Road to a Cure: The Latest Developments in Blood Cancer Research
Wednesday, May 2, 6:30 - 8:00 p.m.
Justin Kline, MD, University of Chicago Medicine

Please join hematologist/oncologist Dr. Justin Kline, for a presentation on the latest research developments in lymphomas and CLL. In addition, he will discuss important aspects of treatments as well as advances that will directly impact patient care.

This program is supported by the Leukemia Research Foundation.

Family Matters: Understanding Your Risk for GI Cancer
Wednesday, June 27, 6:00 - 7:30 p.m.
Sonia S. Kupfer, MD, Assistant Professor of Medicine and Co-Director, Comprehensive Cancer Risk and Prevention Clinic; Jessica Stoll, MS, CGC (Certified Genetic Counselor), University of Chicago Medicine

Dr. Sonia Kupfer, gastroenterologist, and Jessica Stoll, genetic counselor with the Gastrointestinal Cancer Risk and Prevention Clinic at UChicago Medicine, work with patients and families at risk for gastrointestinal malignancies due to genetic factors or family history. They will discuss updates in hereditary factors and familial risk for cancer in the emerging era of precision medicine.

Evening of Survivorship
Thursday, June 7, 6:00 - 9:00 p.m.
Light dinner will be served beginning at 5:30 p.m.
Carol A. Rosenberg, MD, FACP, Director, Living in the Future (LIFE) Cancer Survivorship Program, NorthShore University HealthSystem; Kimberly Matthews, MA, LCPC; 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 Through Mindfulness” and “Navigating Relationships in Survivorship.” See our website for more information regarding the workshop offerings.

This program is supported by the Myra Rubenstein Weis Health Resource Center.
Lectures + Workshops Online registration required

Lecture and workshop topics provide a wide array of educational and experiential opportunities. All topics are selected to help those with cancer and their loved ones successfully navigate the varied challenges that cancer presents.

Cancer Rehabilitation: Regaining Your Health Before, During, and After Cancer Treatment
Monday, April 23, 4:00 – 5:00 p.m.
Tara Alaichamy, PT, DPT, CLT Lead Rehabilitation Therapist, Cancer Treatment Centers of America
Join us to learn about energy conservation techniques, exercise, and daily activities that can help you regain strength, reduce pain and anxiety, improve energy, and expedite recovery during and after cancer treatment.

The Science Behind Mindfulness
Wednesday, May 9, 6:30 - 7:30 p.m.
Danielle Erwin, MA
Mindfulness is an evidence-based approach that fosters well-being. Join us to discuss the current research that looks at the effects that a mindfulness practice has on our bodies. This workshop will explore what neurological and physiological effects mindfulness has on the body, and how it is improving our health one cell at a time. Both newcomers to mindfulness and those who already have their own practice are welcome and will learn the basics, understand the science, and have a chance to practice mindfulness in this program.

Look Good Feel Better
Monday, May 14, 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 Professional Beauty Association.
For cancer patients and first time participants only.

After the Fear Come the Gifts
Tuesday, May 8, 6:00 - 7:00 p.m.
Rabbi Dr. Joseph S. Ozarowski, BCC, Jewish Child and Family Services
How do we face life when we and our families are struggling with cancer? Where can we find hope and peace? Join us for an exploration of Jewish wisdom as it relates to the challenges of illness, recovery and healing.

Faith and Cancer: A Christian Perspective
Wednesday, June 13, 6:00 - 7:00 p.m.
Jeanne Ley, LCSW, Christ Church Director of Care and Counseling; Peter Wiggins, Christ Church Cancer Support Group Facilitator
Sometimes a cancer diagnosis makes us question our faith and commitment to God. Sometimes it draws us toward God. Explore these questions with Jeanne Ley and Peter Wiggins who will guide this discussion-based program. Topics will include the Christian perspective on suffering and how faith-based practices and community can support and strengthen those who are in the throes of difficulty.

Spirituality Discussion Series

The Road to Hope: Using Jewish Wisdom to Create Peace with Cancer
Tuesday, May 8, 6:00 - 7:00 p.m.
Rabbi Dr. Joseph S. Ozarowski, BCC, Jewish Child and Family Services
How do we face life when we and our families are struggling with cancer? Where can we find hope and peace? Join us for an exploration of Jewish wisdom as it relates to the challenges of illness, recovery and healing.

