




Upcoming Events

-  In-Person
-  Hybrid
-  Virtual

Therapy Dog Meet and Greet

TUESDAY, JULY 9, 4:30 - 5:30 PM

 IN-PERSON

Join us for an informal meet and greet with certified therapy dogs from Rainbow Animal Assisted Therapy. Enjoy hands-on interaction with the dogs and watch them show off their skills.

Acupuncture Clinic

WEDNESDAY, JULY 10, 10:30 - 11:30 AM

 IN-PERSON

Acupuncture is the insertion of single use sterile needles at specific acupoints on the body to promote healing, reduce pain and alleviate stress. Mini treatments will be offered.

Mastering Your Skincare & Makeup Routine

THURSDAY, JULY 11, 10:30 AM - 12:30 PM

 IN-PERSON

Join Rosie Dow, Esthetician and Professional Makeup Artist, to learn how to tackle skin changes and challenges during and after cancer treatment. While your skin goes through a lot during treatments there are tips for getting that glow back.

Young Adult Social

THURSDAY, JULY 11, 6:30 - 8:30 PM

 IN-PERSON

Join us at the Cancer Wellness Center for an engaging evening designed for young adults impacted by cancer. This outdoor event will feature yard games, team-building activities, and plenty of opportunities for social interaction, all aimed at creating and strengthening connections with others who get it! Refreshments and snacks will be provided.

The event is open to all young adult cancer patients/survivors in-treatment and post-treatment (ages 20-40) and their loved ones.

Ask the Dietitian: How to Read a Nutrition Label

FRIDAY, JULY 12, 1:00 - 1:45 PM


 VIRTUAL

Do you have questions about diet, nutrition, or other food-related concerns? Join us to learn more about different topics each month from our Board-Certified Specialist in Oncology Nutrition.



CWC Summer Block Party!

TUESDAY, JULY 30, 5:30 - 7:00 PM

 IN-PERSON

Come together at CWC and meet up with other participants to enjoy some music, games, tie dye, snacks and meet the CWC Staff.

The event will include activities for children and adults so all age groups are welcome.



SCAN QR CODE
TO REGISTER

Men's Hike

MONDAY, JULY 15, 10:30 – 11:30 AM

 IN-PERSON

Join us at Ryerson Woods Forest Preserve in Riverwoods, IL for a nature meditation followed by a two-mile hike. Wear comfortable hiking or running shoes, bring a water bottle and dress for the weather. (This hike is reserved for any male participant – those diagnosed, caregiving or bereaved)

Zen-Extended

MONDAY, JULY 15, 1:00 – 4:00 PM

 IN-PERSON

Master the art of Zentangle in this extended meditative workshop. We will be creating a tile that is slightly more involved than what is done in a typical class. You must have attended a minimum of (6) Zentangle classes at CWC in order to participate. Light snacks will be provided.

Blackout Poetry

THURSDAY, JULY 18, 11:00 AM – 12:30 PM

 IN-PERSON

Explore the creative possibilities of Blackout Poetry, a process where you take an existing page of text from a book, newspaper, or magazine and select a handful of words to transform the text into a poem.

Nature Hike

MONDAY, JULY 22, 10:00 – 11:00 AM

 IN-PERSON

Join us at Greenbelt Forest Preserve for a nature meditation followed by a two-mile hike. Wear comfortable hiking or running shoes, bring a water bottle and dress for the weather.

Managing Anxiety through Mindfulness

TUESDAY, JULY 23, 1:00 – 2:00 PM

 VIRTUAL

Discover the transformative power of mindfulness and its role in managing anxiety in this insightful session. By the end of the session, you will have gained valuable insights and skills to harness mindfulness as a powerful tool for coping with anxiety.

An Integrative Approach to Wellness in Cancer

WEDNESDAY, JULY 24, 5:45 – 7:15 PM

 VIRTUAL

Please join Dr. Pooja Saigal as she discusses mind-body techniques, nutrition, physical activity, spirituality, and various integrative therapies that may optimize wellness and healing in a cancer diagnosis. This comprehensive session will offer guidance for individuals who are coping with cancer, as well as for their loved ones.

