At The Cancer Support Center, we know that most cancer patients, survivors and loved ones experience a wide range of emotions such as sadness, stress, worry, and fear because of cancer. Finding helpful ways to express these feelings is the first step to moving beyond surviving to thriving. We offer a wide range of activities to move you to a more peaceful state. Here are a few ways:

**Look for the Positive** – Look for the good by focusing on wellness and what you can do to stay healthy.

**Don’t Blame Yourself** – Bad things happen to good people so do not blame yourself. This is wasted energy and limits your ability to thrive.

**Find Ways to Relax** – Whatever activity helps you unwind, do it! Meditation and yoga are a few activities at The Center that help you relax and worry less.

**Get Up and Moving** – Get out of the house and do something that focuses on things besides cancer. Exercise and stretching can help you thrive.

**Look for Things You Enjoy** – Work on hobbies such as photography, reading, crafts and creative outlets that rest your mind and make you feel productive.

At The Center, we are here to help you Thrive! Look through this program guide and visit our website to learn ways to not only survive but to thrive, in spite of cancer.
Fitness Workshop: Intro to Progressive Exercise  
Homewood: Tuesdays, March & May; 3-4 p.m.  
Mokena: Mondays, April; 3-4 p.m.  
Learn how the different types of exercises affect your body. Get hands on instruction on pushing, pulling and rotational movements, as well as the American College of Sports Medicine’s 5 components of fitness. Everyone can work at their own pace and comfort level. Facilitated by Roy Alfonso, Fitness & Medical Exercise Specialist.

Cannabis and Cancer  
Mokena: Wednesday, March 6; 5:30-6:30 p.m.  
This presentation addresses the role cannabis plays 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.

Imaging: A Peak Behind The Curtain  
Homewood: Wednesday, April 3; 6-7 p.m.  
This program describes the technology that creates medical images and the knowledge you need to interpret and understand them. Presented by Medical Physicist Samuel G. Armato, PhD, & Radiologist Christopher Strauss, MD.

Spirituality Networking Group  
Mokena: Fridays, March 8, 15, 22 & 29; 12-1 p.m.  
Homewood: Fridays, May 3, 10, 17 & 24; 12-1 p.m.  
Spirituality represents our search for meaning, encouraging hope and finding purpose. This 4-week series is for any participant wishing to discuss and connect on the concept of spirituality as part of their cancer journey.

Lymphedema: Risk Factors & Management  
Mokena: Monday, March 18; 6-7:30 p.m.  
This presentation covers risk factors and recommended management strategies, as well as symptoms of lymphedema. Presented by LANA – Certified Lymphedema Therapist, Margaret Placek.

Kids Club Spring 2019  
Homewood: Wednesdays, March 20-May 15; 4-5 p.m.  
(No group on May 1)  
This group is for children ages 6-12 who have a family member with a cancer diagnosis or bereaved. Children will have the opportunity to express their emotions through art, play, and group discussion.

Yoga Workshop  
Mokena: Saturday, March 23; 10-11 a.m.  
A yoga workshop incorporating meditation and postures for shoulder and chest openers to guide you and support you through surgical and treatment recovery. Facilitated by Debbie Witt, PT, YTT and Agnes Duaina, YTT.

"Follow the Path That is Coming to You"  
Homewood: Wednesday, March 27; 5:30-6:30 p.m.  
Rather than forcing or chasing your goals, are you aware that YOUR path is always coming to you? Learn to follow the energy that resonates with you and brings you joy. Presented by Karen O’Donnell, DDS, Founder of Homewood Stories.

Mindfulness Practice for Cancer Survivors  
Mokena: Monday, April 1; 5:30-6:30 p.m.  
Learn how to start a mindfulness practice in your daily life and the benefits of mindfulness to physical and mental health. Presented by Yasmin Asvat, PhD, University of Chicago Medicine Assistant Professor.

