, 18, 6:00 – 8:00 pm

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

Program*	Location	September	October	November	December
Art in Progress	Geneva	3	22	—	3, 31
Fiber Arts: Wet Felting	Geneva	—	12	—	—
Art Journaling: Reflect, Create, Discover	Geneva	—	1, 8, 22, 29	—	7, 28
Bingo Night: Laughter and Connection	Geneva	28	—	—	—
Cardmaking: The Art of Quilling	Geneva	—	—	5, 12, 19	—
Clay Creations	Geneva	—	—	3, 10, 17, 24	—
Colored Pencils: Layers of Color and Creativity	Geneva	2, 9, 16, 23, 30	—	—	—
Painted Aprons and Tea Towels	Geneva	14, 21, 28	—	—	—
Printmaking and Flowing Inks	Geneva	—	7, 21, 28	—	—
Jewelry Studio	Geneva	3, 10, 17, 24	6, 13, 20, 27	—	—
Jewelry: Holiday Sparkle	Geneva	—	—	2, 9, 16, 23	1, 8, 29
Knitting for Beginners: A Cozy Scarf	Geneva	—	5, 12, 26	3, 10, 17, 24	—
Light for the New Year	Geneva	—	—	—	2, 9, 30
Weaving an Amulet Bag	Geneva	—	—	—	7, 28
Quilted Pillow Workshop	Geneva	—	—	23	—
Abstract Painting	Geneva	1, 8, 15, 22, 29	—	—	—
Watercolor and Spirals	Geneva	—	—	—	2, 9, 30
Watercolor: Calming Brushstrokes	Geneva	1, 8, 15, 22, 29	7, 21, 28	—	—
Watercolor: Holiday Cards	Geneva	—	—	4, 11, 18, 25	—
Alcohol Ink: Flowing Color, Free Expression	Warrenville	—	5, 12, 19, 26	5, 12, 19	—
Art in Progress	Warrenville	3, 10, 17, 24	6, 13, 20, 27	5, 12, 19	2, 9, 16, 23
Art Journaling: Hope in the Margins	Warrenville	—	—	—	2, 9, 16, 23
Decorated Candles and Containers: Light Up Your Creativity	Warrenville	—	—	3, 10, 17, 24	—
Card Making: Send a Little Joy by Hand	Warrenville	—	—	—	1, 8, 15, 22

*Review class descriptions for times.

Program*	Location	September	October	November	December
Clay: Shaping Art With Your Hands	Warrenville	—	14, 21, 28	—	7, 14, 21
Handmade for the Holidays	Warrenville	—	—	—	1, 8, 15, 22
Jewelry: Wearable Art From the Heart	Warrenville	3, 10, 17, 24	5, 12, 19, 26	4, 11, 18	3, 17
Kinusaiga: Painting With Fabric	Warrenville	1, 8, 15, 22, 29	—	2, 9, 16, 23, 30	—
Macramé and Weaving: The Art of Creative Knotting	Warrenville	2, 9, 16, 23, 30	—	—	—
Meditative Art: Finding Calm Through Creative Flow	Warrenville	—	6, 13, 20, 27	—	—
Mosaics: Color in Pieces	Warrenville	2, 9, 16, 23	1, 8, 22, 29	4, 11, 18	—
String Art: Drawing With Thread	Warrenville	14, 21, 28	—	2, 9, 16, 23, 30	—
Textile Stamping and Painting: Stamp Away Stress, Paint in a Little Peace	Warrenville	14, 21, 28	—	—	7, 14, 21
Woodburning: Draw With Fire, Create With Heart	Warrenville	1, 8, 15, 22, 29	7, 14, 21, 28	3, 10, 17	3, 17
Wood Flower Painting and Bouquets: Serenity in Bloom	Warrenville	—	1, 8, 22, 29	—	—
AYA Hangout	Warrenville	—	22	—	—
Coloring Club	Orland Park	17	—	—	—
Jewelry: Halloween Edition	Orland Park	—	28	—	—
Paint by Number	Orland Park	—	—	19	—
Holiday Card Making	Orland Park	—	—	—	9
Art Journaling: Reflect, Create, Discover	Virtually via Teams	—	6, 13, 20, 27	—	1, 8, 29
Colored Pencils: Layers of Color and Creativity	Virtually via Teams	2, 9, 16, 23, 30	—	—	1, 8, 29
Watercolor: Calming Brushstrokes	Virtually via Teams	2, 9, 16, 23, 30	6, 13, 20, 27	—	—
Watercolor: Holiday Cards	Virtually via Teams	—	—	4, 11, 18	—

