The Cancer Support Center is here to give strength, guidance and support to anyone living with a cancer diagnosis, as well as their loved ones. We do this as a community-based, volunteer-driven, donor-supported organization. Our programs, resources and services are always delivered by professional therapists, counselors, nutritionists, and experts; and, are provided in a warm, welcoming and nurturing setting at no cost to participants.
When someone is diagnosed with cancer, the first question is often focused on the medical treatment plan: Will I need surgery, radiation, chemotherapy or perhaps a combination of options? Such treatments are essential to fighting the cancer. Some patients have also found that a spiritual treatment plan helps prepare them for the road ahead—mind, body and spirit.

Cancer not only attacks you physically; it also tears at you mentally, emotionally and spiritually. As a Chaplain at our hospital in Newnan, Georgia, I meet with patients and talk about the importance of staying spiritually strong. For many people, spiritual strength is critical in the fight against cancer. Spiritual strength can help you maintain a sense of hope, faith and courage in the face of the disease.

When battling cancer, you are going to need help from loved ones, friends, family, the medical community, and for some, the faith community. You cannot do this alone. A major step in getting strong spiritually is to make peace in three main areas of your life. First is to make peace with yourself. You did not cause this situation. Cancer does not discriminate; it does not care if you are a nice person, a healthy person, a person from a certain religion, young or old. Anyone can get cancer. So make peace with yourself and be gentle on yourself during the path ahead.

Next, make peace with others, spiritually if not in person. Forgive others and let go of past hurts and offenses. You do not have time to continue to invest in emotional pain that may be draining you spiritually. Let it go. Forgive and live. It will help you move forward in your cancer journey and in life.

Finally, develop your own personal spiritual care plan. Feed your spirit. Feed your faith and not your fears. Your spiritual care plan may include:

- Practicing daily devotionals
- Journaling
- Meditating
- Reading a religious or spiritual text
- Finding a safe space to talk, vent feelings & cry with others
- Connecting with activities that lift your spirit; such as art therapy, music therapy, walks, laughter therapy & rest

Save the Date
Take A Bite Out of Cancer
Thursday, October 5th
5:00pm—9:00pm

Five (5) Chipotle Mexican Grill Locations:
Homewood, Frankfort, Matteson,
Tinley Park & Orland Park

50% of your bill will be donated back to The Cancer Support Center
Remembering Sambuca & Staying Well Through Grief

On the second Friday of each month, furry, four-legged, friends fill The Cancer Support Center. Therapy Dog Groups are offered at The Center to address and help with stress management techniques to those impacted by cancer. It is with great sadness that The Center announces the passing of a beloved therapy dog and friend, Sambuca. Sambuca passed away this winter from bone cancer. He will be missed by all of our participants, staff and friends. Sambuca saw over thousands of individuals over his career, always bringing serenity and joy to those he encountered.

“Sambuca was gifted with a calming, nurturing soul,” said owners, Jennifer Drosset & Sergio Zoruba. “Sam could always sense how gentle he had to act around patients, it was his gift. His passing leaves a large hole in our family and in our hearts.”

Coping with any form of loss elicits a range of emotions. There are no shortcuts or linear steps to get through grieving. Everyone walks a unique path, grieves differently and for various lengths of time. Grief is a natural response to loss of a loved one, like Sambuca. Grief is also a reaction to life changes, like a cancer diagnosis. Cancer survivors and their loved ones grieve for so much throughout their journey; for their health, their hair, the changes their family is facing, their identity and much more. Programming at The Center like the Therapy Dog Group can provide the support, comfort and healing space needed for whomever or whatever we are grieving.

Sambuca’s brother, Kaluha and nephew, Tequila continue to volunteer as therapy dogs at The Center along with other therapy dogs, Winky and Wilson. We will welcome Abigail & Bailey to our Mokena group this fall as well; please see the program guide for details. Therapy dog groups are open to family members, caregivers and loved ones of cancer survivors. All participating therapy dogs are certified and well-groomed. The Center invites you to attend the Therapy Dog Group and stay well this fall season.

