Our Annual Art Exhibition will be held on **Wednesday, October 30th** from **6 pm until 8 pm** at our **Homewood location**. The evening will feature a display of participant art work as well as the official dedication of a painting commemorating The Center as the 2019 recipient of the Alexander Foundation Community Commitment Award. Honored guest and artist, Andre Guichard will be present for the installation of this piece to the CSC collection.

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**Art Therapy Programming**

**Art Therapy**

**Homewood:** Mondays: 2-3:45 p.m. (No Group 9/2 & 11/28) **Mokena:** Tuesdays; 2-3:45

**September:** Art Therapy ROCKS - We will be using rocks to create mandalas, pebble art and more!

**October:** Fall Crafts - We will be using seasonal materials like pumpkins, sticks & leaves.

**November:** Gratitude - Take time to reflect about your life, what you are thankful for and experience gratitude through art-making.

**Open Studio**

Homewood: Wednesdays; 1-3 p.m

**Contact**

708-798-9171 or 708-478-3529
to register.

**Art Journaling**

Mokena: Thursdays; 2-3:30 p.m.

(No group 9/12 & 11/28)
Clean Living: Cleaning with Essential Oils and Chemical-Free Products
Homewood: Tuesday, October 22; 11:45 a.m.-1:15 p.m.
Mokena: Wednesday, November 6; 11:30 a.m.-1 p.m.
We use products everyday on our bodies and in our homes that contain ingredients that are harmful. We will explore the Environmental Working Group’s (EWG) ‘Guide to Healthy Cleaning” and review all of the benefits of using essential oils in your home. Presented by Chris Rosandich, Nutrition Educator, MS and Jayne Hayes, Reiki Master and Sound Healing Practitioner.

Fitness Workshop: Introduction to Progressive Exercise
Homewood: Tuesdays in September & November; 3-4 p.m.
Mokena: Mondays in October; 3-4 p.m.
Learn how different types of exercises affect your body. Explore an in-depth look at what machines, bands, tubes, dumbbells, barbells and body weight exercises can and cannot do for you. Receive hands on instruction on pushing, pulling and rotational movements, as well as the American College of Sports Medicine’s 5 components of fitness. We’ll go from simple to complex. Participants work at their own pace and comfort level. Facilitated by Roy Alfonso, Fitness & Medical Exercise Specialist.

Oncology Skin Care Considerations
Mokena: Thursday, November 14; 4-5 p.m.
Skin can respond drastically to cancer treatments such as radiation, chemotherapy, and surgery. During and after treatment, patients can experience symptoms including rashes, burns, compromised skin barrier, extreme sensitivity, pigmentation, scarring, and advanced signs of aging. Our goal is to educate and provide support on relieving these symptoms and work towards restoring skin back to its healthy state. Presented by Dermatological Skin Care Specialists certified in Oncology Skin Care, Caitlin Moyer Licensed Esthetician, Windy Mays Licensed Esthetician.

Stress Mastery: Simple Tools to Transform Stress for Good
Homewood: Thursday, September 26; 10-11:30 a.m.
After a diagnosis such as cancer, stress can result in depression, anxiety, and more. Learn the biology of how our brains can be hijacked by stress. Learn tools to assess, appreciate, and adjust to stress. You’ll also create a recharge toolkit that allows you to respond rather than react to stress. The toolkit will enable you to stress less, recharge your own battery, and become the boss of your own brain. Presented by Certified Stress Mastery Educator, American Institute of Stress Audrey Weidman.

A Conversation Around Geriatric Oncology
Mokena: Wednesday, October 9; 5:30-6:30 p.m.
This program will define fitness for therapy with an understanding of life expectancy, quality of life and goals for best care of our older patients facing cancer. Presented by Dr. James Wallace, MD, Cancer Program Director UChicago Medicine Ingalls, Co-Chair Geriatric Oncology Clinic at University of Chicago/Hyde Park.

SPECIAL PROGRAMMING

Sound Bath: Immerse Yourself in Healing Vibration
Homewood: Tuesday, September 10; 6:30-7:30 p.m. & Friday, October 11th; 1-2 p.m.
A sound meditation, in which you bathe your body in the healing vibrations of a variety of ancient instruments, can raise your consciousness to create a space of peace and well-being. Please bring a pillow, blanket and wear loose clothing. Facilitated by Cecily Hunt, MDes, RYT, E-500 CYT.