*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:

- Go to livingwellcrc.org.
- Under the **Forms** drop-down menu near the top of the webpage, select **Hair Goals Form**.
- Complete the form and submit it.
- 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

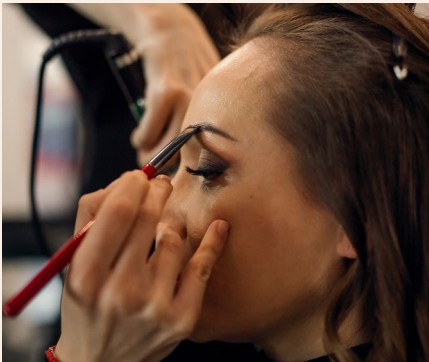
Beautiful You Workshops

Beautiful You is designed to help you feel confident inside and out while navigating the effects of cancer treatment on your skin and hair. Learn how to care for medically treated skin with a simple, supportive skincare routine, along with tips for scalp care and healthy hair regrowth. You'll also receive guidance on selecting a well-fitting wig, accessorizing with scarves and hats, and recreating natural-looking eyebrows.

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, September 16 › Wednesday, November 18
› Wednesday, October 21

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

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



In Person (Northwestern Medicine Lake Forest Health & Fitness Center)
1200 North Westmoreland Road, Banquet Room, Lake Forest
5:00 – 6:30 pm
› Wednesday, October 7

Events

Join other families impacted by cancer at these special events! Registration is required for all events, and space is limited for Holiday Joy. Please register in advance at livingwell.nm.org.

October

Northwestern Medicine Living Well Cancer Resources Walk: Steps for Survivorship
In Person (Northwestern Medicine Field)
34w002 Cherry Lane, Geneva
Saturday, October 10

Join us for a powerful day of community, remembrance and support as we raise funds for Living Well Cancer Resources and celebrate cancer survivors.



Learn more and register for this event at nm.org/steps26.

Fall Into Wellness: An Open House Experience
In Person (Geneva): Friday, October 16, 10:00 am – Noon
Join us for an open house to explore our space, connect with our team and learn about the no-cost support available at Living Well Cancer Resources. We'd love to welcome you and share how we support people impacted by cancer.



December

Holiday Joy
In Person (Geneva): Thursday, December 10, 5:30 – 7:30 pm
Children and families of all ages are invited to join us for an evening of holiday-themed crafts and games.

Nutrition Classes

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

You can watch recordings of previous classes on our YouTube channel: [youtube.com/c/livingwellcrc](https://www.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 answer your questions regarding nutrition choices as you move through cancer treatment into survivorship.
Virtual: Wednesday, September 16, 5:30 – 6:00 pm

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.

¡ACOMPÁÑENOS A UNA PRESENTACIÓN ESPECIAL!

Cocina hispana saludable: Tradiciones llenas de sabor con un toque nutritivo
Híbrido (Geneva):
jueves, 15 de octubre, de 6:00 a 7:00 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.

JOIN US FOR A SPECIAL PRESENTATION!

Healthy Hispanic Cooking: Flavorful Traditions With a Nutritious Twist
Hybrid (Geneva):
Thursday, October 15, 6:00 – 7:00 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.

JOIN US FOR A SPECIAL PRESENTATION!

Relationship Between Ultra-Processed Foods and Cancer
Hybrid (Geneva): Wednesday, September 23, 6:00 – 7:00 pm
Nancy Zawicki, RD, LDN, MS, Northwestern Medicine Delnor Cancer Center
Mary Zupke, RD, LDN, MS, FAND, Northwestern Medicine Delnor Cancer Center
This presentation aims to raise awareness on the importance of limiting ultra-processed foods and selecting more whole foods for improved health. Food demonstration will be provided with sampling of the recipe at the end of the talk.



