

January ■ February ■ March ■ 2012

Cancer Wellness Center offers programs for anyone impacted by cancer, including those with a diagnosis, their family members and those who have lost a loved one to cancer.

PLEASE NOTE: Programs are held at the Northbrook location except when indicated as follows: **G** = Grayslake

PHYSICIAN LECTURES

REGISTRATION REQUIRED

AN EVENING OF SURVIVORSHIP
Thursday, February 9, 6:00-9:00 p.m.



Presenters: Carol A. Rosenberg, M.D., F.A.C.P., Director, Living in the Future (LIFE) Cancer Survivorship Program, NorthShore University HealthSystem; Deborah Kronenberger, M.A., L.P.C., Wellness Coordinator, Cancer Wellness Center; Suzan Eckstein, L.C.S.W.; Katie Salyer, Psy.D., Post Doctoral Fellow, Cancer Wellness Center; Linda Sizemore, Ph.D.,

Licensed Clinical Psychologist

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," "The Myth of the Cancer Hero: Its Definition, Purpose and Impact," "Reestablishing Intimacy" and "Stress Reduction Techniques." See our website for more information regarding the workshop offerings. A light meal and dessert will be served.

LIFE OVER CANCER: IMPACTING SURVIVAL AND IMPROVING LIFE QUALITY THROUGH INTEGRATIVE TREATMENT
Thursday, March 22, 7:00-8:30 p.m.



Presenter: Keith I. Block, M.D. Medical Director, Block Center for Integrative Cancer Treatment

Dr. Keith Block will present his multifaceted program of personally tailored integrative cancer treatment, including methods for improving treatment tolerance and boosting life quality while working toward recovery. Highlights will include: dietary and lifestyle modifications to strengthen the immune system and help make one's internal biochemical environment hostile to cancer growth and recurrence; innovative approaches to conventional treatments; and how individually tailored supplement protocols can help tame treatment side effects, relieve disease-related symptoms, and counter cancer-promoting challenges such as inflammation and glycemia. A question and answer session will follow the lecture.

COMPLEMENTARY EDUCATION

LYMPHEDEMA: MINIMIZE YOUR RISK
UPPER AND LOWER EXTREMITY

Tuesday, January 24, 5:30-7:00 p.m. **G**

Presenters: Northwestern Lake Forest Hospital Physical Therapists, Lymphedema Certified Therapists and Oncology Specialists

Thursday, March 15, 6:00-7:30 p.m.

Presenter: NorthShore University HealthSystem Lymphedema Center Staff

Learn about lymphedema, precautions that should be taken, and exercise guidelines.

I HAVE HAD COLON CANCER: WHAT DOES IT MEAN FOR MY FAMILY?

Thursday, March 1, 7:00-8:30 p.m.

Presenter: Scott Weissman, M.S., L.G.C., Center for Medical Genetics at NorthShore University HealthSystem

Please join us for a discussion of genetic risks and screening recommendations for family members of those diagnosed with colon cancer. The evening will also include a review of genetic features that may indicate genetic susceptibility.

HEALTHY LIFESTYLE PROGRAM

Saturday, March 3, 9:00 a.m. – 3:30 p.m.

Presenter: Pamela Holtzman R.N., L.C.S.W.

Those of us who have received a cancer diagnosis are aware of the toll that the disease and its treatment take on our body, spirit, mind, and

relationships. This experiential and informational retreat will focus on motivation and information needed to increase overall health and well-being. Based on the Healthy Lifestyle Program®, a five-week intensive course originally created for cancer survivors and their significant others, which focuses on the Three Limbs of Health: Nutrition, Exercise and Stress Management. For survivors, family members, and friends (adults only). Wear comfortable clothes and bring a bag lunch.

NUTRITION FOR CANCER WELLNESS

Tuesdays, March 13, 20, 27 & April 3, 10, 17, 1:00-2:30 p.m.

Week 1: Understanding Nutrition and Cancer

Presenter: Colleen Takagishi R.D., C.S.O., L.D.N.

Week 2: Managing Your Weight While in Treatment or Survivorship

Presenter: Jessica Irgens M.S., R.D.

Week 3: Fruits and Vegetables to Fight Cancer

Presenter: Lisa Zoberman R.D., C.S.O., LD.N

Week 4: Organics/Local Farming

Presenter: Lisa Zoberman R.D., C.S.O., L.D.N.

Week 5: Exercise/Nutrition During Treatment and Survivorship

Presenter: Jessica Irgens M.S., R.D.

Week 6: Nutrition for Survivorship: Eating Well in America

Presenter: Colleen Takagishi R.D., C.S.O., L.D.N.

ALL PROGRAMS AND SERVICES FREE OF CHARGE

To register for any class or program at any location, call 847-509-9595 or visit www.cancerwellness.org

FEATURED PROGRAMS

REGISTRATION REQUIRED

STOP AND BREATHE

Wednesday, January 11, 6:30-7:15 p.m.