Cannabis and Cancer
Homewood: Tuesday, September 24; 5-6 p.m.
This presentation will briefly cover cannabis history and the application process as well as the role that cannabis can play as a treatment option for cancer as well as the role of cannabinoids in relieving the symptoms associated with traditional cancer treatments. Presented by Rick Niksic, Greenhouse Education and Outreach Coordinator.

BODY IMAGE
A cancer journey affects the way we feel both inside and out. These programs are designed to boost your spirit and self-confidence.

The Wig Boutique: We have wigs for you!
Before making a financial commitment to an expensive wig, visit our wig boutique. Staff is available to help you find a great compliment to your style and everything is free of charge. Wigs are available to women currently in treatment and breast prosthetics are available in Homewood. Wig fittings are by appointment only.

Call (708)798-9171 (Homewood) and (708)478-3529 (Mokena) to schedule your private appointment.
(Our wig boutique in Homewood is available thanks to a grant from the Wendy Larks Foundation. Our Mokena boutique is available thanks to a grant from the Hometown Hoedown.)
Learn about the most nutrient-dense and cancer-fighting foods and how to incorporate them into your life. Our nutrition classes offer the most current information and step-by-step strategies that will encourage optimal health.

Healing Cancer Audio Series
Homewood: Wednesdays, September 4-October 30; 11:15 a.m.-12:45 p.m.
Each week we will listen to an hour long presentation by a renowned expert from the audio series: Healing Cancer World Summit; Proven Integrative Approaches for Cancer Prevention and Recovery and discuss how to incorporate and apply these ideas to our own lives. Drop-in attendance is welcomed and weekly participation is not required (come to all or some). Please visit our website for the full topic list. Facilitated by Christine Rosandich, MS, Nutrition Educator & Health Coach.

Nutrition 101: Exploring a Cancer-Fighting Diet (2-Part Series)
Mokena: Tuesday, October 8 and October 15, 11:45-1:15 p.m.
This 2-part series will empower you, step-by-step in making lifelong changes for a healthier diet. We will explore topics such as; which foods are best to eat for your immune system, gut health, how to set small goals that become lifelong habits and simple meal planning. Facilitated by Christine Rosandich, MS, Nutrition Educator & Health Coach.

Health Watchers: Nutrition & Meal Planning Discussion Group
Mokena: 3rd Tuesday each month; 4-5:15 p.m. (Sept 17, Oct. 15, Nov. 19)
Health Watchers is a progressive nutrition group that meets to collaborate, encourage and support each other on our journey towards healthy eating. A new topic is discussed each month along with simple ways to meal plan. Facilitated by Christine Rosandich, MS, Nutrition Educator & Program Volunteer, Beth Bogan.

Enhancing Flavor with Spices Cooking Demo
Homewood: 1st Thursday of each month; 11-12:30 p.m. (Sept. 5, Oct. 3, Nov. 7)
Join us as Chef Marcia teaches us to cook with a variety of healing herbs and spices that are known to help reduce inflammation, improve health and boost your immune system. Provided by Chef Marcia Kuchta.

Cancer-Fighting Cooking Demo: Highlighting Rebecca Katz’ Kitchen Course
Homewood: 2nd Thursday of each month; 1-3 p.m. (No Sept. Class, Oct. 10 & Nov. 14)
Learn cancer fighting skills and techniques you can easily adopt to promote healing in your kitchen in a new way. Each program will feature a short video from the, “Cancer-Fighting Kitchen Course; Surviving and Thriving during treatment and beyond” by culinary Chef Rebecca Katz followed by a cooking demo. We’ll learn how to make healthy, delicious and nutrient-rich dishes from Katz’s renowned cookbook, “Cancer-Fighting Kitchen.” Presented by Christine Rosandich, MS, Nutrition Educator & Health Coach.

Evening Cooking Demo with Chef Marcia
Homewood: Thursday; October 17, 6-8 p.m.
Local culinary Chef, Marcia Kuchta will share all her secrets on how to make cooking fast, easy and extremely low-maintenance. Enjoy a small sampling of food and have some fun.

