Medical Update: New Treatments for HER2 Positive Breast Cancer
Monday, October 23, 6:30 – 8:00 p.m.
Sigrun Hallmeyer, MD, Medical Director, ALGH Cancer Survivorship Center; Advocate Medical Group, Division of Oncology, Advocate Lutheran General Hospital
Recent approval of a new drug is changing the long term prognosis for women facing a HER2 positive breast cancer diagnosis. In this presentation, Dr. Hallmeyer will discuss the recent progress in the landscape of HER2-positive breast cancer and future treatment approaches for patients.

Survivorship Care Planning for Lymphoma Survivors: What Do You Need to Know?
Wednesday, November 1, 6:30 – 7:30 p.m.
Karen Kinahan, DNP, APN, FNP-BC, Robert H. Lurie Comprehensive Cancer Center of Northwestern University
This program will review important aspects of surviving Hodgkin and Diffuse Large B Cell Lymphoma (DLBCL) including the purpose of a Survivorship Care Plan, short and long term side effects of treatment including heart, lung, neuropathy and screening for secondary cancers. We will highlight screening guidelines, and the importance of the shared-care model and working with your oncology team and Primary Care Providers to promote communication and education to optimize your health as a cancer survivor. A light dinner will be provided at 6:00 p.m.
Program is co-sponsored by The Leukemia and Lymphoma Society.

Comprehensive Cancer Care: Prevention, Treatment, and Aftercare
Tuesday, November 7, 6:30 – 8:00 p.m.
Michael DelaTorre, MD, Cancer Treatment Centers of America; Cheryl Schwartz, DO, PhD, Center for Holistic Medicine
Join us for a journey exploring clinical and complementary cancer therapies at both the primary care and specialty level. Learn how a multidisciplinary effort affects outcomes, provides pain relief and supports immune function.

Coping with Pancreatic Cancer
Thursday, November 9, 5:30 – 7:00 p.m.
Marisa Hill, MD, Medical Oncologist, Kellogg Cancer Center, NorthShore University HealthSystem; Lori Bumbaco, RDN, CSO, LDN, Oncology Dietitian; Katie Salyer, PsyD, Licensed Clinical Psychologist
Patients and caregivers are invited to join us for an evening of presentations and discussion featuring a multi-disciplinary team of pancreatic cancer healthcare professionals. Dr. Marisa Hill will review symptom management issues such as fatigue, nausea and pain control. Oncology Dietitian Lori Bumbaco will focus on maintaining proper nutrition during and after treatment. Dr. Katie Salyer will discuss how to cope with the emotional distress caused by the disease including sadness, anxiety, fear and anger. This program is supported by the Rolfe Pancreatic Cancer Foundation.
Lectures + Workshops

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.

Spirituality Discussion Series

Darwin, Buddha and Cancer
Tuesday, October 17, 6:30 - 8:00 p.m.
Carl Jerome, Mindfulness and Meditation Teacher, North Shore Dharma and Meditation Center
Explore and discuss the implications of our evolutionary path and Buddhist philosophy for dealing with cancer peacefully and effectively. Learn how mindfulness lightens our load, and how the tools derived from it can lead us to happier, healthier lives, unlike natural selection, which leads us to stress and anxiety in its attempt to make us safe. This discussion will use Wall Street Journal article by Yale Buddhist scholar Bob Wright as a jumping off point. The article and time to read it will be provided at the program.

Now Recruiting “Cancer Discovery Group: Meaning Making Through Experience”
See Page 7 for more details.

Breast Prostheses and Other Products
Thursday, October 5, 3:30 - 4:30 p.m.
Pattie Cagney Sheehan, Certified Mastectomy Fitter, Owner of Second Act Cancer Recovery Boutique
Join Pattie Cagney Sheehan as she presents the latest in post-breast surgery products. Featured will be mastectomy bras, breast forms, compression garments, swimsuits, camisoles and more. She will discuss the importance of these items and how they can ease getting back into life after breast surgery. Also discussed will be what items are covered by insurance and Medicare for both newly diagnosed patients and long-term survivors.

Treatments’s Done...Now What?
Tuesday, October 10, 6:30 - 8:00 p.m.
Priscilla Andrews, MA, LCPC
Finishing treatment is a much-anticipated event that is normally accompanied by a period of adjustments – whether they are physical, mental or emotional. Join us as we discuss the common concerns that arise when treatment has ended, and strategies for coping with the transition to being post-treatment. Open to both survivors and their loved ones. This program is ideal for individuals who are approaching the end of treatment, as well as those who have already completed treatment.