Presenter: Susan Ginsberg

The goal of Stop and Breathe® is to help an individual become more relaxed and less anxious by providing guided breathing and relaxation techniques.

HEALING OURSELVES THROUGH SOUND WITH CRYSTAL BOWL AND VOICE

Monday, January 23, 1:00-2:00 p.m.

Wednesday, February 15, 7:00-8:00 p.m.

Monday, March 12, 1:00-2:00 p.m.

Presenter: Marian McNair of Cellular Harmonies, www.marianmcnair.com

In this workshop, a vibrational environment created by crystal bowl, breath, voice and gentle yoga postures will help reduce stress, promote deep relaxation and support the natural healing process.

CANCER WELLNESS READING CIRCLE

Third Thursday monthly, 1:00-2:30 p.m.

Facilitator: Holly Marihugh, M.A.

January 19: *The Thousand Autumns of Jacob de Zoet* by David Mitchell

February 16: *The Bad Girl* by Mario Vargas Llosa

March 15: *State of Wonder* by Ann Patchett

Guided by a book group facilitator in our Barbara Demovsky Pritikin Memorial Library, readers will share their opinions and insights about a selected book of current fiction. Through the discussion, readers can discover more about a book's meaning, symbolism and themes. Enjoy reading together!

GET OUT OF YOUR MIND AND INTO YOUR LIFE!

Tuesday, January 31 and February 7 & 14, 3:00-4:30 p.m.

Presenters: Courtney Barry, M. A. and Erin Baurle, M. A.

Acceptance and Commitment Therapy (ACT) is a new approach to handling thoughts and feelings. Research has shown that ACT is effective at helping people impacted by cancer overcome obstacles and live a fulfilling life.

Classes will build upon each other, providing participants with knowledge and tools to put into action immediately. It is highly suggested, but not mandatory to attend all three sessions.

MEDITATION AT THE BOTANIC GARDEN

Friday, February 10, 9:00-10:30 a.m.

Friday, March 23, 9:00-10:30 a.m.

Presenter: Kimberly Matthews, M.A., L.C.P.C.

Join us for a brief discussion and relaxation experience followed by a sensory/nature meditation walk through the Greenhouse Gardens. Following

registration, participants will be notified of the indoor location for the classroom portion. The Chicago Botanic Garden is located on Lake Cook Road, just east of the Edens Expressway. Non-Garden member parking fee is \$20.

LOOK GOOD...FEEL BETTER

Monday, February 20, 6:00-8:00 p.m.

Learn to overcome the appearance-related side effects of cancer treatment. This program is co-sponsored by the American Cancer Society, the Cosmetic Toiletry and Fragrance Association Foundation and the National Cosmetology Association. Space is limited, so register early. First time participants only.

TRAIN YOUR BRAIN FOR WELLNESS BASICS **G**

Tuesday, February 21, 5:30-7:00 p.m.

Presenter: Katie Salyer, Psy.D., Post Doctoral Fellow

Join us for an informational and interactive series about how our thoughts influence our mood and actions. Learn healthy thinking skills that will help you manage worries, neutralize stressful thoughts, and cope with difficult emotions. Classes will build upon each other, providing participants with knowledge and tools to put into action immediately.

RELAX AND RESTORE: AN AFTERNOON OF RESTORATIVE YOGA

Wednesday, March 14, 2:00-3:30 p.m.

Presenter: Ellyn Robbins, R.Y.T.

Restorative yoga is a quiet practice, designed to bring our minds and bodies into a state of deep relaxation and stillness. It is a wonderful antidote for chronic stress in a completely supportive environment. Appropriate for students of all levels.

THE IMPACT OF STRESS ON THE MIND, BODY AND SPIRIT **G**

Tuesday, March 20, 7:00-8:30 p.m.

Presenter: Katie Salyer, Psy.D., Post Doctoral Fellow

Stress has many implications in our overall wellness. Learn its impact and ways to combat stress to improve quality of life.

HEALING THROUGH ART

Wednesday, January 18, February 15 and March 21, 1:00-2:30 p.m.

Presenter: Ailsa Nielsen, Psy.D.

Artistic creation can provide healing for people with a variety of personal and health-related concerns. Both engaging in the process of creation, and using completed artwork to communicate a variety of themes related to the healing process can be beneficial within a group environment. Groups will include a brief introduction of the process, creation of art images, and optional sharing of created images. No art experience necessary.

SERVICES BY APPOINTMENT

Participants may contact the Center at 847-509-9595 to schedule appointments.

MASSAGE

Ronda Korzon, N.C.T.M.B., L.M.T., Anne M. McAlpine, L.M.T., Susan Rieder, N.C.T.M.B., L.M.T., Suzanne B. Marcus, L.M.T.

G *Sandra Dugan, L.M.T.*

Thirty-minute, fully-clothed, individual appointments.

HEALING TOUCH

Marcia Bregman, B.S.N., R.N., C.H.T.P./I., Peggy Bassrawi, M.S., R.N., C.S.N., and Julius Miller

One-hour individual appointments.