Healthy Changes in the Kitchen and Beyond
Mokena: 1st Friday of each month; 12-1:30 p.m. (Sept 6, Oct 4, Nov 1)
Want to live a healthier and cleaner life? Join us as we participate in interactive projects and discussions centered on living a more chemical-free lifestyle. Provided by Chef Lesley Shworles.
We offer a variety of counseling services at both locations. Please call to schedule a Personal Planning Session with a counselor to create a program plan that is right for you.

Personal Planning Session: Available at both locations, a personal planning session is an introduction to The Center. You will meet with a counselor and we will create a unique program plan based on your current needs.

Individual Counseling: Available for anyone impacted by cancer at all ages at both locations.

Support Groups: By the mutual sharing of how a person is affected physically, emotionally, socially and spiritually after a cancer diagnosis; support groups provide the opportunity for connection, validation, information and understanding. To learn more about these groups and to register please call and schedule a Personal Planning Session with one of our counselors. This session and registration is required before attending a group.

<table>
<thead>
<tr>
<th>Group and Participant Type</th>
<th>Location</th>
<th>Meeting Day/Time</th>
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</thead>
<tbody>
<tr>
<td>Survivors Group:</td>
<td>Homewood</td>
<td>Tuesdays, 10-11:30 a.m.</td>
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<tr>
<td>For any individual who has cancer</td>
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<td>No Group 9/10</td>
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<tr>
<td>(in treatment or post treatment)</td>
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<tr>
<td>Caregivers Group:</td>
<td>Homewood</td>
<td>3rd Tuesday of each month</td>
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<tr>
<td>For any individual taking care of someone</td>
<td>Mokena</td>
<td>5-6 p.m.</td>
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<tr>
<td>with cancer (friend, family)</td>
<td></td>
<td>1st Wednesday of every month</td>
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<tr>
<td>Men's Discussion Group:</td>
<td>Homewood</td>
<td>5-6 p.m.</td>
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<tr>
<td>Any male in treatment or post</td>
<td>Mokena</td>
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<tr>
<td>treatment for cancer</td>
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New Children, Teen & Family Programming

Child, Teen & Family Programs are forming now! Please call to sign up for one of our groups or special family events. All of our programming is open to any child under 18 impacted by cancer in the family.

Kids Club

This group is for kids 12 and younger to come together for activities and conversation about cancer in their lives. All supplies and snacks will be provided. For current dates and times please call.

Teen Talk

These support groups are for anyone 13-18 whose life has been touched by cancer. Groups will include art, music, activities and mutual understanding. For teens whose loved one has cancer, please call (708)798-9171 for more information.

Family Events

Join us for an evening filled with fun! These events will vary from movies to game nights or crafts. Please call for more details and to register. Refreshments and supplies provided.

Tibetan Bowl Group Sound Bath

Mokena: Thursdays, Sept. 5, October 10 & 24, Nov. 7 & 21; 9:30-10:30 a.m
Vibrational sound with singing bowls work with the energy field that extends from our physical bodies and relaxes our brain waves. Please bring a pillow and blanket. Presented by Jayne Hayes, Reiki Master. Please call (708)478-3529 to register, space is limited. No perfume please.

Therapy Dog Group

Homewood: 2nd Friday of each month
11:30 a.m.-12:30 p.m. (Sept. 13, Oct. 11 & Nov. 8)
These groups are open to all ages and provided by certified therapy dogs. Spending time with a therapy dog can provide affection, comfort and joy.

Annie’s Knit & Crochet Circle

Homewood: Fridays, 10-11:30 a.m.
(No group November 29)
Materials provided or bring your own. This is an open space for survivors and caregivers to gather independently to work on knit & crochet projects.
## Networking Groups

*Drop-in monthly programs & special presentations for people to come together to discuss treatments and coping mechanisms for handling specific types of cancer. Most groups are co-facilitated by medical professionals.*