Nutrition Classes Offered at Northwestern Medicine Kishwaukee Hospital

Classes are in person at the Leishman Center at Northwestern Medicine Kishwaukee Hospital. Classes are led by Kishwaukee Hospital Cancer Center Dietitians Elizabeth Turner, MPH, RD, LDN, and Katie Palomares, MS, RD, LDN.

Tuesdays, Noon – 1:00 pm

October 6 | Breakfast: Is It Really the Most Important Meal of the Day?
When you are going through cancer treatments, some symptoms make it more difficult to get enough to eat. If you are struggling to eat enough, you may need to focus on using every available meal time to get the nutrition you need. We will look at strategies and test out recipes that maximize the nutrition in your morning meal.

December 1 | Gut Health in Cancer Treatment and Beyond
We are going to discuss why gut health matters to patients with cancer and cancer survivors. We will examine what diet and lifestyle factors can help build a healthy gut, discuss which foods and habits are not good for gut health, and explore foods and recipes that support good gut health.

Leishman Center Schedule | Register at livingwell.nm.org.

Program	Location	September	October	November	December	Time
Breakfast: Is It Really the Most Important Meal of the Day?	Leishman Center 1 Kish Hospital Drive DeKalb, Illinois 60115	—	6	—	—	Noon–1:00 pm
Gut Health in Cancer Treatment and Beyond		—	—	—	1	Noon–1:00 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.

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

September 30 | What to Eat Before and During Chemo: Symptom Management
Nourishing your body with adequate protein and hydration and following other helpful tips will help you prepare for treatment.

October 7 | Sidelineing Side Effects and Protecting the Immune System Through Food
We will discuss tips to help manage potential side effects for those going through treatment. Learn about how to protect the immune system through food to decrease long-term inflammation.

October 14 | 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	September	October	November	December	Time
What to Eat Before and During Chemo: Symptom Management	Hybrid Geneva	30	—	—	—	Noon–1:00 pm
Sidelineing Side Effects and Protecting the Immune System Through Food	Hybrid Geneva	—	7	—	—	Noon–1:00 pm
Now It's My Turn to Cook: Tips for Simple and Healthy Meals	Hybrid Geneva	—	14	—	—	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, 6:00–7:00 pm

October 28 | Moving Forward After a Cancer Diagnosis With the Mediterranean Diet
Learn about good health strategies for keeping yourself healthy, active and eating well. Discover the importance of a positive mindset, getting sleep and reducing stress and recommendations on how to incorporate more antioxidants, phytochemicals and anti-inflammatory foods.

November 4 | Eating Well for Survivorship: Maintaining a Healthy Weight
This session focuses on how to improve food habits and incorporate exercise to maintain a healthy weight. Learn about protein needs, whole grains and a balanced diet.

November 11 | Gut Health and the Microbiome
Learn about prebiotic and probiotic foods that can help promote a healthy gut.

November 18 | 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	September	October	November	December	Time
Moving Forward After a Cancer Diagnosis With the Mediterranean Diet	Hybrid Geneva	—	28	—	—	6:00–7:00 pm
Eating Well for Survivorship: Maintaining a Healthy Weight	Hybrid Geneva	—	—	4	—	6:00–7:00 pm
Gut Health and the Microbiome	Hybrid Geneva	—	—	11	—	6:00–7:00 pm
Cooking for One or Two	Hybrid Geneva	—	—	18	—	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 Movement Schedule on page 35 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, November 5 – 19, 6:00 – 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	September	October	November	December	Time
Week 1: Overview of Exercise and Physical Activity Guidelines	Virtually via Teams	—	—	5	—	6:00–7:00 pm
Week 2: Cardiovascular Training and Mindful Movements	Virtually via Teams	—	—	12	—	6:00–7:00 pm
Week 3: Strength Training and Exercise Demo	Virtually via Teams	—	—	19	—	6:00–7:00 pm



NEW!