ACUPUNCTURE

Rena Zaid, M.S., L.Ac., Dipl. Ac.

Forty-five minute individual appointments. Physician release necessary.

REFLEXOLOGY

Michele C. Melnick, B.S.N., Board Certified Reflexologist, and Sarah Preusker, Board Certified Reflexologist.

Thirty-minute individual appointments.

REIKI

G *Theresa Winter, R.M.T.*

Thirty-minute individual appointments.

THERAPEUTIC STONE FACIAL FOR RELAXATION AND HEALING

Juliette Zweig, Licensed Aesthetician, Certified Oncology Aesthetician

Thirty-minute individual appointments. No lotions or creams used.

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CLASSES FOR HEALTHY LIVING

REGISTRATION REQUIRED

Please seek physician consent before participating in wellness programming involving physical activity.

EXERCISE FOR THE CANCER SURVIVOR

Wednesdays, 9:00-10:00 a.m. **NEW TIME**

Barbara Shapiro, C.P.T., N.A.S.M.,
C.E.S. (Cancer Exercise Specialist)

Learn the best approaches to staying fit or rebuilding fitness after a cancer diagnosis. Appropriate for any fitness level. Wear comfortable clothes.

STRESS REDUCTION CLASS

Wednesdays, 10:00-11:00 a.m. **NEW TIME**

Katie Salyer, Psy.D., Post Doctoral Fellow

HYPNOSIS

Harry Nozicka, L.C.S.W., Certified Hypnotherapist

Introduction to Hypnosis—Fact and Fiction, and How Hypnosis Really Works

Saturday, January 21, 10:00 a.m. – 12:00 p.m.

Using Hypnosis for Goal Achievement: The Power of Using the Right Brain

Saturday, February 25, 10:00 a.m. – 12:00 p.m.

Using Hypnosis for Stress Reduction and Health Enhancement

Saturday, March 24, 10:00 a.m. – 12:00 p.m.

THE MONDAY KNITTERS

Monday, January 9 & 23, February 6 & 20,
and March 5 & 19, 10:00 a.m. – 12:00 p.m.

Shelly Levine, Linda Wine and Audrey Vaneckhout

WRITING WORKSHOP: TELLING OUR STORIES, WRITING OUR LIVES

1st and 3rd Thursday monthly, 3:00-4:00 p.m. **NEW DATES**

Timothy Barnett, Ph.D., Northeastern Illinois University

HEALING TOUCH GROUP

Wednesday, January 4, February 1 and March 7,
4:00-5:30 p.m.

Marcia Bregman, B.S.N., R.N., C.H.TP/I.

OPTIMIZE YOUR ENERGY

Thursdays, 11:20 a.m. – 12:00 p.m.

Devi Stern, M.S., C.E.E.M.P. (Certified Eden Energy Practitioner)

GENTLE YOGA

Appropriate for all levels.

Mondays

9:30-10:30 a.m. Laurie Glenner, C.Y.T.

No class on January 2

Tuesdays

9:30-10:45 a.m. Deborah Kronenberger, M.A., L.P.C.

(Class includes guided meditation)

4:00-5:15 p.m. Alla Smith, R.Y.T. **G**

5:30-6:45 p.m. Alla Smith, R.Y.T. **G**

Wednesdays

2:00-3:00 p.m. Ellyn Robbins, R.Y.T. **NEW**

(March 14 class will be replaced by Relax and Restore yoga program)

5:30-6:30 p.m. Betsy Murphy, R.N., R.Y.T.

Thursdays

9:30-10:30 a.m. Marjorie Fradin &

Marcia Bogolub, P.T., R.Y.T.

Saturdays

9:00-10:00 a.m. Dolly Cipolla, R.Y.T.

Sundays

9:30-10:30 a.m. Marlene Runyard, R.Y.T.

T'AI CHI CHUAN

Tuesdays, 6:00-7:00 p.m.

Rich Schnadig

Wednesdays, 11:00 a.m. – 12:00 p.m.

Gordon Lock

MEDITATION

Mondays, 10:45 a.m. – 12:00 p.m.

No class on January 2

Xianyang Carl Jerome, Senior Dharma Teacher, North Shore Meditation and Dharma Center

SPIRITUALITY

Deborah Kronenberger, M.A., L.P.C.

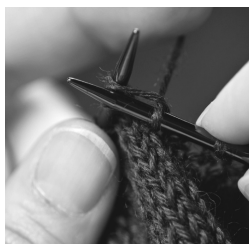
Registration required. Please call Deborah Kronenberger at 847-562-4982.

Women's Spirituality Discussion Group

Tuesdays, 1:00-2:30 p.m.

Spirituality Discussion Group

2nd and 4th Tuesday monthly, 7:00-8:30 p.m.



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COUNSELING AND SUPPORT

SUPPORT GROUPS

Designed for the participant interested in more in-depth, psychotherapeutically oriented group experience to explore the impact their cancer or their loved one's cancer has upon them. Committed 90-minute groups. Free of charge.

