





# Upcoming Events

-  In-Person
-  Hybrid
-  Virtual

## Pediatric Cancer Meet Up


**SATURDAY, MARCH 1, 11:00 AM - 12:30 PM (7 - 12 YEARS OLD)**  
**SATURDAY, MARCH 8, 11:00 AM - 12:30 PM (13 - 18 YEARS OLD)**

 **IN-PERSON**

Join our Child Life Specialist, Elyssa Siegel, for lunch and an opportunity to socialize with other kids in treatment/post treatment. This social event offers a wonderful opportunity for kids to connect, share experiences, and build connections in a comfortable and supportive environment.

## Mastering Your Skincare and Makeup Routine

**THURSDAY, MARCH 6, 10:30 AM - 12:30 PM**

 **IN-PERSON**

Join Rosie Dow, Esthetician and Professional Makeup Artist, as she shares expert guidance on how to care for your skin during and after treatment. Rosie will also offer valuable tips on enhancing your lashes, eyebrows, and overall makeup techniques to help you look and feel your best.

## Managing Finances After Cancer

**THURSDAY, MARCH 6, 6:00 - 7:00 PM CST**

 **VIRTUAL**

Mandy Fates, Staff Attorney at Triage Cancer, will provide essential guidance on how to navigate the financial aspects of cancer care. Mandy will cover strategies for managing medical bills, addressing insurance denials, and tackling other financial issues that arise during this difficult time.

## Ask the Dietitian: Our Relationship with Food


**FRIDAY, MARCH 7, 1:00 - 1:45 PM CST**

 **VIRTUAL**

Do you have questions about diet, nutrition, or food-related concerns? Join us each month to explore a variety of topics with our Board-Certified Specialist in Oncology Nutrition.

## Nature Hike

**MONDAY, MARCH 10, 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.



## Debunking Diet Myths in Cancer Care: Separating Fact from Fiction

**MONDAY, MARCH 10, 5:30 - 6:30 PM CST**

 **VIRTUAL**

Join Oncology Dietitian Lori Bumbaco as she discusses most common diet myths that surround cancer prevention and treatment. Lori will walk you through the facts and bust the myths surrounding key topics such as sugar's role in cancer, the effectiveness of supplements, the debate on dairy consumption, the truth about organic foods, and the rise of fad diets like keto and intermittent fasting.


Whether you're a cancer patient, caregiver, or simply seeking clarity about nutrition in cancer care, this webinar will arm you with the knowledge to make informed decisions about diet and wellness.

SCAN QR  
CODE TO  
REGISTER



## Therapy Dog Meet and Greet

TUESDAY, MARCH 11, 4:30 – 5:30 PM

 IN-PERSON

Join us for a relaxing and enjoyable meet and greet with certified therapy dogs from Rainbow Animal Assisted Therapy. This informal monthly program offers you the opportunity to interact with the dogs, learn about their training, and watch them show you their special skills.

## Yoga for Better Sleep


WEDNESDAY, MARCH 12, 8:00 – 9:00 PM CST

 VIRTUAL

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.

## Men's Hike

MONDAY, MARCH 17, 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).

## Mindful Self-Compassion – 10 Week Series

TUESDAY, MARCH 18, 25, APRIL 1, 8, 22, 29, MAY 6, 13, 20, 27

10:00 – 11:00 AM CST

 VIRTUAL

In this 10-week series, you will explore evidence-based practices to integrate mindful self-compassion into your daily life through both formal and informal practices. This class is designed for those who wish to start or deepen their mindful self-compassion journey, with the support of a like-minded community.

## Improving Balance and Preventing Falls: Techniques for Stability and Safety

WEDNESDAY, MARCH 19, 1:00 – 2:00 PM CST

 VIRTUAL

Join physical therapist, Dr. Brittany Korman for an informative and engaging program on how to improve balance and prevent falls. Dr. Korman will discuss the importance of posture, strength, and coordination in maintaining balance, as well as strategies to reduce common fall risk factors.

## Updates on Colon Cancer Treatment

WEDNESDAY, MARCH 19, 6:00 – 7:00 PM CST

 VIRTUAL

Join Dr. Matthew Adess, Gastrointestinal Oncologist at Endeavor Health, as he presents the latest advancements in colon cancer treatment. He will discuss the role of genetic and hereditary factors, molecular profiling, new treatments, and the growing impact of immunotherapy in personalized care. Dr. Adess will also review updates to screening guidelines for colon cancer.

## What is Lymphedema? Understand Your Risk After Surgery & Tips for Lifestyle Balance

WEDNESDAY, MARCH 26, 6:00 – 7:00 PM CST

 VIRTUAL

Stephanie Dizon, an occupational therapist, will explain lymphedema causes, risk factors post-cancer treatment, and ways to support lymphatic health. She will also share tips for preventing damage and managing lymphedema if it develops.

# Registration Open!

## STEPPING UP TO WELLNESS RUN/WALK

SUNDAY, APRIL 27, 2025

INDEPENDENCE GROVE, LIBERTYVILLE

5K Run/Walk and 1 Mile Family Walk



## Stepping Up To Wellness Run/Walk

SUNDAY, APRIL 27, 2025

Join us at the beautiful Independence Grove in Libertyville for our 2025 Stepping Up To Wellness Run/Walk! We are excited to gather TOGETHER to enjoy family, friends and fun, while raising valuable funds to support the important work of the Cancer Wellness Center.

