




Upcoming Events

 In-Person
 Hybrid
 Virtual

Ask the Dietitian: Cognition and Nutrition

FRIDAY, OCTOBER 4, 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 Oncology Dietitian.

Introduction to Mindfulness


TUESDAY, OCTOBER 8, 15, 22, 29, NOVEMBER 5, 12, 10:00 - 11:15 AM
6-WEEK SERIES

 VIRTUAL

In this 6-week foundations series, we will engage in evidence-based practices to learn how to incorporate mindfulness into our daily lives through formal and informal mindfulness practice. This class is for beginners and those wishing to renew or deepen their practice in community.

Introduction to American Canasta

TUESDAY, OCTOBER 8, 15, 22, 29, 10:00 - 11:30 AM
4-WEEK SERIES


 IN-PERSON

Join us for a 4-week series to learn American Canasta, a fun and versatile card game. Playing card games, like Canasta, can help improve cognitive functioning and memory. Card decks will be provided. No prior experience necessary.

Dance of Directions:

A Cherokee Dance for Peace


WEDNESDAY, OCTOBER 9, 11:00 AM - 1:00 PM

 IN-PERSON

The Dance of Directions is a slow-moving prayer to the earth and sky that clears the energetic pathways within the body and the earth. Through heartfelt intention and simple movement, the Dance guides one to attune to the land and the sacred directions.

Body Prayer Workshop

WEDNESDAY, OCTOBER 9, 6:00 - 7:30 PM


 IN-PERSON

Body Prayer is a contemplative movement practice using simple gestures to express devotion and gratitude. In this adapted workshop, Christi Ione, RN, HTCP, will teach participants three Body Prayers and their meanings.



Life After Cancer: Navigating Survivorship

TUESDAY, OCTOBER 8, 6:00 - 8:30 PM

 IN-PERSON

Join us for an evening of exploring cancer survivorship. The evening will begin at 6:00 pm with welcoming remarks from Priscilla Andrews on the importance of care in survivorship. Participants will then have the opportunity to attend various breakout sessions based on their interest. Doors open at 5:30 pm.

Breakout sessions will include:

- Coping with Chemobrain
- Stress Management
- Nutrition After Cancer Treatment
- Parenting Post Cancer
- Navigating Intimate Relationship

SCAN QR
CODE TO
REGISTER



Community Labyrinth Walk

THURSDAY, OCTOBER 10, 12:00 – 12:45 PM

 IN-PERSON

Join us as we walk the labyrinth together. We will meet inside the Center for a brief discussion and some optional journaling prior to walking.

Introduction to Mahjong

THURSDAY, OCTOBER 10, 17, 24, 31, 2:00 – 3:30 PM

4-WEEK SERIES

 IN-PERSON

Join us for a 4-week series to learn and play this exciting game. Perfect for beginners, this class will guide you through the fundamentals of the game. In the first two classes, we'll cover the rules, strategies, and the unique nature of Mahjong. By the end of the series, you'll be ready to join our ongoing weekly drop-in group.

Exámenes de Detección de Cáncer de Mama y Por Qué Son Importantes


JUEVES 10 DE OCTUBRE DE 6:30 – 7:30 PM

 EN PERSONA

Venga a esta plática para aprender con Betzy Berganza sobre por qué los exámenes de detección de cáncer de mama son muy importantes. Este evento se llevará a cabo en Heart of the City en 114 S Genesee St, Waukegan, IL 60085.

Men's Hike


MONDAY, OCTOBER 14, 11:00 AM – 12:00 PM

 IN-PERSON

Join us at Middlefork Savanna in Lake Forest, 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.)

Stand-Up Comedy Workshop: There's Something Funny About Having Cancer


MONDAY, OCTOBER 14, 21, 28, NOVEMBER 4, 11, 6:30 – 8:00 PM

 IN-PERSON

We know laughing releases serotonin, which can help your body heal. That's just science, people! During the workshop, we'll review professional comedians' sets in which they talk about difficult topics, including cancer, and review joke structure and types of jokes. You'll have an opportunity to write and practice your own sets while receiving feedback from your peers throughout the workshop to help you hone and perfect your set.

Halloween-Themed Therapy Dog Meet and Greet

TUESDAY, OCTOBER 15, 4:30 – 5:30 PM

 IN-PERSON

Halloween is just around the corner! Join us in your favorite costume and enjoy meeting the therapy dogs in their own festive outfits. It's the perfect chance to show off your creativity and see some tail wagging fun!

Nature Hike

MONDAY, OCTOBER 28, 1:00 – 2:00 PM

 IN-PERSON

Join us at Captain Daniel Wright Woods in Mettawa, 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.