- Men's Groups
- Women's Groups
- Co-ed Group
- Young Women's Groups
- Significant Other Group
- Breast Cancer Survivorship Group (monthly)
- Bereavement Group (significant others who have lost a partner or spouse to cancer)

Contact the Center at 847-509-9595 for more information.

INDIVIDUAL • FAMILY • COUPLES

The **Family Room** program offers free individual, couples and family counseling to people diagnosed with cancer and their loved ones. **EMDR services now available upon staff referral.** Speak with one of the clinical staff regarding family room appointments.

COUPLES

Partners Empowered is a free, six-session program focused on addressing common issues specific to couples facing cancer. Couples seen privately. For information, contact Megan McMahon, Ph.D. at 847-509-9595.

DROP-IN HOURS are available Monday-Thursday, 11:00 a.m.-12:00 p.m. or 3:00-4:00 p.m., or Friday 1:00-3:00 p.m., if you would like to speak with a clinician to learn more about our services or to receive a tour. Please feel free to call for information or to drop by and use our library anytime during regular business hours.

The following groups are recruiting members:

- Daytime Women's Group
- Evening Co-Ed Group **G**
- Evening Young Women's Group (open to women in their 30s and 40s)
- Daytime Men's Group, twice monthly
- Evening Co-ed Spirituality Group

Other groups may also have openings. For more information, please contact the Center at 847-509-9595

CANCER DISCUSSION GROUPS

These monthly discussions are drop-in with no commitment needed. They provide an opportunity to share information with others with a similar diagnosis and their family members. No registration is required.

LEUKEMIA & LYMPHOMA

1st Wednesday monthly – 7:00-8:30 p.m.

Facilitator: Margaret Whalen, R.N.

MULTIPLE MYELOMA

1st Wednesday monthly – 7:00-8:30 p.m.

Facilitator: Deb Wojcik, M.S.W., L.C.S.W.

OVARIAN CANCER

2nd Wednesday monthly – 7:00-8:30 p.m.

Facilitator: Priscilla Andrews, M.A., L.P.C.

For those diagnosed with ovarian cancer only.

PANCREATIC CANCER

2nd Thursday monthly – 5:30-7:00 p.m. **NEW TIME**

Facilitator: Katie Salyer, Psy.D., Post Doctoral Fellow

Please note group will meet on February 16 rather than February 9 due to Evening of Survivorship.

This program is supported by the Michael Rolfe Foundation.

SATELLITE LOCATION

GRAYSLAKE

Join us for **Wellness Tuesdays** at the Wildwood Presbyterian Church at 18630 W. Old Gages Lake Road, Grayslake, IL 60030.

Open Tuesdays, 3:00-7:00 p.m.

All programs and services are free.

- **Gentle Yoga**, 4:00-5:15 p.m. and 5:30-6:45 p.m.
- **Massage, thirty-minutes, fully-clothed, by appointment, from 3:30-5:00 p.m.**
- **Reiki, thirty-minutes, by appointment**
- **Individual, Couples and Family Counseling by appointment**

- **Weekly Women's Support Group for women diagnosed with cancer (now recruiting)**

Featured Programs

- *Lymphedema: Minimize Your Risk – Upper and Lower Extremity* Tuesday, January 24, 5:30-7:00 p.m.
- *Train Your Brain for Wellness Basics* Tuesday, February 21, 5:30-7:00 p.m.
- *The Impact of Stress on the Mind, Body and Spirit* Tuesday, March 20, 7:00-8:30 p.m.

THINK GREEN AND GO PAPERLESS! | Please contact the Center if you wish to receive this calendar on-line.

PLEASE NOTE: Programs are held at the Northbrook location except when indicated as follows: **G** = Grayslake

To register for any class or program at any location, call 847-509-9595 or visit www.cancerwellness.org

