Cancer Survivorship Program

In-Person/Virtual Class and Program Calendar

September - December 2023
Enter West Garage; Parking is available on all levels of the garage. Cancer Survivorship Center's parking is on level 1 on the Northwest corner of the garage.

Exit through the gate on level 1, follow walk path to the front of building.
The Yoga of Awe - Mini Yoga Retreat with Nina G.

**Thursday, September 28th, 2023, 5:30pm-7:30pm**

(Location: Cancer Wellness Center in Northbrook, IL.)

Join us for this two-hour retreat and learn some yoga techniques to experience awe in your everyday life. This retreat includes journaling, breath techniques, meditation, and yoga. Participants should be able to get up and down from the floor safely for this program.

Call the Center to register 847-723-5690

Crafting Club

**Mondays 4:30pm-5:30pm: Sept. 11th & 18th, Oct. 16th & 30th, Nov. 13th, Dec. 11th**

Crafting can help reduce the troublesome symptoms of “chemo brain,” such as memory loss and word finding difficulties. Survivors and caregivers may experience reduced levels of anxiety, depression and isolation while participating in knitting and crochet classes.

- Prior experience is not required.

Look Good Feel Better (In-Person)

**October 16th, 2023, 1:00pm-3:00pm**

Group workshop with a trained expert that will teach you beauty techniques to help manage appearance-related side effects from cancer treatment. This workshop will help you feel more confident and empowered during your cancer journey. No matter what type of cancer you have.

- Requirement: Must be actively in treatment

Call 847-723-5690 to register.

Counseling Services

In partnership with Cancer Wellness Center of Northbrook, Cancer Survivorship now offers counselling services to anyone who is experiencing distress because of a cancer diagnosis. Counseling Services include:

- Individual
- Couples
- Families
- Children/Teens
- Parent consultations with a Child Life Specialist
- Spanish speaking; contact our Bilingual Clinical Associate at 847-562-4989.

To get connected with counseling services please call Intake Coordinator Alana Lebovitz at 224-406-8359.
Finding out you have cancer can be disorienting. Our mission is to give you the tools you need to find your footing again. Our support services begin when you are first diagnosed with cancer and continue throughout your life. So, whether you are living with cancer as a chronic condition or have recently completed treatment, we are here to help you navigate in a way that feels right to you.

The Cancer Survivorship Program was created because we know that for survivors and their caregivers, the cancer journey extends beyond the treatment process. Here we focus on the physical, social, psychological, and spiritual needs of our patients, family members, and caregivers.

Here is our schedule for September – December 2023

- Hybrid classes are offered in-person and virtually via Zoom. Face coverings are optional.

**Monday**
- Yoga for the Nervous System (In-person): 10:00am-11:00am
- Cardio Strength Training (Virtual): 11:45am – 12:45pm
- Massage Therapy: 10:00am-12:20pm (By appointment only)
- Stress Relief Yoga (Hybrid): 5:30pm-6:30pm
- Crafting Club: 4:30pm-5:30pm (In-Person)

**Tuesday**
- Chair Yoga (Hybrid): 9:45am – 10:30am
- Chair Yoga (In-Person): 10:45am – 11:30am
- Music Therapy (In-Person): 1:00pm-3:00pm start date: TBA

**Wednesday**
- Total Body Workout (Virtual): 11:45am – 12:45pm
- Massage Therapy: 10:00am-12:20pm (By appointment only)
- Gentle Yoga (Hybrid): 5:30pm-6:30pm (Instructor from Cancer Wellness Center)
- Art Therapy (In-Person): 10:00am-11:30am

**Thursday**
- Water Aerobics (In-person) Class held at LGH Fitness Center: 11:00am-12:00pm
- Reflexology: 10:00am-1:00pm (By appointment only)
- Tai Chi (Virtual): 2:30pm-3:30pm
- The Power of Relaxation Mini Yoga Retreat, September 28th 5:30pm-7:30pm

**Friday**
- Exercise for Cancer (Virtual): 9:00am-10:00am
- Reflexology: 10:00am-1:00pm (By appointment only)
- Breast Cancer Support Group (Virtual): Sept. 1st, Oct. 6th, Nov. 3rd, 2pm-3pm
- Cancer Support Group (Virtual): Sept. 15th, Oct. 20th, Nov. 17th 2pm-3pm

No matter if you currently have a cancer diagnosis, had one in the past, or if you are a caregiver these programs are for you. Registration is required for all classes and programs.

To Register for Classes and Programs Visit: www.advocatehealth.com/classes-events

For more Information call: 847-723-5690 or e-mail samantha.daniel@aah.org
New Wigs are Available at NO COST to Women Experiencing Hair Loss due to Cancer Treatment

IN ORDER TO SERVICE ALL PATIENTS:

• An appointment must be scheduled in advance. No walk-ins allowed.