Film Screening: Grace
Thursday, May 10, 6:30 - 8:00 p.m.
Join us for a screening of “Grace”, a short documentary film which captures the journey of a 36-year-old mother and breast cancer survivor who decides to reclaim her body by covering her mastectomy scars with an elaborate tattoo. Directed by a recent breast cancer survivor and created by an all-female crew, “Grace” is a frank, honest, and often funny exploration of a seldom-discussed side of the survivor’s experience—the battle that begins when everyone else thinks the war is already won.
Following the screening, there will be a discussion and Q&A session with documentary subject Grace Lombardo (cancer survivor) and the film’s director, Rachel Pikelny.

Use It or Lose It?
Minding Your Memory
Thursday, June 14, 10:30 a.m. - 12:00 p.m.
Daniel Kuhn, LCSW, All Trust Home Care
Memory loss is a universal concern. What is normal and abnormal memory loss? What can be done to reduce the risk of memory loss through lifestyle changes? This presentation will answer these questions and offer tips for coping with forgetfulness and related cognitive issues.
Connecting the Family

**Family Yoga and Meditation**
*Tuesday, April 10, 5:00 - 6:00 p.m.*
Sari Ticker, PsyD, Licensed Clinical Psychologist; Vicki Marchio, RYT
Unwind, relax, and chill out. Family Yoga and Meditation is a soothing blend of deep, slow moving stretches with supported restorative work, followed by a restful meditation. The class is designed to help melt away tension, decrease feelings of stress and anxiety, as well as increase a sense of calmness and peacefulness as a family. **The program is intended for kids ages 5-18 and their families.**

**Understanding and Supporting the Needs of Grieving Children and Families**
*Tuesday, May 15, 6:00 - 7:30 p.m.*
Samantha Acosta, LSW; Sharon Rosman, LCSW; Willow House
Trying to navigate the grieving process is a challenge, and can become complicated when children are impacted. Join us to learn more about how to support children and families who have an upcoming, or already experienced, loss. Topics will include the grieving process for children, ways to integrate them into funeral and rituals, as well as how it impacts them in the short and long-term. Presentation will be followed by Q&A.

**Family Yoga and Acupuncture**
*Wednesday, May 23, 5:00 - 6:15 p.m.*
Sari Ticker, PsyD, Licensed Clinical Psychologist; Vicki Marchio, RYT; Rena Zaid, M.S., L.Ac., Dipl. Ac., Dipl. C.H.
Family yoga is a soothing blend of deep, slow moving stretches with supported restorative work. The yoga sessions will be followed by mindfulness and breath-work practices and will include an optional stress reduction focused ear acupuncture or essential oil acupressure treatment. The class is designed to help melt away tension, decrease feelings of stress and anxiety, as well as increase a sense of calmness and peacefulness as a family. **The program is intended for kids ages 5-18 and their families.**

**FOR KIDS: Create Your Self Care Box**
*Tuesday, June 12, 5:00 - 6:00 p.m.*
Sari Ticker, PsyD, Licensed Clinical Psychologist
Program for children ages 6-12.
Join us to learn new skills to help manage the challenging emotions that we experience such as stress, anxiety, sadness, anger, and fatigue. Each participant will also create their own “self-care box” to store all of their coping tools in one place, making it easy to access and use.

Nutrition Programming

**Discovering Probiotics**
*Wednesday, April 25, 6:00 - 7:30 p.m.*
Lori Bumbaco, RDN, CSO, LDN, Oncology Dietitian
Are probiotics a necessary component of a healthy diet? Learn about probiotics found naturally in everyday food choices, and how they are thought to be functional components in food that influence health. The oncology dietitian will present information about the “dynamic duo”, which in combination work synergistically to promote digestive health. Samples of foods and beverages containing probiotics will be offered to help you decide if they should be included in your healthy diet.

**Cancer Fighting Kitchen 101**
*Thursday, May 3, 6:00 - 7:30 p.m.*
Lori Bumbaco, RDN, CSO, LDN, Oncology Dietitian
Preparing a home-cooked healthy meal does not have to be a daunting task. Join the oncology dietitian and culinary companions to learn the essentials about cancer protective foods. From stocking the pantry to filling your fridge, discover which foods can enhance the nutrition in your daily choices. During the program, specific cancer fighting foods will be discussed and simple, delicious ways to prepare them will be demonstrated. The program will emphasize how to get back to basics in your kitchen using an arsenal of nutritious food choices.