**START** a Team

**JOIN** a Team

**REGISTER** to Run/Walk

**DONATE** Now

SCAN QR  
CODE TO  
REGISTER



## Individualized Services

To schedule appointments for these services, contact the Center at 847.509.9595



### Acupuncture Treatment

**FRIDAY, MARCH 7, 9:00 - 11:30 AM**

Wondering if acupuncture is right for you? Complimentary one hour individual treatments are available with Dr. Zahava Berkowicz and the IMMA team at IMMA Acupuncture and Wellness. Acupuncture is the insertion of single use sterile needles at specific acupoints on the body to promote healing, reduce pain and alleviate stress.



### The CWC Studio: Wig Services

**WEDNESDAY, MARCH 12, 9:00 AM - 5:00 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



### Long-Term Cancer Treatment Effects on Cardiovascular Health

**THURSDAY, APRIL 10, 12:00 - 1:00 PM CST**

Presented by: Tochi M. Okwuosa, DO, FACC, FAHA. Program in collaboration with The Leukemia & Lymphoma Society. To learn more, visit [www.cancerwellness.org](http://www.cancerwellness.org)

## Now Recruiting

For more information or to join these groups, contact our Intake Line at 847.562.4981

### Meaning-Centered Group for Cancer Patients

**IN-PERSON, STARTING WEDNESDAY, APRIL 2, 10:30 AM - 12:00 PM**

This 8-week topic-driven discussion group aims to aid participants in their discovery, reconnection, maintenance, and enhancement of a sense of meaning in life while living with cancer. It will facilitate and optimize coping through a greater understanding of sources of meaning that can be used after a cancer diagnosis. Through the group experience, it will promote a supportive environment among participants faced with similar challenges. Handouts and simple assignments will be encouraged between sessions to prepare for follow-up discussions.

#### Eligibility:

- Open to all participants at any stage of prognosis/diagnosis.

### Adult Child Caregiver Support Group

**VIRTUAL, 1ST AND 3RD WEDNESDAY, 6:00 - 7:00 PM**

The Adult Child Caregiver Support Group enables participants to proactively process their experiences and the emotions associated with a parent's cancer diagnosis. Participants can expect to have space for examining the relational dynamics and history between parent and child while acknowledging the many ways that cancer can affect one's family. As an adult child caregiver, the crucial role you play in your parent's cancer care means it is just as important to prioritize your own self-care and mental well-being.

#### Eligibility:

- Open to adults of any age who have a parent with a cancer diagnosis
- Can attend virtual group sessions on the 1st and 3rd Wednesday of each month from 6:00 - 7:00 pm

### Young Adult Co-Ed Discussion Group




**VIRTUAL, 2ND THURSDAY OF EACH MONTH, 7:00 - 8:00 PM**



















The Young Adult Co-Ed Discussion Group provides a virtual opportunity for information sharing related to navigating a cancer diagnosis and survivorship. Join other Young Adults ages 20 to 40 who have experienced a cancer diagnosis to connect about navigating cancer and discuss topics such as medical treatments, managing symptoms and side effects, navigating the healthcare system, life post-treatment and more.

#### Eligibility:

- Young adults ages 20 to 40
- From diagnosis through 5 years post-treatment
- Open to people with any cancer diagnosis

# 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 	
10:00 AM - 12:00 PM Connecting Through Knitting (March 3, 17 & 31) 	10:00 - 11:30 AM Canasta at CWC 	10:45 - 11:45 AM Strength & Conditioning 	10:30 AM - 12:00 PM Zentangle (March 13 & 27) 	10:00 - 11:00 AM Gentle Yoga 	
10:45 AM - 11:45 AM Healing With Energy Through Reiki 		5:30 - 6:30 PM Park Ridge: Gentle Yoga 	12:00 - 12:30 PM Stress Reduction Class 	10:15 - 11:15 AM Waukegan: Gentle Yoga 	
11:00 AM - 12:30 PM Bi-Weekly Writing Lab (March 10 & 24) 			2:00 - 3:30 PM Mahjong at CWC 		
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 and to register, scan the QR code, visit [www.cancerwellness.org](http://www.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
- 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

## Young Adult Co-Ed Discussion Group

2ND THURSDAY OF THE MONTH, VIRTUAL  
7:00 – 8:00 PM

SABRINA LEVITAS, MA, LPC

Group for young adults ages 20 to 40 with a cancer diagnosis, in-treatment or post-treatment. Opportunity for peer support and information sharing related to having cancer at a young age.

## Multiple Myeloma Networking Group

1ST WEDNESDAY OF THE MONTH, VIRTUAL  
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, VIRTUAL  
6:30 – 8:00 PM

GINA BALDACCI, LCSW

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

## Men's Discussion Group

2ND MONDAY OF THE MONTH, IN-PERSON  
4TH MONDAY OF THE MONTH, VIRTUAL  
2:00 – 3:00 PM

MARK LIVSHOTS, MA, LPC

This group is to share information relating to navigating a cancer diagnosis, specifically for men.

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

**Alana Lebovitz, MSW**

(847) 562-4981

[alebovitz@cancerwellness.org](mailto: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

[nbarquin@cancerwellness.org](mailto:nbarquin@cancerwellness.org)

## Peer-to-Peer Support

BECOME OR RECEIVE A MENTOR ANGEL WITH CANCER WELLNESS CENTER & IMERMAN ANGELS

### Become a Mentor:

Offer guidance and support, using your experiences to inspire hope.

### Find a Mentor:

Imerman Angels connects you with a Mentor Angel who understands your experience.

Scan QR code to learn more.

