




Upcoming Events

 In-Person
 Hybrid
 Virtual

Ask the Dietitian: Diet Myths

FRIDAY, SEPTEMBER 6, 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.

Mastering Your Skincare & Makeup Routine

TUESDAY, SEPTEMBER 10, 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.

Nine Attitudes of Mindfulness

TUESDAY, SEPTEMBER 10, 17, 24, OCTOBER 1, 8, 15, 22, 29 &

NOVEMBER 5, 12, 1:00 - 2:00 PM


10 - WEEK SERIES

 VIRTUAL

We will engage in evidence-based mindfulness practices to learn how to incorporate the nine attitudes of mindfulness into our daily lives through formal and informal practice. This class is for beginners and those wishing to renew or deepen their practice in community.

Therapy Dog Meet and Greet

TUESDAY, SEPTEMBER 10, 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.

Cáncer de próstata: Lo que debe saber sobre este tema

MARTES 10 DE SEPTIEMBRE DE 6:30 - 7:15 PM

 VIRTUAL

Acompañe al Dr. Dario Villamar a esta platica donde encontrara información importante y actualizada sobre el cáncer de próstata.



Mindfulness in Cancer Care

MONDAY, SEPTEMBER 30, 12:00 - 1:00 PM

 VIRTUAL

In this workshop, you'll learn the basics of mindfulness as a complementary therapy and discover essential tools to help you cope with cancer. Mindfulness Specialist Serena Jain will show you how to cultivate mindfulness to manage the stress of a cancer diagnosis and guide you through easy-to-follow practices designed to bring balance and peace to your life.

Program is in collaboration with Leukemia Research Foundation and Cancer Wellness Center. Registration and attendance information will be shared with both organizations.

SCAN QR
CODE TO
REGISTER



Kintsugi – A Healing Journey

THURSDAY, SEPTEMBER 12, 11:00 AM – 12:15 PM

 IN-PERSON

Experience this beautiful workshop that represents the journey of healing. During this workshop, we will break a bowl and then lovingly put it back together with gold. While our bowls are in the process of drying, we will participate in a guided meditation designed to bring ease into your body.

Our Emotional Selves – A Somatic Mind/Body Exploration

THURSDAYS, SEPTEMBER 12, 19, 26, OCTOBER 3, 10, 17, 24 & NOVEMBER 7, 4:00 – 5:15 PM


8 – WEEK SERIES

 IN-PERSON

You'll learn practical BodyMind healing approaches that are designed to be used throughout your day, including gentle movement experiments, body awareness techniques, breathing, meditation, embodiment, the principles of aikido, mindfulness, as well as many other somatic movement & education skills.

Men's Hike


MONDAY, SEPTEMBER 16, 3:30 – 4:30 PM

 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)

Acupuncture Clinic

WEDNESDAY, SEPTEMBER 18, 10:30 – 11:30 AM

 IN-PERSON

Wondering if acupuncture is right for you? Come to our acupuncture clinic hosted by our neighbors, IMMA Acupuncture and Wellness, for a complimentary treatment.

Physical Therapy Perspectives: Understanding the Male Pelvic Floor and It's Role in Cancer Recovery


WEDNESDAY, SEPTEMBER 18, 5:00 – 6:00 PM

 VIRTUAL

In this program, pelvic health specialist, Nicole Doyle, will provide an overview of the pelvic floor anatomy and function, general pelvic health, and specific information on the role of physical therapy in recovery following pelvic cancers including those of the prostate, bladder, and bowel. There will be a designated Q&A session at the end of the presentation.

Weaving Connections through Collage

THURSDAY, SEPTEMBER 19, 11:00 AM – 12:30 PM

 IN-PERSON

Using yarn, embroidery floss, fabrics, foil, netting and more, we will layer materials by sewing, weaving, folding and wrapping to create free form and spontaneous images.

Yoga for Better Sleep

THURSDAY, SEPTEMBER 19, 8:00 – 9:00 PM

 VIRTUAL

Studies have demonstrated that yoga can be beneficial in managing sleep difficulties and insomnia. People impacted with cancer can particularly benefit from improved sleep quality when utilizing yoga prior to going to bed. Join us from the comfort of your home for a relaxing bedtime yoga routine.

Explorando el intestino y el microbioma

JUEVES 26 DE SEPTIEMBRE DE 9:30 – 11:00 AM

 EN PERSONA

El microbioma humano contiene billones de bacterias que tienen implicaciones en la salud y la enfermedad. Únase a nuestra dietista oncológica, Lori Bumbaco, y aprenda cómo los diferentes nutrientes de nuestra dieta influyen en nuestra salud digestiva y tienen implicaciones para el bienestar. El programa incluirá una breve demostración de recetas y tiempo para preguntas y respuestas.