8 Weeks of Wellness

Virtual: Mondays, September 14 – November 2, 2:00–2:30 pm

This eight-week series is designed to support your physical, mental and emotional well-being through simple, sustainable habits. Each week highlights a key wellness focus with practical actions and a short educational component. Join us on Mondays for a virtual kickoff to learn the how and why behind each week, build consistency and create habits that work for you this fall.

Week 1: Foundation and Consistency

Monday, September 14, 2:00 – 2:30 pm

Week 2: Cardio and Daily Movement

Monday, September 21, 2:00 – 2:30 pm

Week 3: Strength Training and Weight-Bearing Activity

Monday, September 28, 2:00 – 2:30 pm

Week 4: Nutrition and Fueling

Monday, October 5, 2:00 – 2:30 pm

Week 5: Rest, Sleep and Stress Relief

Monday, October 12, 2:00 – 2:30 pm

Week 6: Resilience, Meaning and Support

Monday, October 19, 2:00 – 2:30 pm

Week 7: Performance and Progression

Monday, October 26, 2:00 – 2:30 pm

Week 8: Sustainability and Next Steps

Monday, November 2, 2:00 – 2:30 pm

Weekly Group Exercise Classes

Pelvic Strength for Men

Hybrid (Orland Park): Mondays, 9:15 – 10:00 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 and Orland Park):

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 and Orland Park):

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.

Weekly Group Exercise Classes

Tai Chi: Meditation in Motion
In Person (Geneva): Mondays, 12:30 – 1:15 pm
In Person (Warrenville and 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 you to practice standing balance exercises in a safe environment after a seated mobility session.

Chair Fitness for Lymphedema and Neuropathy
Hybrid (Warrenville): Tuesdays, 12:15 – 1:00 pm
Hybrid (Warrenville and 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.



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.

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.

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	September	October	November	December	Time
Pelvic Strength for Men	Hybrid Orland Park	14, 21, 28	5, 12, 19, 26	2, 9, 16, 23, 30	7, 14, 21, 28	9:15–10:00 am
Pilates	Hybrid Geneva and Orland Park	14, 21, 28	5, 12, 19, 26	2, 9, 16, 23, 30	7, 14, 21, 28	10:15–11:00 am
	Hybrid Warrenville	3, 10, 17, 24	1, 8, 15, 22, 29	5, 12, 19	3, 10, 17	
Bone Health Light	Hybrid Geneva and Orland Park	14, 21, 28	5, 12, 19, 26	2, 9, 16, 23, 30	7, 14, 21, 28	11:15 am–Noon
	Hybrid Geneva	2, 9, 16, 23, 30	7, 14, 21, 28	4, 11, 18, 25	2, 9, 16, 23, 30	10:15–11:00 am
Tai Chi: Meditation in Motion	Geneva	14, 21, 28	5, 12, 19, 26	2, 9, 16, 23, 30	7, 14, 21, 28	12:30–1:15 pm
	Warrenville and Orland Park	3, 10, 17, 24	1, 8, 15, 22, 29	5, 12, 19	3, 10, 17	
Groove	Hybrid Warrenville	1, 8, 15, 22, 29	6, 13, 20, 27	3, 10, 17, 24	1, 8, 15, 22, 29	10:15–11:00 am
	Hybrid Geneva	2, 9, 16, 23, 30	7, 14, 21, 28	4, 11, 18, 25	2, 9, 16, 23, 30	11:15 am–Noon
Chair Yoga and Standing Balance	Hybrid Warrenville	1, 8, 15, 22, 29	6, 13, 20, 27	3, 10, 17, 24	1, 8, 15, 22, 29	11:15 am–Noon
Chair Fitness for Lymphedema and Neuropathy	Hybrid Warrenville	1, 8, 15, 22, 29	6, 13, 20, 27	3, 10, 17, 24	1, 8, 15, 22, 29	12:15–1:00 pm
	Hybrid Warrenville and Orland Park	3, 10, 17, 24	1, 8, 15, 22, 29	5, 12, 19	3, 10, 17	11:30 am–12:15 pm
Yoga	Hybrid Warrenville	4, 11, 18, 25	2, 9, 16, 23, 30	6, 20	4, 11, 18	9:15–10:00 am
Chair Yoga and Guided Relaxation	Hybrid Geneva	2, 9, 16, 23, 30	7, 14, 21, 28	4, 11, 18, 25	2, 9, 16, 23, 30	12:30–1:15 pm
Restorative Yoga	Hybrid Warrenville	1, 8, 15, 22, 29	6, 13, 20, 27	3, 10, 17, 24	1, 8, 15, 22, 29	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, Living Well Warrenville or virtually via Microsoft Teams.**
- › Choose open studio days and times that work for you for 90 days at **either** Living Well Geneva, Living Well Warrenville or virtually.
- › Receive a post-assessment to see your progress and move forward with your fitness journey.