R to L: Kahlua, Winky, Sambuca, Wilson & Tequila
Finding Inner Peace through Mindfulness: An Introduction to Meditation
Homewood: Mondays, September 12, 19 & 26; 5:15-6 p.m.
Meditation provides deep and lasting benefits, offering ways to manage stress, work through anger & fear and ease pain & physical discomfort. Mindfulness cultivates awareness and acceptance, which help to create peace and a deep sense of well-being. Profound transformation is just ahead! Please call 708.798.9171 to register and join us for the journey. Facilitated by Cecily Hunt MDes, RYT, E-500 CYT (Certified Yoga Therapist).

You Can Still Live Workshop
Homewood: Monday, September 26; 6-7 p.m.
Join this interactive session to maximize appreciation and love for yourself, learn to increase success in your experiences and gain more power to move through life with less stress. This is a wonderful opportunity to celebrate the best of you and life, while learning and having fun! Presented by Rebecca L. Chauncey author of, You Can Still Live: A Monthly Companion to Help You Experience the Best of Your Life. Rebecca’s book features soul-stirring messages to help you move through various life situations easier in the midst of your busy schedule. Please call 708.798.9171 to register.

Facing The Fears of Cancer
Mokena: Tuesday, September 27; 2-3:30 p.m.
Join Pastor Jason from Parkview Church for a Christian-based discussion about how to handle the fears that arise during a cancer journey. Please call 708.478.3529 to register.

Journey through Cancer Series:
Vaginal Atrophy
Mokena: Monday, October 17; 6-7 p.m.
(during Breast Cancer Networking Group)
Homewood: Tuesday, October 25; 6:30-7:30 p.m.
(Open to all cancers)
Many women suffer in silence from vaginal atrophy and experience vaginal dryness, painful intercourse, urinary symptoms, itching and burning. Join us for an educational lecture presented by Dr. Kenneth Finkelstein.
Dr. Finkelstein, D.O., FACOG will explain why these symptoms occur and what options you have.

Lymphedema Risk Factors and Management
Mokena: Monday, October 24; 6-7 p.m.
Lymphedema is a condition that can affect individuals during or after cancer treatments. It is characterized by chronic swelling and can negatively affect quality of life and leave survivors frustrated. What is the difference between Edema and Lymphedema, and how can it be managed? This presentation will cover risk factors and recommended management strategies, as well as symptoms of lymphedema. Presented by LANA – Certified Lymphedema Therapist, Margaret Placek.

What’s Keeping You Up at Night?
Homewood: Monday, November 7; 6-7 p.m.
Getting a good night’s sleep is one of the most essential elements in your overall good health. Ingalls Hospital certified sleep specialist, Lisa Nowaczyn, CRT, RPSGT will discuss insomnia, apnea and other aspects of sleep health. Please call 708.798.9171 to register.

Living with Neuropathy
Homewood: Tuesday, November 15; 12-1 p.m.
Peripheral neuropathy can be induced by chemo and cause damage to the nerves in the hands & feet. This presentation will go over the basics of neuropathy: what it is, how it starts and prevention strategies. Lynne Muir, RN, Ingalls Cancer Research Nurse will also share treatment options for living with neuropathy. Please call 708.798.9171 to register.

Stress & the Importance of Self-Care
Homewood: Wednesday, November 2; 3-5 p.m.
Self-care is necessary, NOT optional. Learn a stress-less tool for coping that can be used every day. Presented by Felicia Houston, LCPC, Ingalls Behavioral Health. Please call 708.798.9171 to register.

Annual Holiday Open House
Holiday Open House: Monday, December 12; 6-8 at both locations
When Spirit Speaks, Do You Get The Message?  
Homewood: Monday, October 17; 6-8 p.m.
Healer, Author & Speaker, Dr. Susan Bova will talk about her 6th sensory gifts by recounting the near death experience that gave her direct access to the Spirit world. Using her book series, *Spirit Says…*, Susan will explain how messages come to her and how to identify and interpret your own messages when Spirit speaks to you. Original quotes from the *Spirit Says…* series will be used and spontaneous readings may be given during this interactive experience. Whether you need inspiration, support in your healing journey, or guidance for vibrant living, this is a must-see presentation. Please call 708.798.9171 to register.

Caregiver Strategies  
Homewood: Tuesday, November 8; 6:30-8 p.m.
This group will focus on gentle conditioning and flexibility. This special presentation for caregivers is both supportive and educational. In this hour participants can network with other caregivers who are facing similar struggles. Participants will also learn about several topics related to the caregiver experience including: self-care, family roles, relationships with friends and family & stress management. Presented by Jason Kieffer, LPC. Please call 708.798.9171 to register.