Hospice 101  
Mokena: Wednesday, April 3; 2-3 p.m.  
‘Hospice is not about how you die, it is about how you live’. This presentation will discuss some of the complimentary therapies offered by Joliet Area Community Hospice and how they can improve quality of life among patients. Presented by Sherry Lindstrom, Community Educator & Mary Rosio, Director of Business Development.

Family Fun Night: BINGO Edition  
Homewood: Wednesday, April 10; 5:30-7 p.m.  
Join us for a night of snacks, fun, BINGO and prizes!

Strategies for Self-Care  
Mokena: Friday, April 12; 10-11:30 a.m.  
Homewood: Wednesday, May 1; 5:30-7 p.m.  
Self-care is easier said than done. Take time out for you and learn new strategies to help you get through tough times.

Sound Bath: Immerse Yourself in Healing Vibrations  
Homewood: Tuesday, April 16 & May 14; 6:30-7:30 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. Facilitated by Cecily Hunt, MDes, RYT, E-500 CYT.

Sleep Series  
Mokena: Thursday, May 2 & 9; 6-7 p.m.  
This two-part series offers information on healthy sleep habits and dream journaling. In the second session we will create a personalized dream catcher.
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. Classes provided by Christine Rosandich, Nutrition Educator and Chefs Marcia Kuchta & Lesley Shworles and Program Volunteers Leslie Susralski & Beth Bogan.

Enhancing Flavor with Spices  
Homewood: 1st Thursday of each month; 11-12:30 p.m. (March 7, April 4, May 2)  
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.

Cancer-Fighting Cooking Demo  
Homewood: 2nd Thursday of each month; 1-3 p.m. (March 14, No April Demo, May 9)  
This cancer-fighting cooking demonstration features nutrient-rich recipes that are easy to prepare and filled with ingredients loaded with antioxidants and phytonutrients to help fight against cancer.

Healthy Changes in the Kitchen and Beyond  
Mokena: 1st Friday of each month; 12-1:30 p.m. (March 1, April 5, May 3)  
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.  
• March: Spring Cleaning with Natural Products  
• April: Healing Spring Plants for Your Home  
• May: Declutter your Environment

Health Watchers: Nutrition & Meal Planning Discussion Group  
Mokena: 3rd Tuesday of each month; 4-5:15 p.m. (March 19, April 16, May 21)  
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.

Food & Mood  
Homewood: Wednesday, March 13; 11:15 a.m.-12:30 p.m.  
We will explore the relationship between what we eat and how we feel. By making certain food choices, we can improve mood, have clearer thinking, increase energy and support feelings of happiness.

Nutrition 101: Ultimate Guide To Eating Right (2-Part Series)  
Homewood: Thursday, April 18 & 25; 10-11:30 a.m.  
In this 2-part series, we will explore topics such as; which are the best foods to eat to help rebuild muscle mass during and after cancer treatment, gut health, setting small goals that become habits and simple meal planning.

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. Please call 708.798.9171 in Homewood and 708.478.3529 in Mokena to set up 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.)
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>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Survivors Group:</strong></td>
<td>Homewood</td>
<td>Tuesdays, 10-11:30 a.m.</td>
</tr>
<tr>
<td>For any individual who has cancer</td>
<td>Mokena</td>
<td>Mondays, 11 a.m.-12 p.m. (No 5/27)</td>
</tr>
<tr>
<td>(in treatment or post treatment)</td>
<td></td>
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</tr>
<tr>
<td><strong>Caregivers Group:</strong></td>
<td>Homewood</td>
<td>3rd Tuesday of each month</td>
</tr>
<tr>
<td>For any individual taking care of someone with cancer (friend, family)</td>
<td></td>
<td>(3/19, 4/16, 5/21)</td>
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<tr>
<td></td>
<td></td>
<td>5-6 p.m.</td>
</tr>
<tr>
<td><strong>Men’s Discussion Group:</strong></td>
<td>Homewood</td>
<td>Tuesdays, 2-3 p.m. (No 4/23)</td>
</tr>
<tr>
<td>Any male in treatment or post treatment for cancer.</td>
<td>Mokena</td>
<td>Thursdays, 12:30-1:30 p.m. (No 4/18)</td>
</tr>
</tbody>
</table>