Living with Myeloma
Wednesday, November 1, 6:30 - 8:00 p.m.
Melanie Smerillo, MSN, RN, PHN, Clinical Nurse Educator, Takeda Oncology
Join us for an overview of Multiple Myeloma, its signs and symptoms and how it is diagnosed. There will be a discussion of the different types of and recent advances in the treatment of Myeloma, as well as information about finding support and resources. A light meal will be provided at 6:00 p.m.
Program is co-sponsored by Takeda Oncology.

Look Good Feel Better
Monday, November 20, 5:30 - 7:30 p.m.
Christine Pasateri, 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 participants only.

15 Things I Wish Someone Had Told Me About Grief
Tuesday, November 28, 6:00 - 7:30 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 posttraumatic 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.

Day of Remembrance
Sunday, October 15, 1:00 – 2:00 p.m.
To honor the memory of family members and loved ones who passed away from cancer.
The program will provide a remembrance ceremony, words of reflection and music. Names of loved ones will be read and photographs will be available for viewing during the program.
RSVP required by October 9. Please call (847) 509-9595 for more information.
Nutrition Programming

Eat to Beat Malignancy and Cooking Demonstration
Thursday, October 26, 6:00 – 8:00 p.m.
Carol A. Rosenberg, MD, FACP, Director, Living in the Future (LIFE) Cancer Survivorship Program, NorthShore University HealthSystem; Oehme Soule, RDN
LIFE program director Carol Rosenberg, MD, FACP, and dietitian and culinarian Oehme Soule, RDN will present the tasty components that form a healthy diet for cancer survivors. The presentation includes the science behind nutritional guidelines; strategies for weight management and physical activity; and a cooking demonstration/tasting in our demonstration kitchen.
This program is supported by the Myra Rubenstein Weis Health Resource Center.

What to Eat for Digestive Relief?
Monday, December 11, 5:30 - 7:00 p.m.
Lori Bumbaco, RDN, CSO, LDN, Oncology Dietitian
Cancer therapies can sometimes create gastrointestinal side effects ranging from taste alterations to nausea to disruption of normal bowel regularity. If significant, these digestive symptoms can negatively impact normal eating and nutritional health. Learn from the oncology dietitian how best to modify diet choices in order to alleviate symptoms and promote nutritional wellbeing. The dietitian will offer samples from an arsenal of treatment recipes.

Estate Planning 101
Thursday, November 30, 6:30 - 8:00 p.m.
Matthew R. Margolis, Margolis Weldon LLC
Having an understanding of one’s options is critical before proceeding with an estate plan. In this discussion, we will highlight the differences between Wills and Trusts, and understanding which might better fit in particular circumstances. Additionally, you will learn about Powers of Attorneys and other legal documents that complete and make up a “full” estate plan.

Young Adult Social
Thursday, December 7, 6:00 – 7:30 p.m.
Often young adult cancer survivors are left in the dark when it comes to utilizing specific resources and opportunities. Join us for a young adult meet and greet, where we’ll aim to make connections and have a little fun! The event is open to all young adult cancer survivors (ages 20 – 40), their families, and YA professionals. Food and drinks will be provided!
This program is supported by The Lisa Klitzky Foundation.

Are You New to the Cancer Wellness Center?
Vicki Marchio, our Participant Navigator, is available to help anyone new to the Center navigate our programs and services. Vicki can help with registration and can answer any logistical questions you may have as you begin to get oriented to the Cancer Wellness Center.
Give Vicki a call at (847) 509-9595 or email at vmarchio@cancerwellness.org.
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.

Connecting through Knitting
Mondays, October 9 & 23; November 6 & 20; December 4, 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.

Introduction to Stay Strong And Mahj On
Thursdays, October 19 & 26; November 2 & 9; 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 drop-in class! Mahj sets and cards will be provided.

Program supported by the Stay Strong And Mahj On Foundation.

Hiking for Health & Happiness
Friday, November 17, 10:30 a.m. - 12:00 p.m.
Evan Byer, PsyD, Licensed Clinical Psychologist; Kim Matthews, MA, LCPC
Research demonstrates that outdoor exercise, such as hiking, offers health and well-being benefits. Join us at the Brushwood Center, Ryerson Woods in Riverwoods for a nature meditation followed by a two mile hike (with options to shorten the hike at various points). Please arrive no later than 10:30 a.m., wear comfortable hiking or running shoes, bring a water bottle and dress for the weather. Hike will be canceled in the event of rain. Detailed meeting information and a trail map link can be found on the Center’s website.

Healing Through Sound with Crystal Bowls and Voice
Wednesday, October 4, 1:00 - 2:00 p.m.
Wednesday, November 15, 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.

Qigong: The Healer Within
Tuesday, November 14, 1:00 - 3:00 p.m.
Richard Schnadig, IIQTC instructor
Qigong is a Chinese system of breathing exercises, body postures, movements, and mental concentration, intended to maintain good health and control the flow of vital energy. Participants will have the opportunity to watch an entertaining documentary that explores the origins and healing properties of Qigong in China. The film follows the teachings of its Masters and the positive effects it has on those who commit to its practice. The movie will be accompanied by a Qigong practice as well as a Q & A with the presenter.