Grieving Through The Holidays Support Group  
Homewood: Tuesdays, November 15-January 10; 4-5 p.m.  
(No meeting December 27)
This program is open to anyone in need of ongoing support through this holiday season. This is a committed support group that will include strategies for how to cope with the loss of a loved one, as well as social and emotional support. Please call 708.798.9171 to register.

Grieving Through The Holidays Presentation  
Homewood: Tuesday, December 13; 6:30-7:30 p.m.  
(Mokena: Thursday, November 17; 5:30-6:30 p.m.)  
Please call 708.798.9171 to register.

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 match for 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.)

Look Good, Feel Better®  
Homewood: Tuesday, September 13; 1-3 p.m.  
(Mokena: Friday, November 11; 1-3 p.m.)
This program is designed to teach women with cancer about makeup techniques, skin care, nail care and options related to hair loss such as wigs, turbans and scarves. A free cosmetic kit will be provided. This class is a one-time only program. Provided by the American Cancer Society.

Online Programming

Access support from anywhere! You can now watch a selection of our programs by visiting our website: www.cancersupportcenter.org and clicking on Programs & Activities ➔ Online Programming. Currently available programs include: Meditation with Cecily & Smoothie Demo with Chris. Keep checking back for additional programs as we continue to update this exciting extension of our services.
COUNSELING & STRESS MANAGEMENT

Weekly 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, location, time and how they may be helpful to you or your loved ones please call and schedule a Personal Planning Session with one of our counselors.

Survivors Support Group
Homewood: Tuesdays, 10-11:30 a.m. (Please call 708.798.9171 to register)
For anyone with a cancer diagnosis, weekly groups are designed to help you deal with cancer treatment, stress and emotional coping.

Bereavement Support Group
A 10-week support group for people who have lost a spouse or a loved one due to cancer. Please call for current meeting date & time.

Men’s Discussion Group
Mokena: Thursdays, 12:30-1:30 p.m. (Please call 708.478.3529 to register. No meeting October 20)
For men with any type of cancer to share their questions, concerns & experiences living with cancer in a friendly atmosphere. Men in all cancer stages are welcome.

Art Groups
Fun and meaningful programs to help you explore different forms of expression and creativity. No art experience is necessary, all supplies are provided. Registration is required for each session.

Art Therapy
Homewood: Mondays; 2-3:45 p.m. (No class September 5, October 3 & October 10)
Please call 708.798.9171 to register for each class.
Mokena: Thursdays, 2-3:45 p.m. (No class October 20 & November 24)
Please call 708.478.3529 to register for each class.
A supportive, safe space to explore your creativity and have fun!

September: Stress Management: Relax into fall by adding new artistic, stress management techniques. This month-long series will include guided imagery, zentangles & mindfulness.

October: Vessels: Learn how to create various vessels like a leaf bowl, hope vessel & dream catcher.

November: Identity & Healing: This month the group will focus on creating an “I Am” board to explore self-concept & continue the journey to the self by creating a “Heart Map.”

Open Studio
Homewood: Wednesdays; 1-3 p.m. (No class September 28 & October 26)
Open studio is a space for participants to work on any art they desire. Bring in something from home or let the materials at The Center inspire you! You do not have to attend any other art groups at The Center to participate.

Save the Date!
Beyond Words Annual Fall Art Show:
Homewood: Wednesday, October 26; 6-8 p.m.
Therapeutic Touch

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

Priority appointments for those in treatment. 30-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, MaryAnn O’Donnell & Meilissa Sonno Del Drago.

Tibetan Bowl Group Sound Bath

Mokena: Thursdays, 9:30-10:30 a.m.
(September 8 & 22, October 6, November 10 & 17)
Vibrational sound with singing bowls work with the energy field that extends from our physical bodies and relaxes our brain waves. It is called a “bath” because our bodies are bathed in sound. Please bring a pillow and blanket. Presented by Jayne Hayes, Reiki Master. Please call 708.478.3529 to register, space is limited.

