Through supportive care and education, the Center seeks to improve the emotional and physical well-being of people affected by cancer. Our presenters, teachers, and practitioners are all professionals in their fields and provide evidence-based services and programs.

As part of its mission to assist everyone touched by cancer, CWC offers all programming free of charge.

How to Register for Programs + Events

1. web
   Visit our website at www.cancerwellness.org.

2. call
   Call our main number (847) 509-9595 during regular business hours.

3. walk-in
   Visit our Northbrook location and stop by the front desk.

IN THIS ISSUE

Professional Lectures ............ 1
Lectures + Workshops ............ 2
Mind Body Health Workshops ...... 4
Mind Body Health Classes ......... 5
Support Services ................. 6
Services by Appointment .......... 8
Grayslake Campus Programs ...... 9
Hospital Collaborations .......... 10
Step Up to Support Us! ............ 11
Locations and Hours ............. 12

Program Guide

April • May • June • 2017

Professional Lectures

Online Registration Required

Proactive Management of Treatment-Related Side Effects
Thursday, April 20, 6:00 – 7:30 p.m.
Syed M. Ahmed, MD, PhD, North Shore Oncology-Hematology Associates

Please join Dr. Ahmed as he discusses how to anticipate treatment-related symptoms and side effects, including pain, nausea and skin toxicity; how to communicate them to your medical team, and treat them early when symptoms are best managed. This lecture will be followed by a question and answer session.

Road to a Cure: The Latest Developments in Blood Cancer Research
Wednesday, May 3, 6:30 – 8:00 p.m.
Nancy Zeleznik-Le, PhD, Loyola University Medical Center

Please join Dr. Nancy Zeleznik-Le for a presentation on the latest developments in hematologic malignancies. In addition, she will discuss the important aspects of treatment as well as advances that will directly impact patient care. This program is supported by the Leukemia Research Foundation.

Evening of Survivorship
Thursday, June 8, 6:00 – 9:00 p.m.

Carol A. Rosenberg, MD, FACP, Director, Living in the Future (LIFE) Cancer Survivorship Program, NorthShore University HealthSystem; Katie Salyer, PsyD; Deborah Kronenberger, MA, LCPC

The LIFE Program and the Cancer Wellness Center join hands for an “Evening of Survivorship.” The evening will include lectures, interactive discussions and demonstrations. Survivorship topics include “Cognitive Dysfunction: Is it Chemobrain?” “Food Facts & Myths for Survivors,” “Stress Reduction Techniques” and “Counting Sheep and Other Tips for Sleep.” See our website for more information regarding the workshop offerings.
Stay Strong And Mahj On
Thursdays, April 20 & 27; May 4 & 11 – 1:00 p.m. - 2:30 p.m.
Join us for a four-week session to learn and play the game of Mah Jongg! Mahj can help with cognitive functioning and memory in addition to providing many social benefits. The first two sessions will be focused on teaching the rules and nature of the game. No experience necessary. Intermediate and advanced players are invited to attend as well! Mahj sets and cards will be provided. Program supported by the Stay Strong And Mahj On Foundation.

Cancer 101: Navigating a New Diagnosis
Monday, April 24, 2:30 - 3:30 p.m.
Katie Salyer, PsyD
This program is intended for individuals who are about to or have recently started treatment. The program will provide helpful tips and tools for adjusting to the demands of a new diagnosis while getting the most out of your medical appointments. You will learn how to navigate the medical system and communicate effectively with your healthcare team.

Look Good Feel Better
Monday, May 15, 5:30 – 7:30 p.m.
Christine Pusateri, Licensed Cosmetologist
Learn to overcome the appearance-related side effects of cancer treatment. Workshop includes instruction in skin care and makeup application, a free makeup tool kit filled with cosmetics, and practical tips and instruction on wigs, head coverings and nail care. The program is co-sponsored by the American Cancer Society, the Personal Care Products Council Foundation, and the National Cosmetology Association. For cancer patients and first time patients only.

Minimizing the Risk for Lymphedema
Thursday, May 18, 6:00 - 7:30 p.m.
Joseph L. Feldman, MD, CLT-LANA, NorthShore University HealthSystem & Staff
Lymphedema is an abnormal accumulation of lymph fluid in the arm or leg tissues, caused by the failure of the lymph system to transport the lymph fluid. This condition presents as limb swelling. Lymphedema can occur after various treatments for cancer. Participants will learn about the lymph system, lymphedema management, and risk reduction practices to minimize the chance of flare up.