- 1 sunday**
CENTER CLOSED FOR NEW YEAR'S DAY
-
- 2 monday**
CENTER CLOSED
- 3 tuesday**
9:30-10:45 Yoga and Guided Meditation
1:00-2:30 Women's Spirituality Discussion Group
4:00-5:15 Gentle Yoga **G**
5:30-6:45 Gentle Yoga **G**
6:00-7:00 T'ai Chi Chuan
- 4 wednesday**
9:00-10:00 Exercise for the Cancer Survivor
10:00-11:00 Stress Reduction
11:00-12:00 T'ai Chi Chuan
2:00-3:00 Gentle Yoga
4:00-5:30 Healing Touch Group
5:30-6:30 Gentle Yoga
7:00-8:30 Leukemia & Lymphoma Disc. Group
7:00-8:30 Multiple Myeloma Discussion Group
- 5 thursday**
9:30-10:30 Gentle Yoga
11:20-12:00 Optimize Your Energy
3:00-4:00 Writing Workshop
- 7 saturday**
9:00-10:00 Gentle Yoga
- 8 sunday**
9:30-10:30 Gentle Yoga
-
- 9 monday**
9:30-10:30 Gentle Yoga
10:00-12:00 The Monday Knitters
10:45-12:00 Meditation
- 10 tuesday**
9:30-10:45 Yoga and Guided Meditation
1:00-2:30 Women's Spirituality Discussion Group
4:00-5:15 Gentle Yoga **G**
5:30-6:45 Gentle Yoga **G**
6:00-7:00 T'ai Chi Chuan
7:00-8:30 Spirituality Discussion Group
- 11 wednesday**
9:00-10:00 Exercise for the Cancer Survivor
10:00-11:00 Stress Reduction
11:00-12:00 T'ai Chi Chuan
2:00-3:00 Gentle Yoga
5:30-6:30 Gentle Yoga
6:30-7:15 Stop and Breathe...
7:00-8:30 Ovarian Cancer Discussion Group
- 12 thursday**
9:30-10:30 Gentle Yoga
11:20-12:00 Optimize Your Energy
5:30-7:00 Pancreatic Cancer Discussion Group
- 14 saturday**
9:00-10:00 Gentle Yoga
- 15 sunday**
9:30-10:30 Gentle Yoga
-
- 16 monday**
9:30-10:30 Gentle Yoga
10:45-12:00 Meditation

- 17 tuesday**
9:30-10:45 Yoga and Guided Meditation
1:00-2:30 Women's Spirituality Discussion Group
4:00-5:15 Gentle Yoga **G**
5:30-6:45 Gentle Yoga **G**
6:00-7:00 T'ai Chi Chuan
- 18 wednesday**
9:00-10:00 Exercise for the Cancer Survivor
10:00-11:00 Stress Reduction
11:00-12:00 T'ai Chi Chuan
1:00-2:30 Healing Through Art
2:00-3:00 Gentle Yoga
5:30-6:30 Gentle Yoga
- 19 thursday**
9:30-10:30 Gentle Yoga
11:20-12:00 Optimize Your Energy
1:00-2:30 Cancer Wellness Reading Circle
3:00-4:00 Writing Workshop
- 21 saturday**
9:00-10:00 Gentle Yoga
10:00-12:00 Introduction to Hypnosis—Fact and Fiction, and How Hypnosis Really Works
- 22 sunday**
9:30-10:30 Gentle Yoga

- 23 monday**
9:30-10:30 Gentle Yoga
10:00-12:00 The Monday Knitters
10:45-12:00 Meditation
1:00-2:00 Healing Ourselves through Sound with Crystal Bowl & Voice
- 24 tuesday**
9:30-10:45 Yoga and Guided Meditation
1:00-2:30 Women's Spirituality Discussion Group
4:00-5:15 Gentle Yoga **G**
5:30-6:45 Gentle Yoga **G**
5:30-7:00 Upper and Lower Extremity Lymphedema: Minimize Your Risk **G**
6:00-7:00 T'ai Chi Chuan
7:00-8:30 Spirituality Discussion Group
- 25 wednesday**
9:00-10:00 Exercise for the Cancer Survivor
10:00-11:00 Stress Reduction
11:00-12:00 T'ai Chi Chuan
2:00-3:00 Gentle Yoga
5:30-6:30 Gentle Yoga
- 26 thursday**
9:30-10:30 Gentle Yoga
11:20-12:00 Optimize Your Energy
- 28 saturday**
9:00-10:00 Gentle Yoga
- 29 sunday**
9:30-10:30 Gentle Yoga
-
- 30 monday**
9:30-10:30 Gentle Yoga
10:45-12:00 Meditation
- 31 tuesday**
9:30-10:45 Yoga and Guided Meditation
1:00-2:30 Women's Spirituality Discussion Group
3:00-4:30 Get Out of Your Mind and Into Your Life!
4:00-5:15 Gentle Yoga **G**
5:30-6:45 Gentle Yoga **G**
6:00-7:00 T'ai Chi Chuan

Save the Date:
LADIES NIGHT OUT
Wednesday, June 6, 2012

Benefitting the
Cancer Wellness Center's
**Barbara Demovsky Pritikin
Memorial Library**

Evening includes cocktails and
hors-de-oeuvres, followed by
dinner and a program by
Joyce Schragar

To request an invitation, call
Breanne Finkelberg at 847-509-9595

— TAKE NOTE —
Registration now open for
AN EVENING OF SURVIVORSHIP
Thursday, February 9

For your safety, we will cancel programs and/or groups when driving conditions are hazardous. Please call to confirm your programs during dangerous weather.

Please refrain from coming into the Center if you have a cold, virus, or anything that may be contagious. We ask that you reschedule, as we want to protect our participants from contagion as much as possible.