**Art Therapy Groups**

Fun and meaningful programs to help you explore different forms of expression and creativity. No art experience is necessary, all supplies are provided. **Facilitated by Kathleen Daly, ATR, LCPC, Kelly Kopale, LPC and Art Therapist & Andrea Cook, Art Therapy Intern.** **REGISTRATION IS REQUIRED FOR EACH SESSION.**

**Art Therapy**
Homewood: Mondays; 2-3:45 p.m. (No group 4/29 & 5/27)
Mokena: Tuesdays; 2-3:45 (No group 4/23)

**March: Spring into the Season:** Create dynamic outdoor art.
**April: Drawing in Color:** Join us as we explore different techniques and materials.
**May: Relax and Unwind:** Use your creativity to de-stress.

**Open Studio**
Homewood: Wednesdays; 1-3 p.m.
Space for participants to work on any art projects they desire. Bring in something from home or let the materials at The Center inspire you!

**Art Journaling**
Mokena: Thursdays; 2-3:30 p.m.
In this group, participants will be invited to create reflective and thoughtful art in a journal as a unique way to process through their cancer experience. All individuals affected by cancer are welcome. Registration is required.

**Navigating The Cancer Journey**
University of Chicago Orland Park: Thursdays; 9-10 a.m. (No group April 18 & 25)
This group focuses on providing supportive and educational care while helping individuals cope with the challenges often faced by a diagnosis.

**Tibetan Bowl Group Sound Bath**
Mokena: Thursdays, March 7 & 21, April 4 & 18, May 2 & 16; 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. (March 8, April 12, May 10)
These groups are open to all ages and provided by certified therapy dogs. Spending time with a therapy dog can provide affection, comfort & joy.

**Annie’s Knit & Crochet Circle**
Homewood: Fridays, 10-11:30 a.m. (No class April 19)
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.

<table>
<thead>
<tr>
<th>Cancer Type</th>
<th>Location</th>
<th>Monthly Meeting</th>
<th>Time</th>
<th>Participant Type</th>
<th>Spring Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Brain</strong></td>
<td>Homewood</td>
<td>2nd Thursday</td>
<td>6-8 p.m.</td>
<td>Survivors, Caregivers, Bereaved</td>
<td>3/14   4/11   5/9</td>
</tr>
<tr>
<td><strong>Breast</strong></td>
<td>Homewood</td>
<td>1st Wednesday</td>
<td><em>NEW TIME</em></td>
<td>Survivors</td>
<td>3/6    4/3    5/1</td>
</tr>
<tr>
<td></td>
<td>Mokena</td>
<td>3rd Monday</td>
<td>6-7:30 p.m.*</td>
<td>Survivors</td>
<td>3/18  4/15 5/20</td>
</tr>
<tr>
<td><strong>Breast</strong></td>
<td>Homewood</td>
<td>1st Wednesday</td>
<td>5-6 p.m.</td>
<td>Survivors</td>
<td>3/6    4/3    5/1</td>
</tr>
<tr>
<td>Breast</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Sista’s of Hope</td>
<td>Homewood</td>
<td>3rd Wednesday</td>
<td>6-8 p.m.</td>
<td>Survivors &amp; Caregivers</td>
<td>3/20   4/17   5/15</td>
</tr>
<tr>
<td>Support Group</td>
<td></td>
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<td></td>
</tr>
<tr>
<td><strong>Blood</strong></td>
<td>Homewood</td>
<td>3rd Wednesday</td>
<td>6:30-8 p.m.</td>
<td>Survivors &amp; Caregivers</td>
<td>3/20   4/17   5/15</td>
</tr>
<tr>
<td><strong>Colorectal</strong></td>
<td>Mokena</td>
<td>2nd Monday</td>
<td>5:30-6:30 p.m.</td>
<td>Survivors &amp; Caregivers</td>
<td>3/11   4/8    5/13</td>
</tr>
<tr>
<td><strong>Gynecological</strong></td>
<td>Homewood</td>
<td>3rd Wednesday</td>
<td>5-6 p.m.</td>
<td>Survivors</td>
<td>3/20   4/17   5/15</td>
</tr>
<tr>
<td><strong>Lung</strong></td>
<td>Mokena</td>
<td>Call for more details</td>
<td>708-478-3529</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Prostate</strong></td>
<td>Homewood</td>
<td>4th Thursday</td>
<td>5-6 p.m.</td>
<td>Survivors</td>
<td>3/28   N/A    5/23</td>
</tr>
</tbody>
</table>