Understanding Medical Cannabis

THURSDAY, JULY 25, 6:30 – 8:00 PM

 IN-PERSON

Join us to learn about the benefits of medical cannabis and the use of medical cannabis in cancer care. Our presenters will also lead discussions on different cannabinoids, various consumption methods and products, and effective dosing strategies for each symptom management area. Our goal is to foster an open and interactive environment where participants can contribute their insights and ask questions.

This program is in collaboration with Soul and Wellness LLC, Modern Compassionate Care, and Cannabis Equity Illinois Coalition.

Location:

Soul and Wellness LLC
2007 S Blue Island Ave, Chicago, IL 60608

Supercharge Your Summer Salads

MONDAY, JULY 29, 1:00 – 2:30 PM

 IN-PERSON

Think salads are just about lettuce? Think again! Summer salads can offer so much more nutrition to target your specific taste preferences and health concerns. From nutrient-packed ingredients to delicious flavor combinations, Lori, our oncology dietitian, will guide you through how to create salads that will take center stage this summer.

Grief Walk

MONDAY, JULY 29, 3:30 – 4:30 PM

 IN-PERSON

Join us at Captain Daniel Wright Woods in Mettawa, IL on a 2-mile outdoor path as we decrease grief-related rumination through nature and meditation. Please wear appropriate shoes and attire for the weather.

Women's Nature Retreat: A Day of Relaxation and Renewal

WEDNESDAY, JULY 31, 10:00 AM – 3:00 PM

 IN-PERSON

We invite women with a cancer diagnosis (at any stage of diagnosis/treatment/post-treatment) to enjoy a day of relaxation, introspection and renewal at Ryerson Woods – Brushwood Center. A light, healthy lunch will be provided.

Please wear comfortable clothes for yoga and appropriate outerwear for the weather. If the weather allows, we will be spending the day outside – shade provided. You may wish to bring your own yoga mat and/or comfortable outdoor chair, but yoga mats and folding chairs will be provided. In the event of inclement weather, activities will be inside the Brushwood Center.



The CWC Studio: Wig Services

WEDNESDAY, JULY 10, 9:00 AM – 3:00 PM


A limited number of appointments are available for a free wig and wig-fitting at the CWC studio. A variety of high-quality, synthetic wigs of many hair colors and textures are available. These services will be provided by professionals from Hair Response.

Sneak Peek



Men's Retreat

WEDNESDAY, AUGUST 7, 10:00 AM – 2:00 PM

 **IN-PERSON**

Join us at Ryerson Woods Forest Preserve, Brushwood Center for a day of hiking, movement, and discussion. The retreat will be a space for men with cancer to connect with other men, nature, and themselves.

Activities include facilitated conversation, an introduction to men's yoga (no prior experience required), and a guided birding hike with Red Hill Birding.

A light, healthy lunch will be provided. Please wear comfortable clothes and appropriate outerwear for the hike and feel free to bring your own binoculars.



**SCAN QR CODE
TO REGISTER**

NOW RECRUITING

August 2024 Food and Fitness for Wellness

STARTING TUESDAY, AUGUST 6, 4:00 – 5:00 PM

Are you curious about what you can expect when you join Food and Fitness for Wellness community?

After completing cancer treatment, experts recommend good nutrition and physical activity for survivors to live longer and feel better. Our special program combines expertise about the mind, body, and nutrition specific for cancer survivorship. Participants will be offered support from professionals and peers while navigating the best ways to modify habits and behaviors to improve their overall health and wellness.

This program is especially for those who completed treatment between August 2019 and August 2024. This is a committed program, requiring participants to meet weekly for 20 sessions.

Spirituality Discussion Group

2ND AND 4TH MONDAY, 2:00 – 3:00 PM




The Spirituality Discussion Group offers the opportunity to examine various readings, lectures, exercises, and film as a means of expanding our knowledge of the connection between our emotional and spiritual states. The materials discussed will span across all practices of spirituality or religion with the hope of adopting and adapting newfound wisdom in our everyday lives.


