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<thead>
<tr>
<th>Cancer Type</th>
<th>Location</th>
<th>Monthly Meeting</th>
<th>Time</th>
<th>Participant Type</th>
<th>Fall Dates</th>
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</thead>
<tbody>
<tr>
<td>Brain</td>
<td>Homewood</td>
<td>2nd Thursday</td>
<td>6-8 p.m.</td>
<td>Survivors, Caregivers, Bereaved</td>
<td>9/12 10/10 11/14</td>
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<tr>
<td>Breast</td>
<td>Homewood</td>
<td>1st Wednesday</td>
<td>6-7:30 p.m.</td>
<td>Survivors</td>
<td>9/4 10/2 11/6</td>
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<tr>
<td>Breast</td>
<td>Mokena</td>
<td>3rd Monday</td>
<td>6-7:30 p.m.</td>
<td>Survivors</td>
<td>9/16 10/21 11/18</td>
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<tr>
<td>Metastatic Breast</td>
<td>Homewood</td>
<td>1st Wednesday</td>
<td>5-6 p.m.</td>
<td>Survivors</td>
<td>9/4 10/2 11/6</td>
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<tr>
<td>Sista’s of Hope Support Group</td>
<td>Homewood</td>
<td>3rd Wednesday</td>
<td>6-8 p.m.</td>
<td>African American Women</td>
<td>9/18 10/16 11/20</td>
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<tr>
<td>Blood</td>
<td>Homewood</td>
<td>3rd Wednesday</td>
<td>6-7:30 p.m.</td>
<td>Survivors &amp; Caregivers</td>
<td>9/18 10/16 11/20</td>
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<tr>
<td>Colorectal</td>
<td>Mokena</td>
<td>2nd Monday</td>
<td>5:30-6:30 p.m.</td>
<td>Survivors &amp; Caregivers No Group</td>
<td>10/14 11/11</td>
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<tr>
<td>Gynecological</td>
<td>Homewood</td>
<td>3rd Wednesday</td>
<td>5-6 p.m.</td>
<td>Survivors</td>
<td>9/18* 10/16 11/20</td>
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<tr>
<td>Lung</td>
<td>Mokena</td>
<td>Call for more details.</td>
<td>708-478-3529</td>
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## Bereavement Services

*Anyone who has experienced a loss due to cancer is welcome to attend all of our wellness classes. We also offer individual and family bereavement counseling in addition to bereavement groups. Please call either location to schedule a Personal Planning Session (PPS) to determine what might be the best fit for you.*

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<thead>
<tr>
<th>Group</th>
<th>Location</th>
<th>Meeting Day/Time</th>
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<tbody>
<tr>
<td>Bereavement Support Group</td>
<td>Call for more details.</td>
<td>Call for more details.</td>
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<tr>
<td>Bereavement Networking Group</td>
<td>Mokena</td>
<td>1st Thursday of each month 5-6 p.m. Sept. 5, Oct. 3, Nov. 7</td>
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<tr>
<td>Mother’s Grief Group: Mothers who have lost an adult child to cancer.</td>
<td>Homewood</td>
<td>3rd Thursday of each month 10 a.m. - 12 p.m. Sept. 19, Oct. 17, Nov. 21</td>
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</tbody>
</table>
These programs offer individuals an opportunity to increase their sense of physical, mental and spiritual balance. Expert facilitation is offered in the methods of yoga, massage and other forms of exercise. Please wear appropriate fitness clothing and bring water.

**Zumba Gold**
(Homewood: No Class September 12 & November 28; Mokena: No class October 14 & November 25)
Zumba Gold is a lower impact, easy to follow Latin-inspired dance fitness party that keeps you in the groove of life. *Facilitated by Denise Camin & Lori Stanton, Licensed Zumba Instructors.*

**Zumba Toning**
No class October 11 & November 29
Zumba toning offers a new way to tone your muscles in a fun, easy to follow Latin-inspired dance cardio class. *Facilitated by Lori Stanton, Licensed Zumba Instructor.*

**Get Moving Get Fit**
(No Class November 27)
Workouts will focus on the whole body and all levels of fitness are welcome. *Facilitated by Evelyn Thies, Certified Personal Trainer.*

**Gentle Yoga**
(No Classes September 2, November 28 & 29)
Gentle yoga classes are designed to reduce stress and address physical side-effects of cancer. Classes consist of breath work, gentle stretches, seated and standing poses using the chair or wall for assistance, relaxation and meditation. *Facilitated by certified yoga instructors.*

**Yoga for Balance & Core Strength**
Yoga poses focus on fostering core stability, body awareness, and mindfulness to perform activities of daily living well. Classes consist of breath work, yoga poses using a chair or wall or mat, relaxation, and meditation.