Hike the 606

MONDAY, SEPTEMBER 30, 10:00 – 11:30 AM

 IN-PERSON

Join us for a two-mile hike on The Bloomingdale Trail (The 606) in Chicago, IL. This is a paved urban trail with a narrow rubber shoulder on which you can also walk. Please wear comfortable hiking or running shoes, bring a water bottle, and dress for the weather.

Grief Walk

MONDAY, SEPTEMBER 30, 10:30 – 11:30 AM

 IN-PERSON

Join us at Fort Sheridan Forest Preserve in Lake Forest, IL on a 2-mile outdoor hike and nature meditation along with others who have a shared understanding of grief and loss. Please wear appropriate shoes and attire for the weather.

Prostate Cancer: Protection on your Plate

MONDAY, SEPTEMBER 30, 5:00 – 6:00 PM

 VIRTUAL

Join Lori Bumbaco, our oncology dietitian, as she discusses the latest research supporting the benefits of a plant-based diet in managing prostate cancer. Empower yourself with practical knowledge to create a personalized cancer-protective diet for yourself or your loved one.

NEW – LIMITED TIME

Gentle Yoga – Saturdays with Priyanka

SATURDAY, SEPTEMBER 7, 14, 21, 28, OCTOBER 5

9:00 – 10:00 AM

 VIRTUAL

Yoga uses physical postures, breath work and meditation to bring mind and body back into a balanced state. These classes are for all fitness levels and can be practiced in a chair if necessary.



The CWC Studio: Wig Services

WEDNESDAY, SEPTEMBER 18, 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.

JOIN US

Building with Legos: Pediatric Cancer Meet Up

SATURDAY, SEPTEMBER 28, 11:00 AM - 12:30 PM

Join our Child Life Specialist, Elyssa Siegel, for lunch and an opportunity to socialize with other kids in treatment/post treatment. This group is purely social and designed to create connections with other kids.

Eligibility:

- Open to school-aged children who have a cancer diagnosis (newly diagnosed, in-treatment or post-treatment)

For more information, please contact our Child Life Specialist at esiegel@cancerwellness.org.

Register Today!

Day of Fun

In Memory of Our Dear Friend Donna Cole

SEPTEMBER 25, 2024



Twin Orchard Country Club
22353 Old McHenry Road
Long Grove

Complimentary Valet Parking



Day of Fun

WEDNESDAY, SEPTEMBER 25, 10:00 AM - 3:00 PM

IN-PERSON

We are excited to spend the day together, while celebrating the important work of the Center.

In addition to playing Bridge, Canasta, and Mah Jong, the Day of Fun includes continental breakfast, raffle prizes, a shopping boutique, and lunch. Proceeds from the event support CWC programming.

**SCAN QR
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NOW RECRUITING

Young Adult Co-Ed Group

1ST AND 3RD THURSDAY, 7:00 - 8:30 PM

This group provides a safe and understanding space to connect with peers who comprehend the rollercoaster of emotions, uncertainties, and unique challenges that come with being a young adult navigating the cancer experience. This group allows space for processing and normalizing emotions, addressing the distinctive hurdles faced by young adults, discussing independence, questions and challenges. Your journey is important, and our support group is here to walk it with you!

Eligibility:

- Young Adults (ages 20-40) navigating the cancer experience who are in-treatment or post-treatment
- Can attend virtual group sessions the 1st and 3rd Thursday of each month from 7:00 PM - 8:30 PM

Men's Discussion Group

2ND AND 4TH MONDAY, 2:00 - 3:00 PM


The Men's Discussion Group provides a platform for information sharing relating to navigating a cancer diagnosis. Men will have the opportunity to discuss topics such as medical treatments, managing symptoms and side effects, navigating the healthcare system, and more. This is a bi-monthly drop-in style discussion group.


















Eligibility:

- Men diagnosed through 5 years post-treatment.

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	SAT
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 	9:00 - 10:00 AM Gentle Yoga 
10:00 - 12:00 PM Connecting Through Knitting (September 30) 	10:00 - 11:30 AM Canasta at CWC 	10:45 - 11:45 AM Strength & Conditioning 	2:00 - 3:30 PM Mahjong at CWC 	10:00 - 11:00 AM Gentle Yoga 	
10:45 - 11:45 PM Healing With Energy Through Reiki 		5:30 - 6:30 PM Park Ridge: Gentle Yoga 	7:00 - 7:30 PM Clase de Reducción de Estrés 	10:15 - 11:15 AM Waukegan: Gentle Yoga 	
11:00 - 12:30 PM Bi-Weekly Writing Lab (September 9 & 23) 					
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!

Canasta and Mahjong at CWC
Drop in and join other participants for fun and social weekly games. Some previous experience required.

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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