**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 to determine what might be the best fit for you.

<table>
<thead>
<tr>
<th>Group</th>
<th>Location</th>
<th>Meeting Day/Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bereavement Support Group</td>
<td>Call for more details</td>
<td>Call for more details.</td>
</tr>
<tr>
<td>Bereavement Networking Group</td>
<td>Mokena</td>
<td>1st Thursday of each month (3/7, 4/4, 5/2) 5-6 p.m.</td>
</tr>
<tr>
<td>Mother’s Grief Group</td>
<td>Homewood</td>
<td>3rd Thursday of each month (3/21, 4/18, 5/16) 10 a.m. - 12 p.m.</td>
</tr>
</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**  
(No class March 4 & 25, April 22 & 29, May 27)  
Zumba Gold is a lower impact, easy to follow Latin-inspired dance fitness party that keeps you in the groove of life. *Facilitated by Lori Stanton, Licensed Zumba Instructor.*

**Zumba Toning**  
(No class March 29, April 19, May 24)  
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 May 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 class May 27)  
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.

**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.

**Walking Club - Beginning April 4 (weather permitting)**

Offsite: Thursdays, 9:30-10:30 a.m.  
(Old Plank Trail in downtown Frankfort)  
These walking clubs are about getting out in nature and are run by participants. Please call either location for more details and to register.

**Moves That Matter**

Homewood: Saturdays, March 2 & 16, April 6 & 20, May 4 & 18; 9:30-10:15 a.m.  
This class works on releasing tension, increasing flexibility, improving posture, coordination, injury prevention, pain management & joint and gross stability. 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.)  
This class works on releasing tension, increasing flexibility, improving posture, coordination, injury prevention, pain management & joint and gross stability. Each person works at their own pace and comfort zone. *Facilitated by Roy Alfonso, Fitness & Medical Exercise Specialist.*

**Weekly Fitness Classes**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>9:30-10:15 a.m.</td>
<td>Zumba Gold (M)</td>
<td>Homewood</td>
</tr>
<tr>
<td></td>
<td>4-5 p.m.</td>
<td>Gentle Yoga (H)</td>
<td>Mokena</td>
</tr>
<tr>
<td></td>
<td>4-4:45 p.m.</td>
<td>Get Moving, Get Fit (M)</td>
<td>U of C Orland</td>
</tr>
<tr>
<td></td>
<td>5:30-6:30 p.m.</td>
<td>Restorative Yoga (O)</td>
<td>U of C Orland</td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td>9:15-10:15 a.m.</td>
<td>Gentle Yoga (M)</td>
<td>Homewood</td>
</tr>
<tr>
<td></td>
<td>10:30-11:30 a.m.</td>
<td>Yoga for Core Strength (H)</td>
<td>U of C New Lenox</td>
</tr>
<tr>
<td></td>
<td>11 a.m. - 12 p.m.</td>
<td>Gentle Yoga (I)</td>
<td>U of C Ingalls Flossmoor</td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td>10-11 a.m.</td>
<td>Gentle Yoga (H)</td>
<td>Homewood</td>
</tr>
<tr>
<td></td>
<td>4-4:45 p.m.</td>
<td>Get Moving, Get Fit (M)</td>
<td>Mokena</td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td>6-7 p.m.</td>
<td>Gentle Yoga (SS)</td>
<td>Homewood</td>
</tr>
<tr>
<td></td>
<td>6-7 p.m.</td>
<td>Gentle Yoga (NL)</td>
<td>Mokena</td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td>9:15-10 a.m.</td>
<td>Zumba Toning (M)</td>
<td>Homewood</td>
</tr>
<tr>
<td></td>
<td>12-1 p.m.</td>
<td>Gentle Yoga (A)</td>
<td>Mokena</td>
</tr>
</tbody>
</table>