Women’s Retreat: A Day of Healing and Renewal
Wednesday, May 31, 10:00 a.m. – 2:00 p.m.
Deborah Kronenberger, MA, LCPC; Vicki Marchio, RYT; Marian McNair of Cellular Harmonies
This retreat will address the many aspects of healing and growth that often accompany cancer diagnosis, treatment and recovery. A mindful yoga practice that is supported by guided meditation will teach students the power of mindfullness in attaining peaceful mind and body. A light lunch will be provided, which will be followed by Sound and Vibrational Healing. There will be discussion and community building to round out the day. Please wear comfortable clothes. Although the physical postures of the yoga practice are appropriate for all levels of fitness, please confirm with your medical doctor that you are cleared for physical activity.

Spirituality Discussion Series

Karma: Thinking Peacefully for Wellness
Tuesday, April 25, 6:00 - 7:00 p.m.
Carl Jerome, North Shore Meditation and Dharma Center
In this presentation, participants will be challenged to re-think suffering from a Buddhist perspective. The often misunderstood concept of Karma will be introduced. Our presenter will then apply it to suffering caused by a cancer diagnosis with the goal of thinking peacefully for wellness.

Meditation Practice: A Skill for Serenity
Tuesday, June 13, 6:00 - 7:00 p.m.
Deborah Kronenberger, MA, LCPC
Meditation practice often has a profound effect on our quality of life. In this presentation and discussion, Deborah will introduce participants to various meditative practices and students will experience a guided meditation. Discussion will include meditation as a spiritual practice.
Spicing Up Your Diet for Cancer Protection  
Monday, April 24, 6:00 - 7:00 p.m.  
Lori Bumbaco, RDN, CSO, LDN, Oncology Dietitian  
For centuries, cultures have used spices to help ward off disease. Early research suggests that compounds in spices possess cancer fighting properties. During the program, the dietitian will explore the nutritional properties of spices and how to include them in a variety of ways in a healthy diet. A local spice merchant will sample hand-crafted spices and demonstrate culinary uses for spice blends and exotic teas.

Eat Local, Eat Healthy: Community Supported Agriculture  
Wednesday, May 10, 6:00 - 7:00 p.m.  
Lori Bumbaco, RDN, CSO, LDN, Oncology Dietitian; Jen Miller, Owner/Farmer, Prairie Wind Family Farm, Grayslake  
Are you curious to learn the benefits of being a locavore? The Cancer Wellness Center is excited to announce plans to partner with Prairie Wind Family Farm to provide delivery of fresh, local produce directly to our site! Join us for an evening of learning about the nutritional value of local foods and the numerous benefits to sustainable agriculture. The dietitian and farmer will also explain how you can become involved in Community Supported Agriculture, with the option to join our local CSA in a produce share for on-site delivery this summer.

Build a Better Smoothie  
Thursday, June 15, 6:00 - 7:00 p.m.  
Lori Bumbaco, RDN, CSO, LDN, Oncology Dietitian  
Smoothies are a nutritious and tasty option for including more fruits and vegetables in your diet. This hands-on workshop will give you step-by-step instructions on how to “upgrade” your smoothie to include cancer-fighting ingredients, and provide you with easy and delicious recipes to make at home. Registration is limited to 12.

Strength from Suffering: Fostering Resilience in the Midst of Cancer  
Monday, June 5, 1:00 – 3:00 p.m.  
Danielle Pike, MA, Clinical Intern  
Receiving a cancer diagnosis and managing the treatment process can often be an overwhelming and stressful experience. Discovering our own strengths, personal capacities, and individual resources can assist in managing and combating the emotional strain associated with a cancer diagnosis. In this workshop, you will to learn how to make the most of your own abilities and build resilience.

Saving Lives from Cancer Through Advocacy  
Thursday, June 29, 6:00 - 7:30 p.m.  
Maggie Osborne, Illinois Grassroots Manager - American Cancer Society Cancer Action Network  
Ending suffering from cancer doesn’t just happen in the doctor’s office or research lab—it also must start at the statehouse and in Congress, by citizens whose lives have been impacted by cancer rallying together to demand change from their elected officials. Please join us for a conversation about how the ACS Cancer Action Network advocates for legislation as a catalyst to fight cancer. From gaining dramatic increases in funding for cancer research to ensuring all Americans have access to cancer care, their work is saving lives and leading to new innovative breakthroughs in how to fight this disease. Learn how to become empowered to use your story, voice and passion to advocate for yourself or friends and family members with cancer.

Wilderness Program Trip for Young Adults  
Thursday, August 10 - Sunday, August 13  
Evan Byer, PsyD, Licensed Clinical Psychologist  
The Wilderness Program trip is specifically designed for young adult cancer survivors (ages 20-40) and their caretakers. Participants will experience a 3-day backpacking trip in the restorative Newport State Park, Wisconsin. Interested participants can contact Evan directly: ebyer@cancerwellness.org.