**Fresh French Cooking**
*Wednesday, June 6, 6:00 - 7:30 p.m.*
Maud Cavayé, MA, Clinical Extern
Come learn about healthy French cooking techniques and sample recipes from our doctoral intern, Maud Cavayé, who is trained in French cooking. Learn how to prepare, assemble and cook several French dishes including a fish entrée, vegetable side dish and a fresh salad. Class limited to 15 people.

**Hot Topics in Nutrition**
*Monday, June 18, 6:00 - 7:30 p.m.*
Lori Bumbaco, RDN, CSO, LDN, Oncology Dietitian
The field of oncology nutrition is rapidly evolving. In this program, you will have the opportunity to learn what’s new in oncology nutrition, based on the latest findings from the “Oncology Nutrition Symposium”. Updates about popular topics such as antioxidants and fasting will be presented.
Mind Body Health Workshops

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

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.

**Connecting through Knitting**
Mondays, April 9 & 23; May 7 & 21; June 11 & 25, 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.

**Healing Through Sound with Crystal Bowls and Voice**
Wednesday, May 9, 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 environment.

**Chartres Canvas Labyrinth Guided Meditative Walks**
Monday, June 11, 10:45 – 11:45 a.m.
Tuesday, June 12, 5:30 – 6:30 p.m.
Kimberly Matthews, MA, LCPC

The labyrinth is an ancient symbol for healing and a path to renewing the body-mind-spirit connection. Walking the labyrinth involves the creative and intuitive mind (right brain) and can be calming and balancing. Learn about the benefits of walking a labyrinth and experience your walk on a 24’ Chartres canvas labyrinth.

**Open Labyrinth Meditation Hours**
Monday, June 11, 12:00 - 5:00 p.m., Tuesday, June 12, 10:30 a.m. - 6:30 p.m.
Wednesday, June 13, 1:00 - 5:30 p.m.
Thursday, June 14, 10:30 a.m. - 6:30 p.m.
Friday, June 15, 10:30 a.m. - 2:00 p.m.
We welcome you to use the labyrinth for walking meditation. Written guidelines available. Please consider making a donation to offset the cost of the labyrinth rental.

**Expressive Arts**

**Unspoken Ink: Creative Writing Workshop for Women**
Thursdays, April 5, 12, 19, 26; May 3, 4:00 - 6:00 p.m.
Mindy Buchanan, Project Koru
Everyone has a strong, unique voice and writing as an art form belongs to all people, regardless of economic class or education level. This five-week creative writing workshop will utilize the Amherst Writers and Artists Method to explore your cancer journey through creative expression. Each week a different theme will be explored through a collection of writing prompts. A commitment to attend each week is important to group continuity and in creating a safe space.

**Life Rhythms: Drum Circle**
Wednesday, April 11, 11:00 a.m. - 12:00 p.m.
Noah Plotkin, Founder and Music Director at Life Rhythms
In this class, we will participate in a drum & song circle led by Noah Plotkin who is a professional percussionist. All hand-drums and percussion instruments will be provided. The drum circle is designed for everyone with all abilities and no prior experience is needed.

**Untangling Anxiety Through Art**
Wednesday, April 18, 5:30 - 7:00 p.m.
William Heard, MA, Clinical Extern
Anxiety is a very common emotion for individuals experiencing a cancer diagnosis. Creative arts are a great way to promote relaxation and decrease stress and anxiety. This program will explore the “Zentangle Method”, an easy-to-learn activity that is a fun way to promote relaxation and focus. Participants do not need any prior art experience and will have the opportunity to learn more about the effects of anxiety and stress, while also participating in a creative art activity. All materials will be provided.

**Albums Of Hope**
Thursday, April 26, 6:00 - 7:30 p.m.
Laura Townsend, Founder and President of Albums of Hope; Kris Olson, Director and Cancer Survivor, Albums of Hope
Need a lift of spirit? Come make a pocket-sized Album of Hope for you or a caregiver. This little treasure fits in the palm of your hands and brings a smile to your face whenever needed. The nonprofit organization “Albums of Hope” will bring all the supplies needed to make a photo album filled with uplifting quotes and photos. This program supported by Albums of Hope www.albumsofhope.com.