**Locations**

- **University of Chicago Orland (O)**  
  14290 S. La Grange Road  
  Orland Park, IL
- **University of Chicago New Lenox (NL)**  
  1850 Silver Cross Blvd.  
  New Lenox, IL
- **University of Chicago Ingalls Flossmoor (I)**  
  19550 Governors Hwy  
  Flossmoor, IL
- **Amita Health Cancer Institute (A)**  
  2614 W. Jefferson St.  
  Joliet, IL
- **South Suburban Hospital (SS)**  
  17800 Kedzie Ave.  
  Hazel Crest, IL

**To book a massage appointment, please call Homewood (708-798-9171) or Mokena (708-478-3529).**

**Lymphatic Massage**

We have lymphatic massage appointments available at our Mokena location 1x/month. A physician’s prescription is needed to book this service. Provided by Sandra Wallin, OTR/L, CLT.

**Therapeutic Touch**

- Massage Therapy (both locations)
- Cranio-Sacral Therapy (both locations)
- Reiki (Mokena)

Priority appointments for those in treatment. 30-minute, fully clothed sessions. **Note: limit one session per month.** Thank you to our practitioners: Judith Hanzelin, Marilyn Kopacz, The Janacek’s & MaryAnn O’Donnell.
# March 2019

## Annual Meeting

**Wednesday, March 13th**  
**Homewood Location, 6:30 p.m. to 8 p.m.**

Join us in Homewood as we host our Annual Meeting. All are welcome to attend as we review our 2018!