**Moves That Matter**
Homewood: Saturdays, Sept. 7 & 21, Oct. 5 & 19, Nov. 16; 9:30-10:15 a.m.
This class works on releasing tension, increasing flexibility, improving posture, coordination, injury prevention, balance and pain management. Each person works at their own pace and comfort zone. *Facilitated by Roy Alfonso, Fitness & Medical Exercise Specialist.*

**Self-Guided Fitness Spaces**
Homewood: Monday-Friday; 9:30-4 p.m. (Please call 708.798.9171 to register.)
Mokena: Monday-Friday; 9:30-4 p.m. (Please call 708.478.3529 to register.)
Clearance by one of our staff members is required before utilizing the

**Therapeutic Touch**
- Massage Therapy (both locations)
- Cranio-Sacral Therapy (both locations)
- Reiki (Mokena)
Priority appointments for those in treatment. Thirty minute, fully clothed sessions. Note: limit one session per month. Please call (708)798-9171 to register in Homewood and (708)478-3529 to register in Mokena. Thank you to our practitioners: Judith Hanzelin, Marilyn Kopacz, Lydia Janacek & MaryAnn O'Donnell.

**Weekly Fitness Classes**

**H=Homewood, M=Mokena, O=U of C Orland, NL=U of C New Lenox, J=Amita Health Cancer Institute, Joliet, I=U of C, Ingalls Flossmoor.**

**MONDAY**
9:30-10:15 a.m. Zumba Gold (M)
4-5 p.m. Gentle Yoga (H)
4-4:45 p.m. Get Moving, Get Fit (M)
5:30-6:30 p.m. Restorative Yoga (O)

**TUESDAY**
9:15-10:15 a.m. Gentle Yoga (M)
10:30-11:30 a.m. Yoga for Core Strength (M)
11 a.m. - 12 p.m. Gentle Yoga (I)
4-4:45 p.m. Zumba Gold (H)

**WEDNESDAY**
10-11 a.m. Gentle Yoga (H)
4-4:45 p.m. Get Moving, Get Fit (M)

**THURSDAY**
4-4:45 p.m. Zumba Gold (H)
6-7 p.m. Gentle Yoga (NL)

**FRIDAY**
9:30-10:15 Zumba Toning (M)
12-1 p.m. Gentle Yoga (J)

**Locations**

UChicago Medicine Center for Advanced Care-Orland Park (OP)
14290 S. La Grange Road, 1st floor Conf. Room, Orland Park, IL

UChicago Medicine Comprehensive Cancer Center at Silver Cross Hospital-New Lenox (NL)
1850 Silver Cross Blvd., 2nd floor Lobby, New Lenox, IL

UChicago Medicine Ingalls Memorial Family Care Center (I)
19550 Governors Hwy, 1st floor Innovation Center, Flossmoor, IL