Eligibility:

- Open to patients/survivors, caregivers, and bereaved participants
- Can attend virtual group sessions on the 2nd and 4th Monday of each month from 2:00 - 3:00 pm

For more information or to join these groups, contact our Intake Line at (847) 562-4981

Wellness Classes

-  In-Person
-  Hybrid
-  Virtual

MON	TUE	WED	THU	FRI
9:30 - 10:30 AM Gentle Yoga 	9:30 - 10:15 AM Chair Yoga 	9:30 - 10:30 AM Gentle Yoga 	9:30 - 10:30 AM Vinyasa Yoga 	9:00 - 10:00 AM Park Ridge: Strength & Conditioning 
10:00 - 12:00 PM Connecting Through Knitting (July 1 & 15) 	10:00 - 11:30 AM Canasta at CWC 	10:45 - 11:45 AM Strength & Conditioning 	10:00 - 11:15 AM Zentangle (July 11 & 25) 	10:00 - 11:00 AM Gentle Yoga 
10:45 - 11:45 AM Healing With Energy Through Reiki 		5:30 - 6:30 PM Park Ridge: Gentle Yoga 	2:00 - 3:30 PM Mahjong at CWC 	10:15 - 11:15 AM Waukegan: Gentle Yoga 
11:00 - 12:30 PM Bi-Weekly Writing Lab (July 1 & 15) 			7:00 - 7:30 PM Clase de Reducción de Estrés 	
5:30 - 6:30 PM Park Ridge: Stress Relief Yoga 				

Vinyasa Yoga is a systematic application of yoga that involves the integration of yoga asana (the poses), the transition of yoga asana, breathing, chanting, relaxation, and meditation.

Healing With Energy Through Reiki allows you to experience Reiki energy through a guided group healing meditation and breathwork, helping to reduce stress and promote relaxation.

Strength and Conditioning utilizes strategies and techniques that will help you build strength and flexibility. Using equipment such as bands and weights is encouraged.

Stress Relief Yoga is focused on quiet stillness, strength, flexibility, alignment, and balance.

Gentle Yoga uses physical postures, breath work and meditation to bring your mind and body back into a balanced state.

Chair Yoga is a gentle class that incorporates breathing exercises, stretching, yoga postures, and final relaxation, all while using a stable chair.

Bi-Weekly Writing Lab is where you explore new possibilities and realities by putting pen to paper. You are free to be as goofy or serious as you would like to be.

Connecting Through Knitting Drop in and join other participants who enjoy the art of knitting. Knitting can be a relaxing hobby that reduces stress and keeps one centered in the present moment. No experience necessary!

Zentangle an easy-to-learn, meditative and fun way to create art by drawing structured patterns.

To learn more and to register for Programs and Classes visit CancerWellness.org or call our main line at (847) 509-9595.

Support Services



Counseling Services

- Individual
- Family
- Child/Teen
- Couples
- Parent Consultation
- Nutrition

Support Groups

CANCER SUPPORT GROUPS AT ANY STAGE OF TREATMENT/POST-TREATMENT:

- Young Women to age 50
- Women age 50+
- Men
- Young Adults ages 20-40
- Pre-Teens/Teens
- Meaning-Centered Group

GROUPS FOR SPOUSE, PARTNER, FAMILY:

- Significant Others/Caregivers
- Adult Child Caregivers
- Parents of Children with Cancer

BEREAVEMENT GROUPS:

- Spousal Loss

Multiple Myeloma Networking Group

**1ST WEDNESDAY OF THE MONTH
7:00 – 8:30 PM**

PRISCILLA ANDREWS, MA, LCPC

This group provides opportunities for peer support and information sharing related to the physical aspects of living with multiple myeloma. Open to patients, families, and their loved ones.

Pancreatic Cancer Networking Group

**3RD TUESDAY OF THE MONTH
5:00 – 6:30 PM**

GINA BALDACCI, LCSW

This group provides opportunities for peer support and information sharing. Group is supported by the Rolfe Pancreatic Cancer Foundation. Open to patients, families, and their loved ones.

For more information
or to register for
Support Services,
contact our Intake Coordinator

Alana Lebovitz, MSW

(847) 562-4981

alebovitz@cancerwellness.org

Para más información o para
registrarse para servicios de
Terapias Virtuales o el Grupo
del Apoyo. Mixto en español,
póngase en contacto con

Nora Barquin, LCSW

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