1 wednesday

- 9:00-10:00 Exercise for the Cancer Survivor
- 10:00-11:00 Stress Reduction
- 11:00-12:00 T'ai Chi Chuan
- 2:00-3:00 Gentle Yoga
- 4:00-5:30 Healing Touch Group
- 5:30-6:30 Gentle Yoga
- 7:00-8:30 Leukemia & Lymphoma Discussion Group
- 7:00-8:30 Multiple Myeloma Discussion Group

2 thursday

- 9:30-10:30 Gentle Yoga
- 11:20-12:00 Optimize Your Energy
- 3:00-4:00 Writing Workshop

3 saturday

- 9:00-10:00 Gentle Yoga

5 sunday

- 9:30-10:30 Gentle Yoga

6 monday

- 9:30-10:30 Gentle Yoga
- 10:00-12:00 The Monday Knitters
- 10:45-12:00 Meditation

7 tuesday

- 9:30-10:45 Yoga and Guided Meditation
- 1:00-2:30 Women's Spirituality Discussion Group
- 3:00-4:30 Get Out of Your Mind and Into Your Life!**
- 4:00-5:15 Gentle Yoga **G**
- 5:30-6:45 Gentle Yoga **G**
- 6:00-7:00 T'ai Chi Chuan

8 wednesday

- 9:00-10:00 Exercise for the Cancer Survivor
- 10:00-11:00 Stress Reduction
- 11:00-12:00 T'ai Chi Chuan
- 2:00-3:00 Gentle Yoga
- 5:30-6:30 Gentle Yoga
- 7:00-8:30 Ovarian Cancer Discussion Group

9 thursday

- 9:30-10:30 Gentle Yoga
- 11:20-12:00 Optimize Your Energy
- 6:00-9:00 An Evening of Survivorship**

10 friday

- 9:00-10:30 Meditation at the Botanic Garden**

11 saturday

- 9:00-10:00 Gentle Yoga

12 sunday

- 9:30-10:30 Gentle Yoga

13 monday

- 9:30-10:30 Gentle Yoga
- 10:45-12:00 Meditation

14 tuesday

- 9:30-10:45 Yoga and Guided Meditation
- 1:00-2:30 Women's Spirituality Discussion Group
- 3:00-4:30 Get Out of Your Mind and Into Your Life!**
- 4:00-5:15 Gentle Yoga **G**
- 5:30-6:45 Gentle Yoga **G**
- 6:00-7:00 T'ai Chi Chuan
- 7:00-8:30 Spirituality Discussion Group

15 wednesday

- 9:00-10:00 Exercise for the Cancer Survivor
- 10:00-11:00 Stress Reduction
- 11:00-12:00 T'ai Chi Chuan
- 1:00-2:30 Healing Through Art**
- 2:00-3:00 Gentle Yoga
- 5:30-6:30 Gentle Yoga
- 7:00-8:00 Healing Ourselves through Sound with Crystal Bowl & Voice**

16 thursday

- 9:30-10:30 Gentle Yoga
- 11:20-12:00 Optimize Your Energy
- 1:00-2:30 Cancer Wellness Reading Circle**
- 3:00-4:00 Writing Workshop
- 5:30-7:00 Pancreatic Cancer Discussion Group

18 saturday

- 9:00-10:00 Gentle Yoga

19 sunday

- 9:30-10:30 Gentle Yoga

20 monday

- 9:30-10:30 Gentle Yoga
- 10:00-12:00 The Monday Knitters
- 10:45-12:00 Meditation
- 6:00-8:00 Look Good...Feel Better**

21 tuesday

- 9:30-10:45 Yoga and Guided Meditation
- 1:00-2:30 Women's Spirituality Discussion Group
- 4:00-5:15 Gentle Yoga **G**
- 5:30-6:45 Gentle Yoga **G**
- 5:30-7:00 Train Your Brain for Wellness Basics** **G**
- 6:00-7:00 T'ai Chi Chuan

22 wednesday

- 9:00-10:00 Exercise for the Cancer Survivor
- 10:00-11:00 Stress Reduction
- 11:00-12:00 T'ai Chi Chuan
- 2:00-3:00 Gentle Yoga
- 5:30-6:30 Gentle Yoga

23 thursday

- 9:30-10:30 Gentle Yoga
- 11:20-12:00 Optimize Your Energy

25 saturday

- 9:00-10:00 Gentle Yoga
- 10:00-12:00 Using Hypnosis for Goal Achievement: The Power of Using the Right Brain

26 sunday

- 9:30-10:30 Gentle Yoga

27 monday

- 9:30-10:30 Gentle Yoga
- 10:45-12:00 Meditation

28 tuesday

- 9:30-10:45 Yoga and Guided Meditation
- 1:00-2:30 Women's Spirituality Discussion Group
- 4:00-5:15 Gentle Yoga **G**
- 5:30-6:45 Gentle Yoga **G**
- 6:00-7:00 T'ai Chi Chuan
- 7:00-8:30 Spirituality Discussion Group

29 wednesday

- 9:00-10:00 Exercise for the Cancer Survivor
- 10:00-11:00 Stress Reduction
- 11:00-12:00 T'ai Chi Chuan
- 2:00-3:00 Gentle Yoga
- 5:30-6:30 Gentle Yoga