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### March is Colon, Kidney and Multiple Myeloma 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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<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday/Saturday</th>
</tr>
</thead>
</table>
| **HOMEWOOD**
  Art: 2-3:45
  Gentle Yoga: 4-5  | **HOMEWOOD**
  Survivors Group: 10-11:30
  Men’s Discussion Group: 2-3
  Fitness Workshop: 3-4  | **HOMEWOOD**
  Gentle Yoga: 10-11
  Open Studio: 1-3
  Metastatic Breast Cancer: 5-6
  Breast Cancer Networking: 6-7:30  | **HOMEWOOD**
  Enhancing Flavor With Spices: 11-12:30  | **HOMEWOOD**
  Annie’s Knit & Crochet: 10-11:30  |
| **MOKENA**
  No Zumba Gold  | **MOKENA**
  Zumba Gold: 9:30-10:15
  Survivor Support Group: 11-12
  Get Moving, Get Fit: 4-4:45  | **MOKENA**
  Gentle Yoga: 9:15-10:15
  Yoga for Core Strength: 10:30-11:30
  Healing Cancer Video Series: 12:1-1:15  | **MOKENA**
  Tibetan Sound Bath: 9:30-10:30
  Men’s Discussion Group: 12:30-1:30  | **HOMEWOOD**
  Zumba Gold: 9:15-10  |
| **MOKENA**
  Zumba Gold: 9:30-10:15
  Survivor Support Group: 11-12
  Get Moving, Get Fit: 4-4:45
  Colorectal Cancer Networking: 5:30-6:30  | **HOMEWOOD**
  Survivors Group: 10-11:30
  Men’s Discussion Group: 2-3
  Fitness Workshop: 3-4  | **MOKENA**
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  Art Journaling: 2-3:30  | **HOMEWOOD**
  Zumba Gold: 9:15-10  |
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  Open Studio: 1-3
  Metastatic Breast Cancer: 5-6
  Breast Cancer Networking: 6-7:30  | **HOMEWOOD**
  Mothers Group: 10-12  |
| **MOKENA**
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  Gentle Yoga: 9:15-10:15
  Yoga for Core Strength: 10:30-11:30
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  Tibetan Sound Bath: 9:30-10:30
  Men’s Discussion Group: 12:30-1:30
  Art Journaling: 2-3:30  | **MOKENA**
  Zumba Gold: 9:15-10  |
| **HOMEWOOD**
  Art: 2-3:45
  Gentle Yoga: 4-5  | **HOMEWOOD**
  Survivors Group: 10-11:30
  Men’s Discussion Group: 2-3
  Fitness Workshop: 3-4  | **HOMEWOOD**
  Mothers Group: 10-12
  Open Studio: 1-3
  Kid’s Club: 4-5
  Gynecological Cancers Networking: 5-6
  Sista’s of Hope: 6-8
  Blood Cancers Networking: 6:30-8  | **HOMEWOOD**
  Zumba Gold: 9:15-10  |
| **MOKENA**
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  Survivor Support Group: 11-12
  Get Moving, Get Fit: 4-4:45  | **MOKENA**
  Gentle Yoga: 9:15-10:15
  Yoga for Core Strength: 10:30-11:30
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  Blood Cancers Networking: 6:30-8  | **HOMEWOOD**
  Annie’s Knit & Crochet: 10-11:30  |
| **MOKENA**
  No Zumba Gold  | **MOKENA**
  Gentle Yoga: 9:15-10:15
  Yoga for Core Strength: 10:30-11:30
  Healing Cancer Video Series: 12:1-1:15  | **MOKENA**
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  Blood Cancers Networking: 6:30-8  | **MOKENA**
  Yoga Workshop: 10-11  |
<table>
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<th>Monday</th>
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<td><strong>HOMewood</strong>&lt;br&gt;Art: 2-3:45&lt;br&gt;Gentle Yoga: 4-5&lt;br&gt;<strong>Mokena</strong>&lt;br&gt;Zumba Gold: 9:30-10:15&lt;br&gt;Survivor Support Group: 11-12&lt;br&gt;Fitness Workshop: 3-4&lt;br&gt;Get Moving, Get Fit 4:4-4:45&lt;br&gt;Mindfulness Presentation: 5:30-6:30</td>
<td><strong>HOMewood</strong>&lt;br&gt;Survivors Group: 10-11:30&lt;br&gt;Men’s Discussion Group: 2-3&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;Healing Cancer Video Series: 12:1-15&lt;br&gt;Art: 2-3:45</td>
<td><strong>HOMewood</strong>&lt;br&gt;Gentle Yoga: 10-11&lt;br&gt;Open Studio: 1-3&lt;br&gt;Kid’s Club: 4-5&lt;br&gt;Metastatic Breast Cancer: 5-6&lt;br&gt;Breast Cancer Networking: 6-7:30&lt;br&gt;Imaging Presentation: 6-7&lt;br&gt;<strong>Mokena</strong>&lt;br&gt;Hospice 101: 2-3&lt;br&gt;Get Moving, Get Fit 4:4-4:45</td>
<td><strong>HOMewood</strong>&lt;br&gt;Enhancing Flavor With Spices: 11-12:30&lt;br&gt;<strong>Mokena</strong>&lt;br&gt;Tibetan Sound Bath: 9:30-10:30&lt;br&gt;Men’s Discussion Group: 12:30-1:30&lt;br&gt;Art Journaling: 2-3:30&lt;br&gt;Bereavement Drop In: 5-6</td>
<td><strong>HOMewood</strong>&lt;br&gt;Annie’s Knit &amp; Crochet: 10-11:30&lt;br&gt;<strong>Mokena</strong>&lt;br&gt;Zumba Toning: 9:15-10&lt;br&gt;Healthy Changes: 12-1:30&lt;br&gt;<strong>HOMewood</strong>&lt;br&gt;Moves That Matter: 9:30-10:15</td>
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May 2019