**Individualized Exercise Program
Open Studio Schedule**

Day	Location	Time
Mondays	Geneva	4:00–5:30 pm
Tuesdays	Virtually via Microsoft Teams	9:00–10:00 am
Tuesdays	Warrenville	1:00–2:30 pm
Wednesdays	Geneva	1:30–3:00 pm
Thursdays	Virtually via Microsoft Teams	9:00–10:00 am
Thursdays	Warrenville	2:00–3:30 pm

Northwestern Medicine McHenry Hospital Cancer Center

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

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

SUPPORT

Living With Grief

Tuesdays: Various times throughout the year

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

ART

Creative Expressions

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

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

MINDFUL MOVEMENTS

Yoga

Wednesdays, 5:30–6:30 pm

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

TOUCH THERAPY

Chair Massage

Third Tuesday of the month, 9:00 am–1:00 pm

(Open to patients and families)

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

Northwestern Medicine McHenry Hospital Cancer Center Program Schedule

Program	Location	September	October	November	December	Time
Living With Grief	McHenry Hospital Cancer Center	Dates and times vary; call 815.759.4459				
Creative Expressions		17	15	19	17	3:00–5:00 pm
Yoga		2, 9, 16, 23, 30	7, 14, 21, 28	4, 11, 18, 25	2, 9, 16, 23, 30	5:30 – 6:30 pm
Chair Massage		15	20	17	15	9:00 am–1:00 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.

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 info@livingwellcrc.org.

Caregiver Support

Thursdays, September 17 and November 19,
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)

Thursdays, September 17 and November 19,
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, 9:15 – 10:00 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

Thursdays, 11:30 – 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.

Pilates

Mondays, 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

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.



Coloring Club

Thursday, September 17, 1:30 – 3:30 pm

Olivia Rusch, Living Well Cancer Resources
Join us for a relaxing afternoon of low-stakes coloring. Just bring yourself; we will provide all of the coloring utensils and coloring books. Unwind with us as we color, socialize and build community.

Jewelry: Art From the Heart (Halloween Edition)

Wednesday, October 28, 12:30 – 2:30 pm

Olivia Rusch, Living Well Cancer Resources
Bring your own jewelry creations into existence. Earrings, necklaces, keychains: you name it; you can make it! From a class that is perfect for beginners and experienced crafters alike, you'll leave with beautiful, handmade pieces to wear or gift.

Paint by Number

Thursday, November 19, 1:30 – 3:30 pm

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.

Holiday Card Making

Wednesday, December 9, 12:30 – 2:30 pm

Olivia Rusch, Living Well Cancer Resources
Get into the holiday spirit with our card making class. Learn to craft unique personalized cards with festive designs. Add a handmade touch to your season's greetings.

Living Well Cancer Resources at Northwestern Medicine St. George Cancer Institute Program Schedule						
Program	Location	September	October	November	December	Time
Caregiver Support	Conference Room A	17	—	19	—	4:30 – 6:00 pm
Facing Cancer Together (FACT)	Conference Room B	17	—	19	—	4:30 – 6:00 pm
Pelvic Strength for Men	Hybrid: Conference Room A	14, 21, 28	5, 12, 19, 26	2, 9, 16, 23, 30	7, 14, 21, 28	9:15 – 10:00 am
Chair Fitness for Lymphedema and Neuropathy	Hybrid: Conference Room A	3, 10, 17, 24	1, 8, 15, 22, 29	5, 12, 19	3, 10, 17	11:30–12:15 pm
Tai Chi: Meditation in Motion	Hybrid: Conference Room A	3, 10, 17, 24	1, 8, 15, 22, 29	5, 12, 19	3, 10, 17	12:30–1:15 pm
Pilates	Hybrid: Conference Room A	14, 21, 28	5, 12, 19, 26	2, 9, 16, 23, 30	7, 14, 21, 28	10:15–11:00 am
Bone Health Light	Hybrid: Conference Room A	14, 21, 28	5, 12, 19, 26	2, 9, 16, 23, 30	7, 14, 21, 28	11:15 am–Noon
Coloring Club	Conference Room B	17	—	—	—	1:30–3:30 pm
Jewelry: Halloween Edition		—	28	—	—	12:30–2:30 pm
Paint by Number		—	—	19	—	1:30–3:30 pm
Holiday Card Making		—	—	—	9	12:30–2:30 pm