Yoga for Better Sleep

MONDAY, OCTOBER 28, 8:00 – 9:00 PM

 VIRTUAL

Studies have demonstrated that yoga can be beneficial in managing sleep difficulties and insomnia. People impacted by 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.

Sad Isn't Bad

TUESDAY, OCTOBER 29, NOVEMBER 5, 12, 19, 6:00 – 7:30 PM

4-WEEK SERIES

 IN-PERSON

Join our 4-week grief program for children ages 6-12. These sessions are aimed at helping kids cope with their grief after losing a family member to cancer.

Acupuncture Clinic

WEDNESDAY, OCTOBER 30, 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.

Empower Your Recovery: Safe Exercise Guidelines During and After Cancer Treatment


WEDNESDAY, OCTOBER 30, 12:00 – 1:00 PM

 VIRTUAL

Dr. Brittany Korman, physical therapist and owner of Beyond Physical Therapy, will be providing education on safe exercise guidelines during and after cancer treatments. Brittany will also discuss effective types of exercise, the recommended amount of activity, and how to schedule exercise in your week routine.

Music Meditation: 3rd Ear Healing

WEDNESDAY, OCTOBER 30, 4:00 – 5:30 PM

 IN-PERSON

Relax your body, heart, and mind as you are gently transported by the delicate healing sounds of exotic world-music instruments. Participants will embody peace and take a much-needed vacation from everyday life, while diving deep into the inner worlds of their own imagination.

NEW THIS MONTH

Stress Reduction Class

MONDAY, WEEKLY, 1:00 – 1:30 PM

WEDNESDAY, WEEKLY, 11:30 AM – 12:00 PM
📶 VIRTUAL

In these weekly classes, participants will be guided through a variety of research-based stress reduction strategies. Each week, there will be a focus on different tools and techniques including progressive muscle relaxation, guided imagery, breathing, meditation, and various mindfulness exercises.



The CWC Studio: Wig Services

FRIDAY, OCTOBER 25, 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.

Register Today!



Cancer Wellness Center
35 YEARS
1989-2024

Better Together

BENEFIT 2024

Better Together Benefit

THURSDAY, OCTOBER 17, 6:30 – 9:30 PM

👤 IN-PERSON

Join us to celebrate Cancer Wellness Center's 35th Anniversary and honor Marla and Mitchell Wilneff with the CWC Impact Award!

SCAN QR
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REGISTER



NOW RECRUITING

Young Adult Co-Ed Group

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

Parents of Children with Cancer Support Group

TWICE MONTHLY



Join a supportive community of parents navigating the triumphs and challenges of parenthood alongside their child's cancer diagnosis. We offer both virtual and in-person opportunities including dinner and programming for your children running concurrent with the parent program.





















Eligibility:

- Mothers or fathers of pediatric/school-aged children who have a cancer diagnosis (in-treatment or 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 AM - 12:00 PM Connecting Through Knitting (October 7 & 21) 	10:00 - 11:30 AM Canasta at CWC 	10:45 - 11:45 AM Strength & Conditioning 	2:00 - 3:30 PM Zentangle (October 10 & 24) 	10:00 - 11:00 AM Gentle Yoga 	
10:45 AM - 11:45 AM Healing With Energy Through Reiki 		11:30 AM - 12:00 PM Stress Reduction Class 	2:00 - 3:30 PM Mahjong at CWC 	10:15 - 11:15 AM Waukegan: Gentle Yoga 	
11:00 AM - 12:30 PM Bi-Weekly Writing Lab (October 7 & 21) 		5:30 - 6:30 PM Park Ridge: Gentle Yoga 	7:00 - 7:30 PM Clase de Reducción de Estrés 		
1:00 - 1:30 PM Stress Reduction Class 					
5:30 - 6:30 PM Park Ridge: Stress Relief Yoga 					

Learn More

To read more about our Wellness Classes descriptions and to register, scan the QR code, visit www.cancerwellness.org or call our main line at 847.509.9595.



Support Services



Counseling Services

- Individual
- Couples
- Family
- Parent Consultation
- Child/Teen
- 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
- Men's Discussion 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

Group is supported by the Rolfe Pancreatic Cancer Foundation. Open to patients, families, and their loved ones.

Peer-to-Peer Support

BECOME A MENTOR ANGEL WITH CANCER WELLNESS CENTER & IMERMAN ANGELS

As a Mentor Angel, you offer more than just guidance—you provide comfort, connection, and empathy during someone's toughest times. Your personal experience and willingness to listen can be a beacon of hope and reassurance for those facing similar challenges. **Scan QR code to learn more.**

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

(847) 562-4980

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