Drumming Circle

Homewood: 1st Friday of each month; 6-7:30 p.m.
Join drumming enthusiasts from the community at our monthly drumming circle. Drumming promotes healing by reducing tension, stress and anxiety. Bring your own drum or utilize instruments at The Center. All experience levels and community members are encouraged to attend. Facilitated by Michelle DeButch.

Guided Imagery

Homewood: Tuesdays, 5:30-6:15 p.m.
“Sit down and relax” is sometimes easier said than done. These weekly classes will teach you how to experience the healing benefits of relaxation through breathing exercises, guided imagery & meditation. Learn and experience ways to relieve stress and achieve a sense of peace in your life.

Therapy Dog Group

Homewood: 2nd Friday of each month; 11:30-12:30 p.m.
Mokena: 3rd Monday of each month: 11 a.m. - 12 p.m.
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 group November 25)
Materials provided or bring your own. Please note that this is not a facilitated group; this is an open space for survivors and caregivers to gather independently to work on knit & crochet projects.

Child, Teen & Family Programming

Kid’s Film Club-New!

Homewood: Mondays, October 17-December 19; 4-5 p.m.
Mokena: Wednesdays, October 12-December 21; 4-5 p.m. (No group November 23)
In this unique group kids will learn valuable social-emotional skills through popular movies. The first half of each group kids will watch a portion of a movie. The second half will involve an activity to help kids process what they’ve watched. Movies and discussion topics on the schedule are:

- Inside Out: Coping with change, loss, adjustment & growing up
- Big Hero 6: Bereavement, support from friends family
- Finding Nemo: Resiliency through difficult times

This group is open to any child affected by cancer ages 6-12. Please call to register.

Space is limited; please call 708.798.9171 or 708.478.3529 to register.
Drop-in monthly programs & special presentations for people to come together to discuss treatments and coping mechanisms for handling specific types of cancer.

Survivors Networking Group
Homewood: 3rd Tuesday of each month; 6:30-8 p.m.
This is a drop-in monthly group for any individual with any type of cancer. Participants can network with other survivors & gain support from one another in a safe, supportive atmosphere.

Caregivers Networking Group
Homewood: 3rd Tuesday of each month; 6:30-8 p.m.  
(No group September 20)
This group is supportive and informative. A Caregiver can be a sibling, child, friend or spouse. Participants can network with other caregivers facing similar struggles and learn about several topics related to the caregiver experience.

Breast Cancer Networking Group
Homewood: 1st Wednesday of each month; 6:30-8 p.m.
Mokena: 3rd Monday of each month; 6-7:30 p.m.
This group is supportive and informative. Co-lead by a staff therapist and oncology nurse, this group is for any woman diagnosed with Breast Cancer. Facilitated by staff therapist and Lisa Gravitt, RN, OCN, Palos Community Hospital

Sisters Network® Inc., a national African-American Breast Cancer Survivorship Organization
Homewood: 3rd Wednesday of each month; 6-8 p.m.
A support group designed for African American women who have been diagnosed with breast cancer. Caregivers are welcome.

Blood Cancer Networking Group
Homewood: 3rd Wednesday of each month; 6:30-8 p.m.
For anyone with Multiple Myeloma, Leukemia & Lymphoma; this group is a supportive network of survivors and caregivers dealing with Blood Cancers.

Gynecological Cancers Networking Group
Homewood: 3rd Wednesday of each month; 5-6 p.m.
This support group is for women with cervical, uterine, ovarian and other gynecological cancers to connect with one another in a supportive & safe space. The group is discussion based, with occasional professional speakers & presentations.

Brain Cancer Networking Group
Homewood: 2nd Thursday of each month; 6-8 p.m.
This is a social and supportive gathering for people, affected by a brain tumor, to connect with others with a similar diagnosis. Caregivers are welcome to attend; group splits into a survivors, caregivers and grief support group. Facilitated by Jean Arzbaecher, RN and staff therapist.

Lung Cancer Networking Group
Mokena: 1st Monday of each month; 6-7:30 p.m.  
(No meeting September 5)
This group is open to all participants with lung cancer as well as caregivers. We will occasionally welcome medical professionals from the local cancer care community to present on specific topics and answer questions related to lung cancer treatment.