Fall 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

Medicare Made Easier – Parts A and B
Thursday, September 17, 6:30 – 7:30 pm
Kara R. Murphy, President, DuPage Health Coalition
Once a year, Medicare gives its nearly 65 million beneficiaries a chance to step back, review their coverage and make any changes that will help them get the best out of the federal government’s health insurance program. Learn from an expert during this open enrollment season.

Understanding Breast Cancer: Risk Factors and Prevention
Thursday, October 15, 6:30 – 7:30 pm
Miraj G. Shah-Khan, MD, Breast Surgery, Northwestern Medicine
Explore the key risk factors associated with breast cancer and learn how lifestyle, genetics, environment and overall health can influence breast cancer risk. The discussion will highlight common and lesser-known risk factors, the importance of early detection and practical strategies for reducing risk and promoting breast health.

 **I’ve Finished Cancer Treatment, Now What? Survivorship 101**
Monday, October 26, 6:00 – 7:15 pm
Neha Hippalgaonkar, MD, Hematology and 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. 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.

Fertility and Cancer
Thursday, October 29, 6:30 – 7:30 pm
Kristin N. Smith, Program Manager for Fertility Preservation, Northwestern Medicine Center for Fertility and Reproductive Medicine
Join us for a compassionate, practical session on fertility and family building for people facing cancer and survivorship. We’ll explain how cancer treatment can affect fertility, review the options and explore paths to parenthood.

Lung Screening: To Screen or Not?
Thursday, November 5, 6:30 – 7:30 pm
Marisol Munoz, APRN, Thoracic Surgery, Northwestern Medicine
Gain a deeper understanding of lung cancer screening, including who qualifies and why it is an important part of preventive care. The presentation highlights how early detection can significantly improve treatment options and outcomes. Through discussion and practical guidance, this presentation empowers individuals to make informed decisions about their health and encourages proactive screening and prevention.

Cómo manejar los efectos emocionales del cáncer

Jueves, 19 de noviembre, de 6:00 a 7:00 p. m.

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

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

Navigating the Emotional Effects of Cancer

Thursday, November 19, 6:00 – 7:00 pm

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

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

Partnering With an End-of-Life Doula

Thursday, December 3, 6:30 – 7:30 pm

Kimberly Rich, PhD, Death Doula, Tomorrow Mourning

Explore the role of an end-of-life doula and how this unique form of care can support the emotional, spiritual and practical needs of individuals living with cancer. You will learn how end-of-life doulas differ from medical and hospice caregivers and gain tools for advanced care planning, legacy work and meaningful communication with loved ones and care teams. The guided discussion will also allow time to ask questions and share concerns.

Fall 2026 Virtual Programs (continued)

Survivorship Programs



Back-on-Track: Surviving Survivorship Series

Mondays, October 5 – November 16, 6:30 – 7:45 pm

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

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

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

›	October 5	Pressure to Thrive
›	October 12	Discussion Group
›	October 19	Managing Moods, Stress and Feeling Stuck
›	October 26	Survivorship 101*
›	November 2	Discussion Group
›	November 9	Fear of Recurrence
›	November 16	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

Monday, October 26, 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, 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.

*In September, the first virtual meeting will be on the second Monday, September 14 (same time).

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.

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, October 14, and Wednesday, December 9, 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: Mastectomy

Third Tuesday of each month, 6:30–7:30 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

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.