For more information or to view a video about the Wilderness Program, visit www.cancerwellness.org/young-adult
Mind Body Health Workshops

Mind Body Health classes provide a holistic approach to a healthy lifestyle for those whose life has been impacted by a cancer diagnosis. These classes strengthen the body and mind to encourage peaceful living during times of stress.

Please VISIT www.cancerwellness.org where you will find detailed class descriptions and information.

### Expressive Arts

**Expressing Your Cancer Experience Through Art**

*Chelsea Vilinskas, MA, ATR*

These monthly groups combine art therapy with Acceptance and Commitment Therapy (ACT), which helps individuals connect with the present moment and make personal decisions based on their values. Participants will learn how to use art to develop insight into their individual experiences with cancer.

**Thank You**

*Wednesday, April 12, 5:30 - 7:30 p.m.*

What are you most thankful for lately? Using a variety of materials, create an image that represents something or someone that fills you with gratitude.

**Values**

*Wednesday, June 7, 5:30 - 7:30 p.m.*

Use a variety of materials to create an image that represents your values, and explore how they have changed or stayed consistent.

**Learning to Let Go with Art**

*Tuesday, May 2, 1:00 - 3:00 p.m.*

*Leah Goldgar, Clinical Intern*

Sometimes we get stuck when trying to move through our emotions and end up carrying them longer than is beneficial. This workshop offers an opportunity to release something that has been weighing on you. Participants will use chalk drawings to explore the process of letting go and experience an alternative way to engage with their feelings. Experience with art is not required. For cancer patients only.

**Music as Therapy for Cancer Survivors: The Self-Care Power Tool**

*Tuesday, May 16, 1:00 - 2:30 p.m.*

*Louise Dimiceli-Mitran, MA, MT-BC, LCPC, FAMI*

The use of music helps reduce anxiety and lower the perception of pain. Learn how to choose and use recorded music to promote relaxation, restful sleep and lower stress during medical procedures. A live music experience with guided imagery will be provided.

**Moving Through Pain: An Introduction to Dance/Movement Therapy**

*Thursday, June 22, 1:00 - 3:00 p.m.*

*Erica Hornthal, LPC, BC-DMT*

Pain is not only physical, but it is emotional as well. Explore the mind body connection and how you can manage your pain using an alternative approach that everyone is able to tap into. Participants will learn basic movement therapy techniques to help free the mind and engage the body in a positive, supportive environment. Appropriate for all levels—no previous movement experience or dance skill is required.

### Healing Through Sound with Crystal Bowls and Voice

*Wednesday, April 5, 1:00 - 2:00 p.m.*

*Wednesday, June 14, 1:00 - 2:00 p.m.*

*Marian McNair of Cellular Harmonies*

In this class, a vibrational environment created by the crystal bowls and Marian’s voice will help reduce stress, promote deep relaxation and support the natural healing process. Participants relax on a mat on the floor using blanket and bolster supports while in the midst of a peaceful, nurturing environment.

### Introduction to Feldenkrais

*Thursdays, April 6, 13, 20, 27, 11:00 a.m. - 12:00 p.m.*

*Sara Leibov, Certified Feldenkrais ATM Instructor; Julia Sierks, Certified Feldenkrais ATM Instructor*

In Feldenkrais Awareness Through Movement (ATM) lessons, students will explore small, comfortable movements that can translate to improvements in mobility. Group lessons are typically an hour long, are appropriate for all ages, and involve sitting or lying comfortably on the floor. Common benefits include increased relaxation, improved posture and flexibility, and pain relief. Combining focused attention and gentle action, Feldenkrais is ideal for anyone who can appreciate a sense of enhanced ease in everyday activities.

### Somatic Movement: Healing and Rebalancing the Mind and Body

*Mondays, June 12, 19 & 26, 11:30 a.m. - 12:30 p.m.*

*Marjorie Fradin, RYT*

Somatics uses gentle and repetitive movements to re-educate the brain and erase muscular imbalances caused by stress, trauma, and modern life. Somatics teaches students how to move freely without encumbrance. Most exercises are done lying on the floor, and all movements can be modified for those with physical restrictions. Please wear comfortable clothing. For optimal benefit, participants should attend all three classes.
**Introduction to T’ai Chi Chih**

**Wednesdays, 11:40 a.m. - 12:30 p.m.**  
**Donna McElhose, ATTC**  

*No class May 3; June 14, 21*

This class is for students who are new to T’ai Chi Chih. The class will cover basic footwork, terms used and allow time to practice and ask questions.

---

**T’ai Chi Chih**

**Wednesdays, 9:30 - 10:30 a.m.**  
**Donna McElhose, ATTC**  

*No class May 3; June 14, 21*

Joy Through Movement is a meditative mindfulness practice that circulates and balances one’s energy (chi). With daily practice, one may experience many benefits such as inner peace, calm, increased energy, flexibility, improved coordination and balance. May be practiced standing or seated.