**Therapy Dog Meet and Greet**
Wednesday, April 18, 10:45 - 11:30 a.m.
Wednesday, June 13, 10:45 - 11:30 a.m.
Animals have been proven to have a positive impact on the emotional well-being of cancer patients, caregivers and bereaved. Experience the power of animal-assisted therapy for yourself in this informal meet and greet with certified therapy dogs from Rainbow Animal Assisted Therapy. There will be plenty of opportunity for hands-on interaction with the dogs, and to watch them show off their skills.
Qigong
Tuesdays, 1:00 - 2:00 p.m.
Richard Schnadig, IITC instructor
Qigong practice brings together the breath, intention and form to harmonize and open the body channels. Through this simple, yet powerful, practice you will learn ancient proven forms to manifest more energy and vitality in your daily life.

T’ai Chi Chih
Wednesdays, 9:45 - 10:30 a.m.
Donna McElhose, ATTC
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. Those completely new to T’ai Chi Chih should plan to arrive at 9:30 a.m. for a brief 15-minute introduction.

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

Introduction to Stay Strong And Mahj On
Thursdays, June 7, 14, 21 & 28, 1:00 - 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. After learning how to play, participants are encouraged to join our ongoing class! Mahj sets and cards will be provided.
Program supported by the Stay Strong And Mahj On Foundation.

Stay Strong And Mahj On
Thursdays, April 12 & 26; May 10 & 24; June 14 & 28, 1:00 - 2:30 p.m.
For experienced players, join us for a game of Mah Jongg! Mahj can help with cognitive functioning and memory in addition to providing many social benefits. Mah Jongg experience is required. Mahj sets will be provided but participants should bring their own cards. Program supported by the Stay Strong And Mahj On Foundation.

Yoga Classes

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.
Carolyn V. Kirschner, MD; Britta Eumann, RYT

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

Meditation and Mindfulness

Stress Reduction Through Mindfulness
Tuesdays, May 22, 29; June 5, 12, 19, 26, 3:30 - 4:30 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.

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.

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.

Weekly Wellness Hour
Wednesdays, 4:15 - 5:00 p.m.
CWC Staff
In this class, 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. This late-afternoon program is ideal for unwinding after a long day and will help to recharge for the evening ahead.
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.

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 Group
- Young Women’s Group (ages mid 30s – mid 50s)
- Women’s Stage 4/Metastatic Group (now recruiting)
- Men’s Group
- Co-Ed Group (Grayslake)
- The Lisa Klitzky Young Adult Support Group (co-ed, ages 20 – 40)

For Caregivers:
- Caregiver/Significant Other Group

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

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.

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.

Multiple Myeloma
1st Wednesday monthly, 7:00 - 8:30 p.m.
Priscilla Andrews, MA, LCPC
For patients and their families.

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.

Coping with Tamoxifen and Aromatase Inhibitors Networking Group
3rd Wednesday monthly, 7:00 - 8:30 p.m.
Priscilla Andrews, MA, LCPC
For patients only.
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.