Nature Retreat
Thursday, October 12, 9:30 a.m. – 2:30 p.m.
Brushwood Center in Ryerson Woods
Enjoy a day in the woods for some stress-reducing nature therapy! Retreat activities include discussions on nature and wellness, T’ai Chi Chih, walking meditation and nature art. This retreat is open to anyone with a cancer diagnosis and/or family members. Please dress for the weather. Program held rain or shine. The retreat will be held at Brushwood Center in Ryerson Woods, 21850 N Riverwoods Road, Riverwoods, IL. A light, healthy lunch is provided. Register soon as space is limited.

Now Recruiting: Weight Loss for Wellness
Deborah Kronenberger MA, LCPC; Lori Bumbaco, RDN, CSO, LDN, Oncology Dietitian
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 will begin in January at Northbrook, Evanston, and Park Ridge.
Qigong
Tuesdays, 1:00 - 2:00 p.m.
Richard Schnadig, IIQTC 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.

Stay Strong And Mahj On
Thursdays, 1:00 - 2:30 p.m.
Join us for a game of Mah Jongg! Mahj can help with cognitive functioning and memory in addition to providing many social benefits. Mahjong 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

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

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

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

Meditation and Mindfulness

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.

Weekly Wellness Hour
Wednesdays, 4:30 - 5:15 p.m.
CWC Staff
In this new 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.

Weekly Wellness Hour
Wednesdays, 4:30 - 5:15 p.m.
CWC Staff
In this new 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.

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.

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

Multiple Myeloma
1st Wednesday monthly, 7:00 - 8:30 p.m.
Priscilla Andrews, MA, LCPC
For patients only. On Nov 1 there will be a featured presentation in lieu of group. See page 2 for details.

Ovarian Cancer
2nd Thursday monthly, 5:30 - 7:00 p.m.
Katie Salyer, PsyD
Supported by the Rolfe Pancreatic Cancer Foundation. On Nov 9 there will be a featured presentation in lieu of group. See page 1 for details.

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)
**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></td>
<td><strong>Newly Diagnosed/In-Treatment</strong></td>
</tr>
<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>
</tr>
<tr>
<td><strong>Post Treatment Consultation</strong></td>
<td><strong>Within Two Years Post-Treatment</strong></td>
</tr>
<tr>
<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>
</tr>
<tr>
<td><strong>Caregiver Consultation</strong></td>
<td><strong>Courageous Caregiver</strong></td>
</tr>
<tr>
<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>CWC is currently recruiting for the January launch of 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 three months. Based in mindfulness and positive psychology, the program provides caregivers with healthy coping and communication skills to help reduce distress and improve their perceptions of quality of life. Weekly topics include: Trauma and the Cancer Caregiver; Mindfulness for Caregivers; Strategies for Communication and Intimacy; Wellness and Alternative Therapies for Stress Reduction; Dealing with the Fear of Recurrence; and Finding Humor, Hope and Optimism in the Caregiver Experience. For more information, 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>
</tr>
<tr>
<td><strong>Couples Consultation</strong></td>
<td><strong>Parent Consultation</strong></td>
</tr>
<tr>
<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 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></td>
<td><strong>When Treatment is no Longer an Option</strong></td>
</tr>
<tr>
<td>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>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>
</tr>
</tbody>
</table>

**Now Recruiting : Cancer Discovery Group - Meaning Making Through Experience**

*Deborah Kronenberger, MA, LCPC*

When diagnosed with cancer, individuals often experience great changes in their inner life. Values are under scrutiny and there is a search for identity in this age of technology and materialism. Frequently, individuals become interested in the realm beyond the physical or experience a crisis in faith and they begin to explore spiritual thought. Many times they are looking for more meaningful lives and to clarify what they have learned through life experience. In this committed, topic driven group, participants will explore spiritual philosophy and practices, meaning making and personal growth.

Group recruiting members now for January 2018.
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
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.

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.

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).

Reflexology
Michele C. Mehnick, BSN, Board Certified Reflexologist; Sarah Preukser, 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
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.

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

Group Acupuncture
Tuesdays, October 3, 10, 17, 3:00 - 4:00 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. Please register directly with Vicki Marchio at (847) 509-9595.
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.
Call (847) 509-9595 for more information.
The Grayslake location will be closed Tuesdays, December 26th and January 2nd.