---

**Exercise for Cancer**

**Wednesdays, 11:30 a.m. - 12:30 p.m.**  
**Barbara Shapiro, CPT, NASM, CES**  

*No class May 3*

Students will learn strategies and techniques that will build strength and flexibility to bodies de-conditioned by cancer treatment. All levels of fitness are welcome. Wear gym shoes and comfortable clothing.

---

**Connecting through Knitting**

**Mondays, April 3 & 24; May 1 & 15; June 5 & 19, 10:00 a.m. - 12:00 p.m.**

Knitting can be a relaxing hobby that reduces stress and keeps one centered in the present moment. The CWC knitting group provides a safe environment to connect with others who are experiencing cancer in their lives. No experience necessary. Yarn donations welcomed.

---

**Mind Body Health Classes**

Online registration required

---

**Walking Meditation at Botanic Garden**

**Friday, May 5, 10:30 – 11:30 a.m.**  
**Kimberly Matthews, MA, LCPC**

Join us for a sensory/nature meditation walk at the Chicago Botanic Garden on Lake Cook Road. Meet in the Visitor Center lobby no later than 10:30, wear comfortable walking shoes and dress for the weather.

If you are not a Garden member, the gatehouse will allow free entry to those attending the class.

---

**Sitting Together: Continuing and Building Your Mindfulness Practice with Others**

**Tuesdays, 10:45 - 11:30 a.m.**  
**Deborah Kronenberger, MA, LCPC**

This class will help students deepen and continue their mindfulness practice after they have taken an introduction to mindfulness course. Class will be discussion-based and explore mindfulness topics. Each class will begin with meditation.

---

**Stress Reduction Experiential**

**Wednesdays, 3:15 - 4:00 p.m.**  
**CWC Staff**

Each week, participants will be guided through a research-based stress reduction strategy such as progressive muscle relaxation, guided imagery, breathing, and meditation. Join us for a relaxing break in the day and to learn techniques you can practice in the comfort of your own home.

---

**Meditation**

**Mondays, 10:30 - 11:15 a.m.**  
**Zoe Rose Wolf, E-RYT; Sherri Mariani, RYT**

Meditation is a practice of concentrated focus upon a sound, object, visualization, the breath, movement, or attention in order to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal and spiritual growth. Meditation produces a state of deep relaxation and a sense of balance or equanimity which reduces anxiety and depression.

---

**Stress Reduction Through Mindfulness**

**Tuesdays, May 23, 30; June 6, 13, 20, 27, 4:00 - 5:00 p.m.**  
**Deborah Kronenberger, MA, LCPC**

Mindfulness is an evidenced-based approach that improves health by learning specific tools to alleviate stress. In this structured class, students will learn mindfulness basics through instruction, experiential exercises, and discussion. Attendance at all sessions recommended as class follows a structured progression.

---

**Gentle Yoga**

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

**Mondays**

9:30 - 10:30 a.m.  
**Zoe Rose Wolf, E-RYT; Sherri Mariani, RYT**

**Tuesdays**

9:30 - 10:30 a.m.  
**Deborah Kronenberger, MA, LCPC**

**Wednesdays**

9:30 - 10:30 a.m.  
**Vicki Marchio, RYT**

**Wednesdays**

5:30 - 6:30 p.m.  
**Betsy Murphy, RN, RYT**

**Thursdays**

9:30 - 10:30 a.m.  
**Jen Kasdin, RYT; Britta Eumann**

---

Yoga Classes
Support Services

To be enrolled in counseling or a support group at the Cancer Wellness Center, please call (847) 509-9595 to complete a brief and confidential screening interview.

Counseling

From initial diagnosis through treatment and beyond, the free counseling services provided at the Center help normalize the emotions and issues raised by a cancer diagnosis. The professional clinical staff, which is comprised of psychologists, counselors and social workers, provides people diagnosed with cancer and their loved ones with coping strategies and practical suggestions to help them better function and improve their overall quality of life. Counseling is available for:

- Individuals
- Couples
- Families
- Young Adults
- Children
- Adolescents

Bereavement counseling is also available to those who have lost a loved one to cancer.

Connecting The Family

The Center provides counseling to children, adolescents, and their families to address the challenges and needs that arise after a cancer diagnosis in the family. Services include child and teen counseling, family counseling, and parent consultation.

Nutritional Counseling

The Center’s oncology dietitian provides nutrition recommendations tailored to the unique needs of the individual. Individual appointments available for those who are currently in treatment or are within two years post-treatment.

Support Groups

Support groups provide patients, survivors and their loved ones with peer support to help them cope with the emotional adjustments demanded by the cancer experience. These therapeutic groups are professionally facilitated by the Center’s clinical team.