To Schedule an appointment, please call 847-723-5690

• Patients, please ask your doctor approximately when you will start losing your hair. We will attempt to schedule an appointment close to that time.
• Patients cannot be fitted if they have existing chin-length or longer hair. Hair must be chin-length or shorter to be fitted for a wig.
Look Good Feel Better Live! Virtual Workshops

Look Good Feel Better Live! Virtual Workshops provide live instruction, tips, and tricks for dealing with visible side effects of cancer treatment. These free, one-hour, online group workshops can be done from the comfort and privacy of home. Available sessions:

- Skin care and cosmetics application.
- Wigs and head coverings, including scarves and turbans.
- Body image, wardrobe, and styling tips.
- Scarf tying techniques to boost confidence.

Workshops are presented in partnership with Look Good Feel Better Alliance member: Advocate Lutheran General Hospital Cancer Survivorship Center

Visit [www.lookgoodfeelbetter.org/alliance-partner-virtual-workshops](http://www.lookgoodfeelbetter.org/alliance-partner-virtual-workshops) to register for an LGFB Alliance Skin Care and Makeup workshop and request a free Look Good Feel Better makeup kit. Please register at least two weeks in advance to allow time for kit delivery before the workshop. Use Site Referral Code: AD60068 when registering.

In – Person Class:
Monday, October 16th, 2023
1:00pm-3:00pm

Location: Cancer Survivorship Center
1999 W. Dempster St.
Park Ridge, IL. 60068

Call Samantha Daniel at 847-723-5690 to register!
Cancer treatment can present its own physical and mental challenges. At the Cancer Survivorship Center, you have access to a range of integrative medicine therapies designed to help manage your; fatigue, stress, pain, nausea and support your wellbeing. These therapies can create an empowering, personalized experience that can enhance your body’s ability to heal, build resilience, and manage treatment side effects. We aim to not only provide support but bring balance to your life.

**What’s offered?**

**Massage Therapy:** Massage therapy for people living with cancer, and after treatment, involves adjusting the application of general massage techniques. This technique can deliver a safe and effective massage to people in all stages of cancer—from diagnosis through survivorship. Cancer patients receiving gentle massage therapy may experience improved mood; a greater sense of wellbeing; and reduced levels of stress, tension, muscle aches and pain.

Visit [www.advocate.health.com/classes-events](http://www.advocate.health.com/classes-events) to register. Class Code: 8C82

**Art Therapy:** Art therapy may improve the physical, mental, and emotional state of individuals for a variety of purposes. It remains understudied and underutilized in cancer treatment. The Survivorship Center developed an art therapy program that can improve the physical and mental aspects of cancer survivors. Join us as we explore your creative minds. *Prior art experience is not required*

Visit [www.advocatehealth.com/classes-events](http://www.advocatehealth.com/classes-events) to register. Class code: 8C93

**Reflexology:** 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 reflexologists can improve your health by reducing pain and anxiety. When cancer patients face stress, fatigue, or nausea, they may turn to integrative therapies such as reflexology to help ease symptoms. Although each patient responds individually, reflexology can support relaxation and comfort during and after cancer treatment.

Call the Center at 847-723-5690 to schedule your 50-minute session.

**Aromatherapy:** Is the use of fragrant substances distilled from plants, called essential oils. These essential oils can alter mood balance, and give energy back to the body, mind, and spirit, as well as help cope with chronic pain, depression, and many other benefits. Aromatherapy will be offered at our infusion center and in conjunction with our massage therapy, reflexology appointments, and our yoga classes.

For more information call the Center: 847-723-5690
Support Services

Virtual Cancer Support Group
Fridays: Sept. 15th, Oct. 20th, Nov. 17th 2023
Time: 2pm - 3pm
This support group is a monthly group that bring individuals together that are newly diagnosed or have a history of cancer. We will discuss a variety of topics each month related to treatment and recovery. Participants can discuss how cancer is affecting them and share their life experience with their peers as well as receive tips, advice, and emotional support in a relaxed, supportive setting. Join us, we are here to support you.
Visit www.advocatehealth.com/classes-events to register. Class Code 8C25

Virtual Breast Cancer Support Group
Fridays: Sept. 1st, Oct. 6th, Nov. 3rd 2023
Time: 2pm – 3pm
This is a group for persons with a breast cancer diagnosis who are, either currently in treatment or have completed treatment. The purpose of the group is to provide support and share information with other survivors. Some sessions will be led by guest speakers discussing a range of topics, along with open discussion.
Visit www.advocatehealth.com/classes-events to register. Class Code 8C19

Bereavement Program
We understand that it can be helpful to talk about the loss of a loved one and the adjustments that follow after your loss. While there are no simple answers, we can help you discover healthy ways of dealing with your feelings and provide support after the death of your loved one.