Lectures + Workshops
Online Registration Required

Q & A with the Oncologist
Tuesday, October 24, 5:00 - 6:00 p.m.
Nilesh D. Mehta, MD, FACP, Clinical Associate Professor, Department of Medicine, Rosalind Franklin University; Medical Oncologist, Vista Health System
Please join us for an evening with Nilesh Mehta, MD, who specializes in Hematology/Oncology. Dr. Mehta invites participants to ask questions regarding cancer care, current treatments, symptom management, and anything else they would like to discuss with a medical oncologist. The entire evening will be an open forum format—all are welcome.

Fighting Cancer at the Grocery Store
Friday, November 3, 11:00 a.m. - 12:00 p.m.
Lori Bumbaco, RDN, CSO, LDN, Oncology Dietitian
Building a cancer fighting diet begins at the grocery store. Take an interactive guided tour with the oncology dietitian to learn how to makeover your shopping list to include the most nutritious and delicious options. Participants will learn how to scan labels to decipher which choices are best, and an emphasis on cancer fighting foods will be highlighted. Registration is limited to 12.
Program will be held at Mariano’s, 6655 Grand Ave in Gurnee.

Treatment’s Done...Now What?
Tuesday, November 28, 6:30 - 8:00 p.m.
Priscilla Andrews, MA, LCPC
Finishing treatment is a much-anticipated event that is normally accompanied by a period of adjustments – whether they are physical, mental or emotional. Join us as we discuss the common concerns that arise when treatment has ended, and strategies for coping with the transition to being post-treatment. Open to both survivors and their loved ones. This program is ideal for individuals who are approaching the end of treatment, as well as those who have already completed treatment.

Classes for Mind Body Health
Online Registration Required

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.

Support Services
Online Registration Required

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

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, Master Reiki Practitioner
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. Thirty minute individual appointments.

Personalized Yoga Therapy
Isabel Raci, E-RYT, CMT, Yoga Therapist Level I, Certified Laughter Leader
Yoga therapy applies the holistic, unifying practices of yoga employing movement, breathing methods and meditation to reduce stress, improve health and well-being. Participants will learn personalized self-care techniques to develop resilience, stamina, strength and insight. Individual forty-minute appointments available.
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.

**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.
  - 1st & 3rd Thursdays will include weights
- 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

**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.

**Now Recruiting: Weight Loss for Wellness**
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. Group will begin at Advocate Lutheran General Hospital in January. See page 4 for more details.
The theme of our Annual Benefit this year was “Life Is Better Together”—something we here at the Cancer Wellness Center truly do believe. Support for our Annual Benefit helps us raise the needed funds to continue to provide our services free of charge for those facing cancer. Yet, this event only provides a portion of the funds we need each year. It is together, through many sources, that we are able to fund our programming.

There are so many ways to join in supporting the Center and we invite you to be part of our “together”. There is still a lot you can do this year to help:

- **Join together with the world for the International “Giving Tuesday”** scheduled for Tuesday, November 28th and make an online donation to Cancer Wellness Center on our website. A generous donor has agreed to match gifts given on that day!
- **Contribute to our Annual Fund Appeal,** which will be mailed and emailed at the end of November. Nearly 100% of these donations are from individual donors, which provides nearly 5% of our operating budget.
- **Donate** by visiting www.cancerwellness.org to make a gift today. Whether it’s $25, $250 or $2500, every donation will help us continue to fulfill our mission to improve the physical and emotional well-being of anyone affected by cancer!

Or perhaps 2018 will be your year to donate AND volunteer. Here are some ways to jump in:

- **Join one of our event committees.** Everyone is welcome and you will enjoy the fun of working together with a community of supporters who ensure the success of our events, including our Stepping Up to Wellness Run/Walk, Golf Outing, and Annual Benefit.
- **Create a team for our “Stepping Up to Wellness” Run/Walk** held in April 2018. Regardless of the weather, this is a very fun event and the powerful feeling of “togetherness” is felt throughout the day.

Help us and continue to prove that life IS better together!

To learn more about supporting the Cancer Wellness Center, please contact Marnie Van der Voort, Director of Donor Relations, at mvandervoort@cancerwellness.org.

Nancy Bulzoni
Executive Director

THANK YOU to our Champion Corporate Sponsor:

mb financial bank

Does your company offer matching gifts or sponsor local events? Contact us to learn how to get your company involved in CWC!
OCTOBER • NOVEMBER • DECEMBER • 2017

Program Guide

Cancer Wellness Center
Barbara Kassel Brotman House

(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.

Support • Wellness • Education

Center Closings + News

The Center will be closed on the following dates:
• November 24, 25 in observance of Thanksgiving Day
• December 13, 25, 29
• January 1

No wellness classes will be held, nor services by appointment will be provided, December 19 - January 1.

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
Rolf Pancreatic Cancer Foundation

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

Other general program supporters:
MB Financial Bank
Lewis Floor & Home
Republic Bank of Chicago
Northwestern Medicine
Robbins, Salomon, & Patt Ltd.
Wells Fargo Capital Finance
William Blair