For Patients:
- Women’s Groups
- Young Women’s Group (ages mid 30s-mid 50s)
- Women’s Stage 4/Metastatic Group (now recruiting)
- Women’s Spirituality Group
- Young Adults Co-Ed Group (ages 20 – 40)
- Men’s Group
- Co-Ed Group (Grayslake)

For Caregivers:
- Caregiver/Significant Other Group

For Bereaved:
- Spousal Bereavement Group
- Non-Spousal Bereavement Group
- Journeys (bereaved 1+ years)

Networking Groups

These monthly discussion groups provide an opportunity to share information with others living with a similar diagnosis. The group provides peer-to-peer information sharing related to the physical aspects of living with the diagnosis. Networking groups are professionally facilitated and meet monthly on a drop-in basis. No registration is required.

Leukemia & Lymphoma
1st Wednesday monthly, 6:30 - 8:00 p.m.
Jennifer Briggs, MSW, LSW
For patients and their families.
On May 3rd there will be a featured presentation. See page 1 for details.

Multiple Myeloma
1st Wednesday monthly, 7:00 - 8:30 p.m.
Priscilla Andrews, MA, LCPC
For patients and their families.
On May 3rd there will be a featured presentation. See page 1 for details.

Ovarian Cancer
2nd Wednesday monthly, 7:00 - 8:30 p.m.
Priscilla Andrews, MA, LCPC
For patients only.

Pancreatic Cancer
2nd Thursday monthly, 5:30 - 7:00 p.m.
Katie Salyer, PsyD
For patients and their families.
Supported by the Rolfe Pancreatic Cancer Foundation.
Support Services  Call (847) 509-9595 to register

Personalized Programs

These programs have been created to address the specific needs and concerns that people experience at different points after a cancer diagnosis. Participants will meet one-on-one with a counselor to learn tips for successfully navigating a cancer diagnosis, techniques for managing stress, and strategies for coping with the emotional impact of a cancer diagnosis. Call (847) 509-9595 to learn more about these programs and to complete a brief intake interview.

<table>
<thead>
<tr>
<th>Short-term Consultations</th>
<th>Mindfulness-based Consultations</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Newly Diagnosed Consultation</strong>&lt;br&gt;This two-session consultation, intended for individuals who are about to or have recently started treatment, will provide useful tips and tools for adjusting to a new cancer diagnosis.</td>
<td><strong>Newly Diagnosed/In-Treatment</strong>&lt;br&gt;This six-session, structured program teaches individuals how to cope with the emotional impact of initial diagnosis, recurrent disease, surgery and treatment through mindful techniques. Individuals will meet one-on-one with a counselor.</td>
</tr>
<tr>
<td><strong>Post Treatment Consultation</strong>&lt;br&gt;This six-session consultation, intended for individuals who have recently finished treatment, will provide useful tips and tools for adjusting to life following cancer treatment.</td>
<td><strong>Within Two Years Post-Treatment</strong>&lt;br&gt;In this six-session, structured program, participants will learn how to cope with the transition that accompanies the end of cancer treatment. Individuals will meet one-on-one with a counselor.</td>
</tr>
<tr>
<td><strong>Caregiver Consultation</strong>&lt;br&gt;This two-session consultation is for primary caregivers of an individual who is newly diagnosed and/or in treatment. Caregivers will learn what to expect during the cancer journey for themselves as caregivers and also for the individual with cancer. Topics include navigating the healthcare system, managing stress and coping with changes at home.</td>
<td></td>
</tr>
<tr>
<td><strong>Couples Consultation</strong>&lt;br&gt;This two-session consultation is intended to address the changes that commonly occur in a relationship during cancer treatment. Couples meet privately with a counselor.</td>
<td><strong>Parent Consultation</strong>&lt;br&gt;This two-session consultation is intended for parents who have cancer, or who have a child living with cancer. Parents will learn how a cancer diagnosis can affect the family, and will gain useful strategies for adjusting to new family routines and roles.</td>
</tr>
<tr>
<td><strong>When Treatment is no Longer an Option</strong>&lt;br&gt;Guidance for those considering ending treatment or for those where no further treatment is available. Participants will meet 1:1 with a counselor to talk through, and be educated about, options at this point in a cancer diagnosis.</td>
<td><strong>Guidance for those considering ending treatment or for those where no further treatment is available. Participants will meet 1:1 with a counselor to talk through, and be educated about, options at this point in a cancer diagnosis.</strong></td>
</tr>
</tbody>
</table>

Now Recruiting: Weight Loss for Wellness

Deborah Kronenberger MA, LCPC; Lori Bumbaco, RDN, CSO, LDN

Weight gain is an often overlooked result of cancer treatment. In weekly meetings, group members will be guided by a licensed clinical therapist, and a registered dietitian who is a board certified specialist in oncology nutrition. Regular exercise demonstrations will reinforce the physical activity component of weight loss. This program is open to anyone who has completed treatment within the last two years. Participants must commit to attend the program for six months. Call (847) 509-9595 to learn more about this program and complete a brief intake interview. Groups available starting in April at NorthShore Evanston Hospital, Advocate Lutheran General Hospital in Park Ridge, and starting in July at Cancer Wellness Center.
Services by Appointment

To schedule an appointment for individual wellness services, please call (847) 509-9595 to complete a Wellness Evaluation. Prior to the first appointment, participants must review services guidelines and complete required paperwork.