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<thead>
<tr>
<th>Short-term Consultations</th>
<th>Mindfulness-based Consultations</th>
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<tr>
<td><strong>Newly Diagnosed Consultation</strong></td>
<td><strong>Newly Diagnosed/In-Treatment</strong></td>
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<tr>
<td>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>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>
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<tr>
<td><strong>Post Treatment Consultation</strong></td>
<td><strong>Within Two Years Post-Treatment</strong></td>
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<td>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>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>
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<th><strong>Caregiver Consultation</strong></th>
<th><strong>Courageous Caregiver</strong></th>
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<td>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>Courageous Caregiver, a unique six-week program for those actively caring for a spouse or partner with cancer. The group is limited to 12 participants who have been in the primary caretaker role for a minimum of two months. Group will be held Wednesday evenings. For more information or to register, please contact Donna Oldenburg, MA, LPC, NCC, Clinical Associate, at (847) 562-4990, or <a href="mailto:doldenburg@cancerwellness.org">doldenburg@cancerwellness.org</a>.</td>
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<td><strong>Couples Consultation</strong></td>
<td><strong>Weight Loss for Wellness</strong></td>
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<td>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>This program is open to anyone who has completed treatment within the last two years. Participants will learn skills that assist in losing weight and living a healthier life. This is a committed six-month program. Groups will be held at our Northbrook and Grayslake locations. For more information, please call the Center at (847) 509-9595 to complete a brief intake interview.</td>
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<tr>
<th><strong>Parent Consultation</strong></th>
<th><strong>Cancer Discovery Group - Meaning Making Through Experience</strong></th>
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<td>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>
<td>In this committed, topic driven group, participants will explore spiritual philosophy and practices, meaning making and personal growth. For more information, please call the Center at (847) 509-9595.</td>
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<th><strong>When Treatment is No Longer an Option</strong></th>
<th><strong>Now Recruiting</strong></th>
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<tr>
<td>Guidance for those considering ending treatment or for those where no further treatment is available. Participants will meet one-on-one with a counselor to talk through, and be educated about, options at this point in a cancer diagnosis.</td>
<td><strong>Cancer Discovery Group - Meaning Making Through Experience</strong></td>
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**Now Recruiting**

**Cancer Discovery Group - Meaning Making Through Experience**
In this committed, topic driven group, participants will explore spiritual philosophy and practices, meaning making and personal growth. For more information, please call the Center at (847) 509-9595.

**Courageous Caregiver**
Courageous Caregiver, a unique six-week program for those actively caring for a spouse or partner with cancer. The group is limited to 12 participants who have been in the primary caretaker role for a minimum of two months. Group will be held Wednesday evenings. For more information or to register, please contact Donna Oldenburg, MA, LPC, NCC, Clinical Associate, at (847) 562-4990, or doldenburg@cancerwellness.org.

**Weight Loss for Wellness**
This program is open to anyone who has completed treatment within the last two years. Participants will learn skills that assist in losing weight and living a healthier life. This is a committed six-month program. Groups will be held at our Northbrook and Grayslake locations. For more information, please call the Center at (847) 509-9595 to complete a brief intake interview.
**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.**

**Massage**
*Susan Rieder, NCTMB, LMT; Eddi Perlis, LMT; Chelsea Sullivan, 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.

**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-five minute individual appointments.

**REIKI: Energy Healing**
*Laura Pryzby, RMT; Veronique Frede, RMT; Sharon Rosman, LCSW, Certified Cancer Reiki Specialist*
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.

**Personalized Yoga Therapy**
*Whitney Pasch, RYT*
Yoga Therapy takes into consideration physical, mental, emotional, spiritual, and energetic states of being. The therapist will provide personalized practices to address the individual’s goals, facilitate healing, and manage specified health conditions. Yogic practices may include postures, breathing exercises, affirmations, meditation, imagery, and deep relaxation. Clients are asked to complete an intake form prior to the first session. Please wear comfortable clothing. Forty-five minute individual appointments.

**Thai Bodywork for Relaxation**
*Britta Eumann, RYT, Thai Bodywork Practitioner*
Thai body work is done fully clothed on a mat on the floor. It is an interactive whole-body treatment that combines gentle passive stretching and movement of joints with several touch techniques and work along lines of the body. The relaxing effects of Thai bodywork are achieved without harsh physical force but through efficient use of movement, conscious touch, breathing and rhythm. Please wear comfortable clothing that does not restrict movement (long yoga pants and a long sleeved t-shirt are ideal).

**Services for Patients in Active Treatment Only**

**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.

**Make-Up/Beauty Session**
*Rosie Dow, Professional Make-up Artist*
This one-on-one session will help you with beauty and makeup tips to deal with the appearance-related side effects of cancer treatment. Sessions will be 45 minutes and participants should bring their own makeup to use during the session. This service is reserved for patients who are currently in treatment.

**Reflexology**
*Michele C. Melnick, BSN, Certified Reflexologist; Sarah Preusker, Certified Reflexologist; Renee Settels, 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.