<table>
<thead>
<tr>
<th>Monday</th>
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|                                | Art: 2:345  
Gentle Yoga: 4:5 | Gentle Yoga: 10-11  
Open Studio: 1-3 |  |                                            |
| MOKENA                        | Zumba Gold: 9:30-10:15  
Survivor Support Group: 11-12  
Get Moving, Get Fit 4:45 | Survivors Group: 10-11:30  
Men’s Discussion Group: 2-3  
Fitness Workshop: 3-4 |  |                                            |
|                               |                                            | MOKENA Gentle Yoga: 9:15-10:15  
Yoga for Core Strength: 10:30-11:30  
Healing Cancer Video Series: 12:1-1:15  
Art: 2:345 | MOKENA Get Moving, Get Fit: 4-4:45 |                                            |
|                               |                                            | MOKENA Zumba Gold: 9:30-10:15  
Survivor Support Group: 11-12  
Get Moving, Get Fit 4:45 |  |                                            |
|                               |                                            | MOKENA Prostate Cancer Networking: 5-6  
Men’s Discussion Group: 12:30-1:30  
Art Journaling: 2:3-3:30  
Sleep Series: 6-7 |                                            |
|                               |                                            |                                            |                                            |                                            |
|                               |                                            |                                            |                                            |                                            |
| Homewood Programs are in Black |                                            |                                            |                                            |                                            |
| Mokena Programs are in Blue   |                                            |                                            |                                            |                                            |

May is Melanoma, Skin, Brain and Bladder 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!
UPCOMING EVENTS

Annual Spring Gala - April 12, 2019
Come celebrate The Cancer Support Center and the Roaring 20’s at the Annual Spring Gala! This year’s event will take place on April 12th at Ravisloe Country Club in Homewood! Make plans now to dress up (black-tie optional or theme attire), and attend this fun-filled evening!

Help us make this year’s Gala the Best One Yet by donating a silent auction item, sponsoring the event or purchasing your ticket! Visit www.cancersupportcenter.org for more information.

NEW Location: Ravisloe Country Club, 18231 S. Park Avenue, Homewood
Time: 6:30 p.m. Cocktails, 7:30 p.m. Dinner, 9 p.m. After Party
Tickets: $125 each, $50 each for After Party only (starts at 9 p.m.)
Live Entertainment: James Libera

Spring Walk of Hope - May 19, 2019
Lace up your shoes and join us for the Spring Walk of Hope! Registration is open. Help us help families, neighbors and friends affected by cancer by forming a team and fundraising for The Center.

Sponsorship opportunities are available. Contact Rachael Kemnic at rkemnic@cancersupportcenter.org for more information. Special day-of-event recognition will be given to individuals and teams raising $500 or more.

Location: Commissioner’s Park, Frankfort; 1-mile and 3-mile walks available.
Time: 8 a.m. Registration; 9 a.m. Program & Survivor Celebration
Cost: $30 walker registration ($40 registration day-of-walk) / $15 child registration (5-15 years)

EVENT RECAPS

15th Annual Texas Hold ‘Em
For the event’s 15th year, Texas Hold ‘Em was a repeat success on Ground Hog’s Day! Nearly 80 guests braved the chilly weather to play cards and have some fun while raising more than $21,000 for The Center. Thank you to the Homewood Community Board for organizing this event and a huge thank you to all who participated.


Holiday Spirits Fun For All
This past November The Center hosted its annual Holiday Spirits event at Wiley’s Grill in Flossmoor. The evening featured beer and spirits tastings, paired with delicious appetizers.

Nearly 100 attendees sampled drinks from: Flossmoor Station Brewing Company, Frankfort Spirits, Lagunitas Brewing Company, Maker’s Mark, PRP Wine International, Rabid Brewing and Tito’s Handmade Vodka.

Special thanks to our event sponsors: Advocate South Suburban Hospital, Richardson Products Inc., Tito’s Handmade Vodka, Specialized Staffing Solutions, Windy City Cannabis, Riverside Health Care, Green Care Medical and The Horton Group.

March Madness
April 6, 2019
Side Street in Tinley Park
College basketball season is here! Grab your favorite team sweatshirt and get to The Mokena Community Board’s Annual March Madness Party!