- Remember, you are not alone in your grief. Please call our Grief Support Specialists for additional support.
  Shane Villanueva 630-571-8603

Ask about our Caregiver Support Resources: Call 847-723-5690 or visit our website
Scan QR Code.
Support Services

**Samantha Daniel, BS, HIT, AC**
*Oncology Survivorship Program Coordinator*
Can provide access and seamless coordination of services throughout the continuum of your cancer care. Our coordinator can meet with you and your family to provide emotional support, patient education, teaching, knowledge regarding support services, resources and guidance following the diagnosis of cancer, through treatment, and survivorship. 
Call **847-723-5690** to speak with our Coordinator.

**Social Work Services**

**Jamie Sorensen, MSW, LCSW, AC**
*Medical Social Worker*
A Licensed Clinical Social Worker (LCSW, MSW) will be available to cancer patients and their support persons who need assistance accessing information & community resources to address the social & financial impact of a cancer diagnosis. The LCSW will be able to assist with referral to home health & rehab services, transportation, disability benefit info, work or school issues, legal assistance referrals and/or assistance with advanced directives. Social work services are free of charge. Please call **847-723-5693** to leave a brief message to schedule an appointment.

**Nutritional Services**

**Rebecca Waller, RD, LDN, AC**
*Outpatient Oncology Registered Dietitian*
Contact our Nutritionist Rebecca Waller and learn how to get healthier, before, during and after treatment. Also, ask about our monthly cooking classes and 4 Weeks to Healthier Habits Program. The goals of nutrition therapy for cancer patients are to:
- Control Side Effects from Medications, and Treatment
- Lower Risk of Infections
- Keep up Strength and Energy
- Improve or Maintain Quality of Life
Call Rebecca Waller at **847-723-5691** to schedule an appointment or for more information.

**Counseling Services**

Through a partnership with the Cancer Wellness Center, the Cancer Survivorship Center offers counseling services to those who are experiencing emotional distress because of a cancer diagnosis. Those diagnosed with cancer and their loved ones are eligible to receive at NO CHARGE. Available counseling services are available for individuals, couples, families, and children/teens. Parent consultations are also available with a Child Life Specialist. To get connected with services, please contact Alana Lebovitz, Cancer Wellness Center’s Intake Coordinator at **224-406-8359**.

An on-line form can also be completed to get connected by scanning the QR Code.
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<td>5:30pm-6:30pm</td>
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<td>2:30pm-3:30pm</td>
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<tr>
<td>Chair Yoga (Hybrid)</td>
<td>Tai Chi (Virtual)</td>
<td>Cooking Class (In-Person)</td>
<td>Exercise for Cancer (Virtual)</td>
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<td>9:45am – 10:30am</td>
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<td>Art Therapy (In-Person)</td>
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<td>Stress Relief Yoga (Hybrid)</td>
<td>Tai Chi (Virtual)</td>
<td>Cancer Support Group</td>
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November 2023
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<td>Total Body Workout (Virtual)</td>
<td>Water Aerobics</td>
<td>Exercise for Cancer (Virtual)</td>
<td>Reflexology</td>
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<tr>
<td>Massage Therapy 10:00am-12:20pm (Appt. Only)</td>
<td>11:45am – 12:45pm</td>
<td>11:00am-12:00pm</td>
<td>9:00pm – 10:00pm</td>
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<td>Yoga for the Nervous System (In-Person)</td>
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Visit: www.advocatehealth.com/classes-events

Scan QR Code to Access Website:

Registration Class Codes

Yoga for the Nervous System (In-Person): 8C67
Craft Club (In-Person):
Cardio Strength Training (Online): 8C63
Massage Therapy (In-Person): 8C62
Stress Relief Yoga (In-person): 8C54
Stress Relief Yoga (Online): 8C55
Chair Yoga 9:45am (In-Person): 8C70
Chair Yoga 9:45am (Online): 8C71
Chair Yoga 10:45am (In-Person): 8C72
Gentle Yoga (Online): 8C51
Gentle Yoga (In-Person): 8C46
Water Aerobics (In-Person): 8C39
Total Body Workout (Online): 8C65
Nutrition Classes: 8C96
Nutrition Cooking Classes: 8C97
Exercise for Cancer (Online): 8C47
Art Therapy (In-Person): 8C93
Tia Chi (Online): 8C33
Crafting Club (In-person): 8C34

In Partnership With