THE CENTER'S WISH LIST

- Individually wrapped candy
- Individually wrapped tea bags
- Individual hot cocoa packets
- Xerox paper (8.5 x 11)
- Colored paper (8.5 x 11)
- Kleenex
- Hand soap – individual or refill bottles
- Large containers of unopened ground coffee (Caffeinated and Decaffeinated)
- iPod docks with speakers
- Spirituality, meditation, guided imagery books
- Yoga DVDs
- Yoga equipment
- Workout weights, balls, bands
- Home Depot/Lowe's gift cards
- Automatic letter folder
- Outdoor heavy plastic picnic tables
- Umbrella for picnic tables
- Walkie-Talkies (8)
- NEW sets of twin sheets
- 8-oz cups for hot liquids (NO FOAM PLEASE)
- 8-oz cups for cold liquids
- Blank sticker-style name tags
- AA batteries
- Napkins
- CD-R CD Recordable cds
- NEW hats (cotton "bucket" hats, knitted caps)
- Push pins
- Staples
- Glue sticks
- Paper clips
- Portable projection screen

PLEASE NOTE: Programs are held at the Northbrook location except when indicated as follows: **G** = Grayslake

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- 1 thursday**
 9:30-10:30 Gentle Yoga
 11:20-12:00 Optimize Your Energy
 3:00-4:00 Writing Workshop
7:00-8:30 I Have Had Colon Cancer: What Does It Mean for My Family?
- 3 saturday**
 9:00-10:00 Gentle Yoga
9:00-3:30 Healthy Lifestyle Program
- 4 sunday**
 9:30-10:30 Gentle Yoga
-
- 5 monday**
 9:30-10:30 Gentle Yoga
 10:00-12:00 The Monday Knitters
 10:45-12:00 Meditation
- 6 tuesday**
 9:30-10:45 Yoga and Guided Meditation
 1:00-2:30 Women's Spirituality Discussion Group
 4:00-5:15 Gentle Yoga **G**
 5:30-6:45 Gentle Yoga **G**
 6:00-7:00 T'ai Chi Chuan
- 7 wednesday**
 9:00-10:00 Exercise for the Cancer Survivor
 10:00-11:00 Stress Reduction
 11:00-12:00 T'ai Chi Chuan
 2:00-3:00 Gentle Yoga
 4:00-5:30 Healing Touch Group
 5:30-6:30 Gentle Yoga
 7:00-8:30 Leukemia & Lymphoma Discussion Group
 7:00-8:30 Multiple Myeloma Discussion Group
- 8 thursday**
 9:30-10:30 Gentle Yoga
 11:20-12:00 Optimize Your Energy
 5:30-7:00 Pancreatic Cancer Discussion Group
- 10 saturday**
 9:00-10:00 Gentle Yoga
- 11 sunday**
 9:30-10:30 Gentle Yoga
-
- 12 monday**
 9:30-10:30 Gentle Yoga
 10:45-12:00 Meditation
1:00-2:00 Healing Ourselves through Sound with Crystal Bowl & Voice

- 13 tuesday**
 9:30-10:45 Yoga and Guided Meditation
 1:00-2:30 Women's Spirituality Discussion Group
1:00-2:30 Nutrition for Cancer Wellness
 4:00-5:15 Gentle Yoga **G**
 5:30-6:45 Gentle Yoga **G**
 6:00-7:00 T'ai Chi Chuan
 7:00-8:30 Spirituality Discussion Group
- 14 wednesday**
 9:00-10:00 Exercise for the Cancer Survivor
 10:00-11:00 Stress Reduction
 11:00-12:00 T'ai Chi Chuan
2:00-3:30 Relax and Restore: An Afternoon of Restorative Yoga
 5:30-6:30 Gentle Yoga
 7:00-8:30 Ovarian Cancer Discussion Group
- 15 thursday**
 9:30-10:30 Gentle Yoga
 9:30-10:30 Optimize Your Energy
1:00-2:30 Cancer Wellness Reading Circle
 3:00-4:00 Writing Workshop
6:00-7:30 Upper and Lower Extremity Lymphedema: Minimize Your Risk
- 17 saturday**
 9:00-10:00 Gentle Yoga
- 18 sunday**
 9:30-10:30 Gentle Yoga
-
- 19 monday**
 9:30-10:30 Gentle Yoga
 10:00-12:00 The Monday Knitters
 10:45-12:00 Meditation
- 20 tuesday**
 9:30-10:45 Yoga and Guided Meditation
 1:00-2:30 Women's Spirituality Discussion Group
1:00-2:30 Nutrition for Cancer Wellness
 4:00-5:15 Gentle Yoga **G**
 5:30-6:45 Gentle Yoga **G**
 6:00-7:00 T'ai Chi Chuan
7:00-8:30 The Impact of Stress on the Mind, Body and Spirit **G**