**Individual Acupuncture**
*Cynthia Funai, LAc, DiplAc, DiplCH, MSOM*
A limited number of individual acupuncture appointments are available for patients currently in treatment.
and relaxation. Reiki and restorative poses offers healing sense of well-being. The combination of healing system of the body and creates a energy therapy that enhances the natural will be receiving hands-on Reiki, a form of tension. While in these poses students and open while encouraging the release in each pose allowing the muscles to relax the body. The body will be fully supported openings, facilitating natural alignment in restorative yoga poses which create gentle led through gentle movements and classic and healing power of Reiki. Students will be This restorative yoga class adds the relaxing Laughter Leader Deborah A. Farmer, MBA, RMT; Isabel Raci, Tuesday, May 1, 5:00 - 6:30 p.m. Restorative Yoga & Reiki Workshop Tuesday, April 17, 6:00 - 7:00 p.m. Yoga Tuesdays, 5:00 - 6:00 p.m. Isabel Raci, E-RYT, CMT, Yoga Therapist Level I, Certified Laughter Leader 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.

Pelvic Floor Rehabilitation Tuesday, April 17, 6:00 - 7:00 p.m. Sonali Karnik, PT, Therapy Supervisor, Vista Health System Pelvic floor rehabilitation is a specialized type of physical therapy for the evaluation and treatment of conditions involving the pelvic region, abdomen, hip, lumbosacral spine and groin. Pelvic floor therapists treat individuals with bowel and bladder incontinence, pelvic pain, organ prolapse, and sexual dysfunction. In this session, participants will learn about treatment techniques such as manual therapy, pelvic floor muscle exercises, biofeedback and electromyography with a goal of improving quality of life and function.

15 Things I Wish Someone Had Told Me About Grief Tuesday, June 12, 6:00 - 7:00 p.m. Donna Oldenburg, MA, LPC, NCC, 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.

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.

Make-Up/Beauty Session Rosalyn Dow, Professional Make-up Artist This one-on-one session will help you with beauty and makeup tips to deal with the appearance-related side effects of cancer treatment. Sessions will be 45 minutes and participants should bring their own makeup. This service is reserved for patients who are currently in treatment.

Massage Sarah Trees, 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, RMT 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. Thirty minute individual appointments.

Personalized Yoga Therapy Isabel Raci, E-RYT, CMT, Yoga Therapist Level I, Certified Laughter Leader Meet with the yoga therapist individually for several sessions tailored to your individual needs. In these sessions, you will learn how movement, breathing, meditation and visualization can be integrated to promote healing, and reduce stress reduction, chronic pain and insomnia.
Hospital Collaborations

For more information, or to REGISTER, contact the facilities listed below.

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

| Programming generously supported by |
| Advocate Condell Medical Center |

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
1st & 3rd Thursdays will include weights

T'ai Chi for Cancer
Tuesdays, 9:30 - 10:30 a.m. Class code: 5C23

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.

Stress Reduction Through Mindfulness
Mondays, April 23, 30; May 7, 14, 21, 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.

Yoga Workshop: Yoga for Stress Reduction
Thursday, April 12, 10:15 a.m. - 12:15 p.m.
Vicki Marchio, RYT
In this class students will learn specific yoga sequences and postures which will help them relax deeply. Restorative yoga postures will be introduced. Any level of fitness can enjoy this class. Come dressed in comfortable clothes.

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

5K Run-Walk / Marcia Slotky 1 Mile Family Walk

Sunday, April 29, 2018
Independence Grove, Libertyville

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.

7:30am  Registration
8:45am  Opening Program
9:00am  5K Run / Walk
9:10am  Marcia Slotky
        1 Mile Family Walk

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

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

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

Support the Center with Just a Click

Each year, the Cancer Wellness Center provides FREE programs and services to over 1,400 people facing a cancer diagnosis. Make an impact by getting social with us on Facebook and Instagram:

Facebook /cancerwellnesscenter
Instagram @cancerwellnessctr
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
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Healthcare Foundation of Highland Park
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Rolle Pancreatic Cancer Foundation

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

Other general program supporters:
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William Blair

Thank You to our Champion Corporate Sponsor:

Thank you to our Champion Corporate Sponsor:

• The Center’s Northbrook location will be closed Monday, May 28 and Wednesday, July 4.

• The Center’s Grayslake location will be closed Tuesday, June 26 and Tuesday, July 3.

Support • Wellness • Education

Center Closings + News