**Healing Touch**
Peggy Bassrawi, MS, RN, CSN
The practice of Healing Touch is based on the belief that problems in the patient’s energy field that cause illness and pain can be identified and rebalanced by a healer without physical contact. One-hour individual appointments.

**Massage**
Anne M. McAlpine, LMT; Susan Rieder, NCTMB, LMT; Eddi Perlis, LMT; Chelsea Sullivan, LMT; Susan Levine, LMT
Studies of massage for cancer patients suggest massage can decrease stress, anxiety, depression, pain, and fatigue. Many health care professionals recognize massage as a useful, non-invasive addition to standard medical treatment. Thirty-minute, fully-clothed, individual appointments.

**Oncology Facial**
Melissa Bryson, Certified Oncology Esthetician, Licensed Medical Esthetician
During this facial, a Licensed Medical Esthetician will provide comfort, help reduce stress, and help restore health and beauty to the skin. Thirty-five minute individual appointments. This service is reserved for patients who are currently in treatment.

**Craniosacral Massage**
Susan Levine, LMT
Craniosacral massage is a light touch approach that releases tensions deep in the body to relieve pain and dysfunction while improving whole body health and performance. Participants are fully clothed and relax on a comfortable padded table. The therapist begins by gently holding parts of the head, back, feet and sacrum, and then applies delicate manual techniques to release the problem areas and improve the form and function of the central nervous system. Forty-minute individual appointments.

**Tibetan Cranial Sacral Therapy**
Linda Pinkus, DC
Tibetan Cranial Sacral Therapy is a gentle, noninvasive form of bodywork that addresses the bones of the head, spinal column and sacrum. It is designed to restore inherent capacity for self-healing, using the pulse to help the body achieve an optimal balance. It involves light holding of the skull and sacrum and barely detectable movements. The goal is to release compression in those areas which alleviates stress and pain.

**Reflexology**
Michele C. Melnick, BSN, Board Certified Reflexologist; Sarah Preusker, Board Certified Reflexologist; Renee Settels, Certified Reflexologist; Arlene Zapata, Board Certified Reflexologist
Reflexology is a treatment that uses pressure on specific areas of the feet which are linked to various organs and parts of the body. By stimulating these reflex points, reflexologists improve health and well-being through reducing pain and anxiety. Thirty-minute individual appointments. This service is reserved for patients who are currently in treatment.

**REIKI: Energy Healing**
Laura Pryzby, RMT; Veronique Frede, RMT; Sharon Rosman, LCSW, RMP; Debbie Farmer, Master Reiki Practitioner
By using hands to direct energy, Reiki practitioners strengthen the flow of energy to help decrease pain, ease muscle tension, speed healing, improve sleep, and generally enhance the body’s ability to heal itself. Reiki promotes relaxation, decreases stress and anxiety, and increases a person’s general sense of well-being. Thirty-minute individual appointments.

**Group Acupuncture**
Tuesdays, April 25; May 2, 9, 4:00 - 5:00 p.m.
Rena Zaid, M.S., L.Ac., Dipl. Ac., Dipl. C.H.
This group experience uses auricular (ear) acupuncture to help balance the body, calm the spirit, and build qi (energy). The class is reserved for those currently in treatment or within one year of finishing treatment. Please register directly with Vicki Marchio at (847) 509-9595.

**Individual Acupuncture**
Cynthia Funai, LAc, DiplAc, DiplCH, MSOM; Hui Dong, Ac., Herbalist
A limited number of individual acupuncture appointments are available for patients currently in treatment.

**Shiatsu Massage**
Michaela Sol, MA, MDiv, LPC, CP
Shiatsu is a gentle, non-invasive, form of body therapy in which the practitioner applies finger or palm pressure to different meridians to help stimulate the qi (energy). The massage is done fully clothed in, preferably, soft and loose-fitted clothing.
9

Grayslake Campus

To REGISTER visit www.cancerwellness.org where you will find detailed class descriptions and information.

Wildwood Presbyterian Church
18630 W. Old Gages Lake Road, Grayslake, IL 60030
The Grayslake Campus hours are Tuesdays, 3:00 - 7:00 p.m.
The Grayslake Campus will be closed June 13th.
Call (847) 509-9595 for more information.