Amita Health Cancer Institute (J)
2614 W. Jefferson St., Joliet, IL

**Lymphatic Massage**
Mokena: By Appointment Only
We have lymphatic massage appointments available at our Mokena location 1x/month. Please call (708)478-3529 for availability. A physician’s prescription is needed to book this service. *Provided by Sandra Wallin, OTR/L, CLT.*
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<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday/Saturday</th>
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<tr>
<td><strong>BOTH CENTER LOCATIONS CLOSED FOR LABOR DAY</strong></td>
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<td>HOMEWOOD</td>
<td>Survivors Group: 10-11:30</td>
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<td>Men’s Discussion Group: 2-3</td>
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<td>Fitness workshop: 3-4</td>
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<td>Zumba Gold: 4-4:45</td>
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<td>Gentle Yoga: 9:15-10:15</td>
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<td>Yoga for Core Strength: 10:30-11:30</td>
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<td>Art: 2-3:45</td>
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<td>3</td>
<td>HOMEWOOD</td>
<td>Gentle Yoga: 10-11</td>
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<td>Healing Cancer Series: 11:15-12:45</td>
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<td>Open Studio: 1-3</td>
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<td>Metastatic Breast Cancer: 5-6</td>
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<td>Breast Cancer Networking: 6-7:30</td>
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<td>MOKENA</td>
<td>Get Moving, Get Fit: 4-4:45</td>
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<td>Caregivers Support Group: 5-6</td>
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<td>4</td>
<td>HOMEWOOD</td>
<td>Enhanced Flavors Cooking Demo: 11-12:30</td>
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<td>Zumba Gold: 4-4:45</td>
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<td>MOKENA</td>
<td>Tibetan Sound Bath: 9:30-10:30</td>
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<tr>
<td>5</td>
<td>HOMEWOOD</td>
<td>CLOSED FOR STAFF DEVELOPMENT</td>
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<tr>
<td>6</td>
<td>HOMEWOOD</td>
<td>Annie’s Knit &amp; Crochet: 10-11:30</td>
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<td>7</td>
<td>MOKENA</td>
<td>Zumba Toning: 9:30-10:15</td>
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<td>Healthy Changes: 12-1:30</td>
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<td>8</td>
<td>HOMEWOOD</td>
<td>Moves that Matter 9:30-10:15</td>
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<td>9</td>
<td>HOMEWOOD</td>
<td>Art: 2-3:45</td>
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<td>Gentle Yoga: 4-5</td>
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<td>MOKENA</td>
<td>Zumba Gold: 9:30-10:15</td>
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<td>Get Moving, Get Fit: 4-4:45</td>
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<td>NO Colorectal Cancer Group</td>
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<tr>
<td>10</td>
<td>HOMEWOOD</td>
<td>NO Survivors Group &amp; Men’s Discussion Group</td>
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<td>Fitness workshop: 3-4</td>
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<td>Zumba Gold: 4-4:45</td>
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<td>Sound Bath: 6:30-7:30</td>
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<td>Yoga for Core Strength: 10:30-11:30</td>
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<td>Art: 2-3:45</td>
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<td>11</td>
<td>HOMEWOOD</td>
<td>Gentle Yoga: 10-11</td>
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<td>Open Studio: 1-3</td>
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<td>MOKENA</td>
<td>Get Moving, Get Fit: 4-4:45</td>
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<td>12</td>
<td>HOMEWOOD</td>
<td>CLOSED FOR STAFF DEVELOPMENT</td>
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<td>Brain Cancer Networking: 6-8</td>
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<td>13</td>
<td>HOMEWOOD</td>
<td>Annie’s Knit &amp; Crochet: 10-11:30</td>
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<td>Therapy Dogs: 11:30-12:30</td>
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<td>14</td>
<td>MOKENA</td>
<td>Zumba Toning: 9:30-10:15</td>
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<td>15</td>
<td>HOMEWOOD</td>
<td>Art: 2-3:45</td>
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<td>Gentle Yoga: 4-5</td>
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<td>MOKENA</td>
<td>Zumba Gold: 9:30-10:15</td>
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<td>Breast Cancer Networking: 6-7:30</td>
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<td>HOMEWOOD</td>
<td>Survivors Group: 10-11:30</td>
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<td>Zumba Gold: 4-4:45</td>
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<td>Caregivers Support Group: 5-6</td>
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<td>Yoga for Core Strength: 10:30-11:30</td>
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<td>Health Watchers: 4-5:15</td>
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<td>18</td>
<td>HOMEWOOD</td>
<td>Mothers Grief Group: 10-12</td>
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<td>MOKENA</td>
<td>Men’s Discussion Group: 12:30-1:30</td>
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<td>Art Journaling: 2-3:30</td>
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<td>Gentle Yoga: 4-5</td>
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<td>MOKENA</td>
<td>Zumba Gold: 9:30-10:15</td>
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<td>21</td>
<td>MOKENA</td>
<td>Moves that Matter 9:30-10:15</td>
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<td>Gentle Yoga: 4-5</td>
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<td>Zumba Gold: 4-4:45</td>
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<td>Cannabis &amp; Cancer: 5-6</td>
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<td>HOMEWOOD</td>
<td>Gentile Yoga: 10-11</td>
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<td>Healing Cancer Series: 11:15-12:45</td>
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<td>Open Studio: 1-3</td>
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<td>MOKENA</td>
<td>Get Moving, Get Fit: 4-4:45</td>
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<td>26</td>
<td>HOMEWOOD</td>
<td>Stress Mastery: 10-11:30</td>
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<td>Zumba Gold: 4-4:45</td>
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<td>MOKENA</td>
<td>Men’s Discussion Group: 12:30-1:30</td>
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<td>Art Journaling: 2-3:30</td>
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<td>MOKENA</td>
<td>Zumba Gold: 9:30-10:15</td>
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September is National Childhood, Gynecologic, Leukemia, Lymphoma, Ovarian & Prostate Cancer Awareness Month.
Please contact The Cancer Support Center if you or your loved ones are dealing with a diagnosis.