- 21 wednesday**
 9:00-10:00 Exercise for the Cancer Survivor
 10:00-11:00 Stress Reduction
 11:00-12:00 T'ai Chi Chuan
1:00-2:30 Healing Through Art
 2:00-3:00 Gentle Yoga
 5:30-6:30 Gentle Yoga
- 22 thursday**
 9:30-10:30 Gentle Yoga
 11:20-12:00 Optimize Your Energy
7:00-8:30 Life Over Cancer: Impacting Survival & Improving Life Quality through Integrative Treatment
- 23 friday**
9:00-10:30 Meditation at the Botanic Garden
- 24 saturday**
 9:00-10:00 Gentle Yoga
 10:00-12:00 Using Hypnosis for Stress Reduction and Health Enhancement
- 25 sunday**
 9:30-10:30 Gentle Yoga
-
- 26 monday**
 9:30-10:30 Gentle Yoga
 10:45-12:00 Meditation
- 27 tuesday**
 9:30-10:45 Yoga and Guided Meditation
 1:00-2:30 Women's Spirituality Discussion Group
1:00-2:30 Nutrition for Cancer Wellness
 4:00-5:15 Gentle Yoga **G**
 5:30-6:45 Gentle Yoga **G**
 6:00-7:00 T'ai Chi Chuan
 7:00-8:30 Spirituality Discussion Group
- 28 wednesday**
 9:00-10:00 Exercise for the Cancer Survivor
 10:00-11:00 Stress Reduction
 11:00-12:00 T'ai Chi Chuan
 2:00-3:00 Gentle Yoga
 5:30-6:30 Gentle Yoga
- 29 thursday**
 9:30-10:30 Gentle Yoga
 11:20-12:00 Optimize Your Energy
- 31 saturday**
 9:00-10:00 Gentle Yoga



Please watch our website for information about the 2012 Stepping UP to Wellness Run/Walk

The Cancer Wellness Center would like to thank, with much appreciation, our generous program supporters:

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

The Family Room made possible in part by:
 Healthcare Foundation of Highland Park
 New Trier Township
 Niles Township
 Northbrook Rotary

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 Michael Rolfe Pancreatic Cancer Foundation
 West Deerfield Township

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PROGRAM CALENDAR

Nonprofit
Organization
U.S. Postage
PAID
Permit No. 2144
Northbrook, IL 60062



The Cancer Wellness Center is a private non-profit organization which receives its operating support through the generosity of individuals, foundations, corporations and businesses.

Locations:

NORTHBROOK

215 Revere Drive
Northbrook, IL 60062-8010

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.-5:00 p.m.

GRAYSLAKE

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

HOURS

Tuesday, 3:00 p.m.-7:00 p.m.

www.cancerwellness.org



SUPPORT • WELLNESS • EDUCATION

Free programs and services
for anyone impacted by cancer.

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VOLUNTEER SPOTLIGHT



Marjorie Fradin

I have been volunteering at the Center since I heard during my yoga teacher training that the Center was looking for volunteers. I'm not sure what I expected at the beginning, but I certainly didn't know that my class participants would be some of the kindest, most open and generous people I've ever met. When my mother was diagnosed with breast cancer, it was a taboo subject in our home and as such, it took on a life of its own and became very scary for me. At the CWC, it seems like people don't tiptoe around the issue. They confront it and help others do so, too. I wish my mother had a place like CWC when she was ill.

At CWC, the resources (particularly the human resources in the form of other people who've been touched by cancer) enable people to deal with whatever issues face them directly and without as much fear as they might have on their own. It is a warm, welcoming place and you don't have to worry about explaining anything to anyone.

I know that all CWC volunteers bring the same dedication and focus to providing the very best they can to the CWC participants. The most notable thing I've gained is a sense of humility. My students at the gym grumble about how bad they are; my students at the CWC are, for the most part, grateful for where they are. That is the true essence of yoga, and why I think of my CWC students as an inspiration.



Marcia Bogolub, P.T., R.Y.T.

I became involved with the Cancer Wellness Center with the encouragement and support of my fellow yogini and CWC yoga instructor, Ellyn Robbins. I will always be thankful to her for this! Without question, the thing I enjoy most about being at the Center is my students. They are authentic, extraordinarily good-natured, and grateful for each moment we share in class. It is truly my pleasure to teach yoga at CWC.

When I began volunteering, I was surprised by the life-affirming spirit and sense of optimism that pervades the Center. Despite the serious mission of the center, it is a warm and nurturing place to be.

As I yoga instructor, I believe that service and giving back to others needs to be a consistent part of my own practice and my own life. Volunteering at the Cancer Wellness Center provides me with an opportunity to do just that.

I share my class with Marjorie Fradin. She has been teaching at the Center longer than me; from the very beginning, she has been welcoming, supportive, flexible and just a lovely person to work with. My experience with her just underscores what I feel as a part of the volunteer team....it is an overwhelmingly positive place to teach!