Lectures + Workshops
Online Registration Required

Introduction to Reiki: What is Reiki and How Can It Help You?
Tuesday April 25, 5:00 – 6:30 p.m.
Deborah A. Farmer, MBA, Reiki Master Teacher, Cancer Survivor
There is mounting evidence that treatment outcomes for cancer are improved when they involve an integrative approach that addresses the mind-body connection. Reiki, a therapeutic energy healing practice, complements cancer treatments, balances treatment effects, and activates the body’s natural healing abilities. Reiki is known to improve relaxation, improve sleep, reduce pain, support the immune system, reduce stress and improve our sense of well-being. Find out how Reiki works, and if it can help you. This Introduction will include the opportunity for each participant to receive a 10 minute reiki chair session during the program.

15 Things I Wish Someone Had Told Me About Grief
Tuesday, May 23, 5:00 - 6:15 p.m.
Donna Oldenburg, MA, Clinical Associate
Grief doesn’t come with an instruction manual, but understanding the grieving process will help you discover what was lost, what is left and what is possible. This program will explore 15 things you may not have known about the grieving process including grief’s impact on the mind and body, and how you may be at risk for post-traumatic stress syndrome. Also examined will be tools for coping with grief, how to handle those pesky comments from well-intentioned friends, and warning signs that your grief has turned into something more serious.

Build a Better Smoothie
Tuesday, June 20, 5:00 - 6:00 p.m.
Lori Bumbaco, RDN, CSO, LDN, Oncology Dietitian
Smoothies are a nutritious and tasty option for including more fruits and vegetables in your diet. This hands-on workshop will give you step-by-step instructions on how to “upgrade” your smoothie to include cancer-fighting ingredients and provide you with easy and delicious recipes to make at home. Registration is limited to 12.

Support Services
Call (847) 509-9595 for intake interview

Counseling
Counseling is available for individuals, children, couples and families impacted by cancer.

Nutritional Counseling
The Center’s oncology dietitian provides nutrition recommendations tailored to the unique needs of the individual that cover a broad range of topics including how best to treat side effects, optimizing nutrient rich food choices, risk versus benefit of dietary supplements, and weight management. Individual appointments available for those who are currently in treatment or are within two years post-treatment.

Weekly Co-Ed Cancer Survivor Support Group
Designed for the participant interested in a more in-depth exploration of the impact their cancer has upon them. This committed 90-minute group is open to men and women with a cancer diagnosis.

Services by Appointment
Call (847) 509-9595 for appointment

Massage
Anne A. McAlpine, LMT
Studies of massage for cancer patients suggest massage can decrease stress, anxiety, depression, pain, and fatigue and is recognized as a useful, noninvasive addition to standard medical treatment. Thirty-minutes, fully-clothed, by appointment.

Reiki
Debbie Farmer, Master Reiki Practitioner
By using hands to direct energy, Reiki practitioners strengthen the flow of energy to help decrease pain, ease muscle tension, speed healing, improve sleep, and generally enhance the body’s ability to heal itself. Reiki promotes relaxation, decreases stress and anxiety, and increases a person’s general sense of well-being. Thirty-minute individual appointments.

Classes for Mind Body Health
Online registration required

Yoga
Tuesdays, 5:00 - 6:00 p.m.
Isabel Raci, RYT, CMT
A regular yoga practice increases flexibility, strength and balance in the mind and body for those de-conditioned by cancer treatments. Yoga uses physical postures, breath work and meditation to bring mind and body back into a balanced state. This class is gentle enough for all levels of fitness. Wear comfortable clothing.
The Cancer Wellness Center proudly partners with many local area hospitals and oncology practices to provide programming. All programs are staffed by the Cancer Wellness Center and, as always, are free of charge to those affected by cancer.

### Hospital Collaborations

The Cancer Wellness Center proudly partners with many local area hospitals and oncology practices to provide programming. All programs are staffed by the Cancer Wellness Center and, as always, are free of charge to those affected by cancer.

### Cancer Institute Resource Center
801 South Milwaukee Ave
Libertyville

**For more information or to register, please call (800) 323-8622**

**Gentle Yoga for Cancer**
- Mondays, 9:30 - 10:30 a.m. (Class code: 5C23)
- Wednesdays, 9:30 - 10:30 a.m. (Class code: 5C23)
- Thursdays, 6:30 - 7:30 p.m. (Class code: 5C23)
- Saturdays, 9:30 - 10:30 a.m. (Class code: 5C23)

**T’ai Chi for Cancer**
- Tuesdays, 9:30 - 10:30 a.m. (Class code: 5C22)
- No class June 13, 20

**Feldenkrais**
- Fridays, 10:00 - 11:00 a.m. (Class code: 5C24)

**Counseling**
- Thursdays, 2:00 - 7:30 p.m.
- Individual, couples and family counseling is available to those diagnosed with cancer and their loved ones. For an appointment call (847) 562-4993.