*Let's walk this journey together!*
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<tr>
<th>Monday</th>
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<tr>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Art: 2:34 J&lt;br&gt;Gentle Yoga: 4-5</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Survivors Group: 10-11:30 J&lt;br&gt;Men's Discussion Group: 2-3 J&lt;br&gt;Zumba Gold: 4-4:45 J&lt;br&gt;<strong>MOKENA</strong>&lt;br&gt;Gentle Yoga: 9:15-10:15&lt;br&gt;Yoga for Core Strength: 10:30-11:30&lt;br&gt;Nutrition 101: 11:45-1:15 J&lt;br&gt;Art: 2-3:45 J&lt;br&gt;Health Watchers: 4-5:15 J</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Gentle Yoga: 10-11&lt;br&gt;Healing Cancer Series: 11:15-12:45&lt;br&gt;Open Studio: 1-3&lt;br&gt;Men's Discussion Group J&lt;br&gt;Zumba Gold: 4-4:45 J&lt;br&gt;<strong>MOKENA</strong>&lt;br&gt;Get Moving, Get Fit: 4:4-4:45&lt;br&gt;Caregivers Support Group: 5-6 J</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Zumba Gold: 4-4:45 J&lt;br&gt;<strong>MOKENA</strong>&lt;br&gt;Tibetan Sound Bath: 9:30-10:30 J&lt;br&gt;Moenen's Discussion Group J&lt;br&gt;<strong>MOKENA</strong>&lt;br&gt;Zumba Toning: 9:30-10:15 J&lt;br&gt;<strong>HOMEWOOD</strong>&lt;br&gt;Moven's Discussion Group J&lt;br&gt;<strong>MOKENA</strong>&lt;br&gt;No Zumba Toning</td>
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*October is Breast Cancer Awareness Month. Please contact The Cancer Support Center if you or your loved ones are dealing with a diagnosis.*
**November** is National Family Caregiver Month, Lung & Pancreatic Cancer Awareness Month. Please contact The Cancer Support Center if you or your loved ones are dealing with a diagnosis.

*Let's walk this journey together!*

### Monday
- **HOMEWOOD**
  - Art: 2:34:5
  - Gentle Yoga: 4-5
- **MOKENA**
  - Zumba Gold: 9:30-10:15
  - Get Moving, Get Fit: 4-4:45

### Tuesday
- **HOMEWOOD**
  - Survivors Group: 10-11:30
  - Men's Discussion Group: 2-3
  - Fitness workshop: 3-4
  - Zumba Gold: 4-4:45
- **MOKENA**
  - Gentle Yoga: 9:15-10:15
  - Yoga for Core Strength: 10:30-11:30
  - Art: 2-3:45

### Wednesday
- **HOMEWOOD**
  - Gentle Yoga: 10-11
  - Clean Living: 11:30-1
  - Open Studio: 1:3
  - Metastatic Breast Cancer: 5-6
  - Breast Cancer Networking: 6:30-7:30
- **MOKENA**
  - Get Moving, Get Fit: 4-4:45
  - Caregivers Support Group: 5-6

### Thursday
- **HOMEWOOD**
  - Cancer Fighting Cooking Demo: 11-12:30
  - Zumba Gold: 4-4:45
- **MOKENA**
  - Tibetan Sound Bath: 9:30-10:30
  - Men's Discussion Group: 12:30-1:30
  - Art Journaling: 2-3:30
  - Bereavement Drop-In Group: 5-6

### Friday/Saturday
- **HOMEWOOD**
  - Annie's Knit & Crochet: 10-11:30
  - Zumba Toning: 9:30-10:15
  - Healthy Changes: 12-1:30
- **MOKENA**
  - Zumba Toning: 9:30-10:15

For more information on programs, please visit www.cancersupportcenter.org

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**Means Call to Register…**

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<tr>
<th>HOMEWOOD</th>
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<tr>
<td>(708) 798-9171</td>
<td>(708) 478-3529</td>
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**CSC Holiday Party**

**Monday, December 9, 2019**
Thank You!

Thank you to our Hospital Partners!