Visit www.cancersupportcenter.org for more details or to purchase tickets!

March is Colon Cancer Awareness Month. Be sure to follow these guidelines for screening!
Thank You!

**Homewood Police Department:**
**Razors Down for November**
The Homewood Police Department put their razors down for the month of November and raised more than $24,000 for The Cancer Support Center. Thank you to all the officers who participated and thank you for your service!

**Lincoln Way Public Services:**
**No Shave Event**
Thank you to the New Lenox Police Department, Mokena Police Department and the Village of Manhattan Police Department for putting down their razors for the month of November too and raising money for The Center. We appreciate your service!

**Cox Automotive/Manheim Arena:**
**Outbid Breast Cancer Campaign**
Huge thank you to Manheim Arena Illinois for “Outbidding Breast Cancer” for the month of October and collecting donations for The Center! We are so grateful for amazing friends like you.

**Hurley Holiday Dinner**
Thank you to Mr. and Mrs. William Hurley and The Smith Family for hosting their annual holiday party at our Mokena location and raising money for The Cancer Support Center. Thank you for your support!

**Homewood Lights Tree & Wreath Sale**
Thank you to everyone who purchased a tree or wreath from The Cancer Support Center during the Holiday season! The event was a success and all proceeds benefited the programs and services offered at The Center.

**South Chicago Heights Firefighters**
Thank you to the South Chicago Heights Firefighters for the generous donation and all you do! We are grateful for your service every day and we appreciate your support of our mission through the sale of your one-of-a-kind T-shirts.

**Dupage Medical Group Charitable Fund**
Thank you to the DuPage Medical Group Charitable Fund of the DuPage Foundation for presenting The Cancer Support Center with a $20,000 check last month! We can't thank you enough for your support!

**Corporate and Community Partners**
(donations of $1,000 or more) in the last quarter:
- Aileen S. Andrew Foundation
- Anonymous
- Cox Automotive, Inc
- Dancing Marlin
- Dr. Scholl Foundation
- Faith United Methodist Church of Orland Park
- Fifth Generation Inc (Tito’s)
- First Midwest Bank
- George M. Eisenberg Foundation for Charities
- Great Lakes Credit Union
- Greenhouse Group
- Hometown Hoedown
- Homewood Disposal Service
- JDM Steel
- Lincoln-Way Hockey Club
- Marc Alan Salon and Day Spa
- Mi-Jack Products
- Mokena Mayor’s Charity Foundation
- Nothing Bundt Cakes
- Richardson Products, Inc
- Safeway Chimney Sweeps
- The Barnes Foundation
- The Coleman Foundation, Inc.
- The DuPage Community Foundation
- TTX Company
- United Way of Will County

**Thank you to our Hospital Partners!**

**RIVERSIDE HEALTHCARE**

**Advocate South Suburban Hospital**

**The University of Chicago Medicine**
Center for Advanced Care at Orland Park

**Amita Health**

**The University of Chicago Medicine**
Comprehensive Cancer Center at Silver Cross Hospital
WE ARE GOING GREEN!

We’re reducing our footprint in an effort to go green! If we currently have your email on file, future newsletters will be delivered electronically and you will not receive a copy in the mail.

*If you wish to still receive a copy in the mail, please contact The Center by May 1st!*

WE NEED YOU!

Have an idea for a Do-It-Yourself (DIY) event? Plan and execute your own event/party with proceeds benefiting The Center!

*If you are interested in hosting a community event to support The Center, please contact Rachael Kemnic at rkemnic@cancersupportcenter.org or call 708-798-9171.*

**Upcoming DIY Events:**

**Digging for Donna – March 30, 2019**
To register a team or make a donation, visit www.cancersupportcenter.org

**Pedal for Prostate – May 18, 2019**
To sign up to ride or donate, visit www.cancersupportcenter.org

**Panici Golf Outing – June 24, 2019**
For more information or to sign-up a foursome, contact Denise Marshall at dmarshall@cancersupportcenter.org