*In November, the virtual meeting will be on the third Thursday, November 19 (same time).

*In December, the virtual meeting will be on the third Thursday, December 17 (same time).

Fall 2026 Virtual Programs (continued)

Support Groups

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.

*In November, the virtual meeting will be on the third Wednesday, November 18 (same time).

*In December, the virtual meeting will be on the third Wednesday, December 16 (same time).

Young Adult Support

Second Wednesday of each month, 6:00–7:00 pm
This monthly group provides support and education to young adults aged 18 to 40 years who have a cancer diagnosis.

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 November, the virtual meeting will be on the third Wednesday, November 18 (same time).

*In December, the virtual meeting will be on the third Wednesday, December 16 (same time).

Stress Management

Living Well Book Club

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.

Wednesday, October 21, 5:00–6:15 pm

Book: *Radical: The Science, Culture, and History of Breast Cancer in America* by Kate Pickert

Wednesday, December 16, 5:00–6:15 pm

Book: *How to Live Between Office Visits: A Guide to Life, Love and Health* by Bernie S. Siegel

Self-Care: Restoring Your Inner Self

Wednesday, November 4, 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 is intended to help you learn about different types of self-care and their benefits. You will also learn how to implement your self-care practices.



¡ACOMPÁÑENOS A UNA PRESENTACIÓN ESPECIAL!

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

Jueves, 15 de octubre, de 6:00 a 7:00 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.

JOIN US FOR A SPECIAL PRESENTATION!

Healthy Hispanic Cooking: Flavorful Traditions With a Nutritious Twist

Thursday, October 15, 6:00 – 7:00 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.

JOIN US FOR A SPECIAL PRESENTATION!

Relationship Between Ultra-Processed Foods and Cancer

Wednesday, September 23, 6:00 – 7:00 pm
Nancy Zawicki, RD, LDN, MS, Northwestern Medicine Delnor Cancer Center
Mary Zupke, RD, LDN, MS, FAND, Northwestern Medicine Delnor Cancer Center
This presentation aims to raise awareness on the importance of limiting ultra-processed foods and selecting more whole foods for improved health. Food demonstration will be provided.

Fall 2026 Virtual Programs (continued)

Mindful Movements



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

Thursdays, November 5 – 19, 6:00 – 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, 9:15 – 10:00 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 you to practice standing balance exercises in a safe environment after a seated mobility session.



Mindful Movements

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.

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.

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.

Restorative Yoga

Tuesdays, 5:45 – 6:30 pm

Practice restorative poses designed to relax and restore the whole body. Each pose will be held for a period of time to release tension and deepen relaxation. Class may include both standing and mat yoga poses.

Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Meditative
Morning Art



Painting



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Summer 2026 Program Guide



Gelli Printing



Watercolor



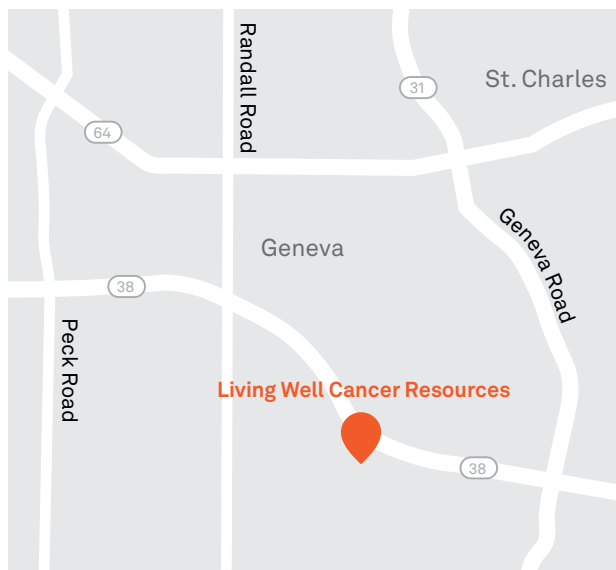
Quilling



Mandala Art



Living Well Cancer Resources Geneva



Living Well Cancer Resources Warrenville



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Northwestern Medicine McHenry Hospital Cancer Center



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