AMITA HEALTH
Advocate South Suburban Hospital

Thank you to our Corporate and Community Partners for their generosity:

Chamberlain College of Nursing
Chicagoland USBC Association
CIBC Bank USA
CN
Colon Cancer Coalition
Dober Group
FMG Logistics Inc
Genentech
Greenbrier Companies
Greenhouse Group
Ingalls Health Services
Italian Fiesta Pizzeria
Joliet Oncology & Hematology Associates
Jones & Cleary Roofing/Sheet Metal Co. Inc.
Kiwanis Club Orland Park
Land O’Frost
MAC Rx LLC
Olivieri Brothers, Inc.
Pyrotechnic Display, Inc
Steel Dynamics, Inc
Suburban Service League
Susan G. Komen - Chicago
United Way of Will County
Zekelman Industries - Atlas Tube

Lynn Panici Golf Outing

Pictured: Anthony Panici (Committee Chair), Rich Merlot (Event Sponsor) and family.

Thank you to the Lynn Panici Golf Outing committee and supporters for an amazing event!

The 28th Annual Golf Outing
09.06.19

Ravisloe Country Club

12:00 - 5:30 P.M.
Ravisloe Country Club
18231 Park Avenue, Homewood

Ticket prices include lunch, golf, a chance to meet White Sox Hall of Famer, Carlton Fisk AND entry to our Tailgate BBQ Party (5:30 P.M. - 8:30 P.M)

Ticket prices for ONLY the Tailgate are $60. Visit our website to purchase tickets.
The Cancer Support Center Events

Walk of Hope
Sunday, October 6, 2019
2028 Elm Rd., Homewood
Be someone’s superhero and walk for a cause!
(Don’t forget to dress up as your favorite character)

For more information email anellett@cancersupportcenter.org or call (708) 995-0363

The Cancer Support Center’s Junior Board

9th Annual MNM RC
Lt. Rich Kazik Memoriam Party
Sunday August 25, 2019
American Legion, Tinley Park

The Cancer Support Community Board Says:

LET'S HAVE A PARTY
November 2nd 7:00-11:00
RED COLO CUP
FCC Community House

Holiday Spirits
drinks & entertainment
Friday, November 22, 2019
Wiley’s Grill
800 Kedzie Ave., Flossmoor
7:30 - 9:00 P.M.

Christmas Tree & Wreath Sale
Please contact our Homewood office at (708) 798-9171 to pre-order.

Order pick up will be at the Village of Homewood’s Holiday Lights event on December 6th.

WE NEED YOU!
If you are interested in hosting a community event with proceeds to benefit The Center, please contact Paula Pate at ppate@cancersupportcenter.org or call 708-478-3529.
Shop, consign or volunteer at The Village Door, a unique shop of the finer things, in Downtown Homewood. All proceeds benefit The Cancer Support Center. For volunteer opportunities, please call (708) 798-8665

Homewood Location
2028 Elm Road
Homewood, IL 60430
(708) 798-9171
M-W: 9 a.m. - 5 p.m.
Th/F: 9 a.m. - 4 p.m.

Mokena Location
19645 S. LaGrange Road
Mokena, IL 60448
(708) 478-3529
M, T, Th: 9 a.m. - 4 p.m.
W: 12 p.m. - 4 p.m.
F: 9 a.m. - 3 p.m.

2019 Survivor Conference
Saturday, November 2, 2019, 9 a.m. - 1 p.m.
Registration & Vendor Set-Up • 8 a.m. - 9 a.m. • Light Breakfast will be served
Chamberlain University College of Nursing, 18624 W. Creek Dr., Tinley Park, Illinois

Topics
Cancer Rehab and the Role of Physical Therapy
Chemobrain
Sexual dysfunction in Women after cancer treatment
Palliative Care

Key note Speaker
Dr. Sandy Goldberg
A Silver Lining Foundation

For more information call (708) 798-9171