**Cancer Survivorship Center**
1999 Dempster Street
Park Ridge

**For more information or to register, please call (800) 323-8622**

**Gentle Yoga for Cancer**
- Mondays, 6:00 - 7:00 p.m.
- Wednesdays, 9:30 - 10:30 a.m.
- Thursdays, 6:30 - 7:30 a.m.

**Mindful Yoga**
- Fridays, 9:30 - 10:30 a.m.

**Exercise for Cancer**
- Tuesdays, 9:30 - 10:30 a.m.

**Counseling**
- Individual, couples and family counseling is available to those diagnosed with cancer and their loved ones. For an appointment call (847) 723-5693.

**Mindfulness and Yoga**
- Thursday, April 20, 9:30 - 11:30 a.m.
  - Deborah Kronenberger, MA, LCPC

**Stress Reduction Through Mindfulness**
- Thursday, April 27; May 4, 11, 18, 25; June 1, 10:45 - 11:45 a.m.
  - Deborah Kronenberger, MA, LCPC

Mindfulness is an evidenced-based approach that improves health by learning specific tools to alleviate stress. In this structured class, students will learn mindfulness basics through instruction, experiential exercises, and discussion. Attendance at all sessions recommended as class follows a structured progression.

### Other Hospital Partners

- [NorthShore University HealthSystem](https://www.northshore.org)
- [Northwestern Medicine](https://www.northwesternmedicine.org)
- [Presence Health](https://www.presencehealth.org)
- [Swedish Covenant Hospital](https://www.swedishcovenant.com)
In 2016:
- 1,429 people participated in programs & services
- 5,272 hours of wellness classes and services
- 472 patients and family members received counseling
- 557 individuals attended educational programs

All programming offered at no cost.
Your donations will help us reach more people affected by cancer in 2016.
Thank you for your support!

Register: www.cancerwellness.org or call (847) 509-9595

7:30am Registration
8:45am Opening Program
9:00am 5k Run / Walk
9:15am Marcia Slotky
  1 Mile Family Walk

$45 per person - 5K Run/Walk
$25 per person - 1 Mile Family Walk

All registered participants will receive a dri-fit t-shirt.

Join us for a day of fun and camaraderie
while raising funds for the Cancer Wellness Center’s
FREE counseling, education, support and wellness programs.

CANCER WELLNESS CENTER’S 13TH ANNUAL

Stepping Up to Wellness Run/Walk

5K Run-Walk / 1 Mile Family Walk

Sunday, April 30, 2017
Independence Grove, Libertyville

Step Up to Support Us!

2016:
- 1,429 people participated in programs & services
- 5,272 hours of wellness classes and services
- 472 patients and family members received counseling
- 557 individuals attended educational programs

All programming offered at no cost.
Your donations will help us reach more people affected by cancer in 2016.
Thank you for your support!
(847) 509-9595  
www.cancerwellness.org

Northbrook  
215 Revere Drive  
Northbrook, IL  60062  

Hours  
Monday: 9:00 a.m. - 5:00 p.m.  
Tuesday-Thursday: 9:00 a.m. - 7:00 p.m.  
Friday: 9:00 a.m. - 3:00 p.m.

Grayslake  
Wildwood Presbyterian Church  
18630 W. Old Gages Lake Rd.  
Grayslake, IL  60030  

Hours  
Tuesdays: 3:00 - 7:00 p.m.

Center Closings + News

- Center will be closed Monday, May 29 in observance of Memorial Day.
- Grayslake Campus will be closed Tuesday, June 13.

Thank You

to our Champion Corporate Sponsors:

Does your company offer matching gifts or sponsor local events? Contact us to learn how to get your company involved in CWC!

Thank you to our generous program supporters:

Counseling services and support groups made possible in part by:
- Harvey L. Miller Supporting Foundation
- Butler Family Foundation
- The Lisa Klitzky Foundation
- Charles & M.R. Shapiro Foundation

- Edmond and Alice Opler Foundation
- Healthcare Foundation of Highland Park
- New Trier Township Crossover 4 Cancer Foundation
- Rolfe Pancreatic Cancer Foundation

Cancer Wellness Center Grayslake made possible in part by:
- Wildwood Presbyterian Church

Other general program supporters:
- Elite Staffing, Inc.
- Circle of Service Foundation
- MB Financial Bank

Premier Title
- Republic Bank of Chicago
- Clayco
- Robbins, Salomon, & Patt Ltd.

Wells Fargo Capital Finance