Prostate Cancer Networking Group
Homewood: 4th Thursday of each month; 6-7 p.m.  
(No meeting September 22 & November 24)
This networking group provides an informal discussion time for men with prostate cancer to share information with each other. This group will also offer occasional special speakers.  
• October 27: Dr. Chris Stepaniak, PhD, Lead Physicist will discuss the physics involved in various imaging techniques and radiation treatments as it pertains to prostate cancer survivors.

EXERCISE

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, tai chi and other forms of exercise

Moves That Matter
Homewood: 1st & 3rd Saturdays of each month; 9:30-10:15 a.m.  
(No class October 1 & November 19)
This class works on releasing tension, increasing flexibility, improving posture, coordination and stability. Increasing flexibility will improve muscle tone and joint mobility for participants suffering from neuropathy. Each person works at their own pace and comfort zone. No experience necessary. Facilitated by Roy Alfonso, Fitness & Medical Exercise Specialist

Gentle Yoga
Homewood: Mondays; 4-5 p.m. & Wednesdays; 10-11 a.m.  
(No class September 5 & 28; October 3 & 10)
Facilitated by Cecily Hunt, MDes, RYT, E-500 CYT  
(Certified Yoga Therapist)
Mokena: Tuesdays; 10:30-11:30 a.m. & 12-1 p.m.
Facilitated by Nadine Kelly, MD, RYT, R-CYT  
(Certified Yoga Therapist)
Gentle Yoga Classes are designed to reduce stress and address physical side-effects of cancer. Seated and standing poses; chairs and mats are provided. Survivors and caregivers of all physical ability levels are welcome.
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.

**Enhancing Flavor with Spices**
Homewood: 1st Thursday of each month; 11-12:30 p.m.
Herbs and spices are an inexpensive way to add flavor. They are known for their antibacterial and antiviral properties and contain disease-fighting antioxidants. Learn how to use common spices—basil, dill and garlic and become a flavor expert in your own kitchen. Enjoy a sampling of the food prepared by Chef Marcia. Presented by: **Culinary Chef Marcia Kuchta and Christine Rosandich, Nutrition Educator, MS.** Please call 708.798.9171 to register.

**Cancer-Fighting Cooking Demo**
Homewood: 2nd Thursday of each month; 1-3 p.m.
This cooking demonstration features nutrient-rich recipes that are easy to prepare and filled with ingredients loaded with antioxidants and phytonutrients. The National Cancer Institute research shows that by making the right food choices you can help to strengthen your immune system to fight back against cancer. Join us as we gather with friends and enjoy a delicious and revitalizing meal. Presented by **Chris Rosandich, Nutrition Educator, MS and Leslie Suralski, Program Volunteer.** Please call 708.798.9171 to register.

**Holiday Kitchen Creations with Chef Marcia**
Homewood: Homewood: Thursday, November 17; 6-8 p.m.
Learn simple techniques and shortcuts that will make cooking at home a breeze. **Local culinary chef, Marcia Kuchta** will share all of her wonderful secrets on how to prepare soups, sauces, and more. She will create delicious dishes and pair them with the perfect wine. Enjoy a small sampling of food; wine tasting is optional. Please call 708.798.9171 to register.

**Healthy Changes in the Kitchen and Beyond**
Mokena: 1st Friday of each month; 12-1:30 p.m. – New Time!
Explore how to be your own healthy advocate as you participate in this fun, hands-on program.
- September 2: Benefits of Essential Oils
- October 7: Natural Body Creams for Sleep & Everyday Aches
- November 4: Healthy Dessert Options for the Holidays
Presented by **Chef Lesley Shoroles and Christine Rosandich, Nutrition Educator, MS.** Please call 708.478.3529 to register

**Fermenting Foods 101: Sauerkraut & Kimchi**
Homewood: Thursday, September 29; 6-7:30 p.m.
Fermented foods have been through a process of lacto-fermentation which preserves the food, creates beneficial enzymes, b-vitamins, Omega-3 fatty acids and various strains of probiotics to help alkalize the body. In this presentation you will learn about fermentation and make your own sauerkraut. Presented by **Chef Robert Kasper, specialist in old world cooking & Chris Rosandich, Nutrition Educator, MS.** Please call 708.798.9171 to register

**Part 2-Making Healthy Eating a Way-of-Life: 6-week series**
Mokena: Tuesdays, September 13, 20 & October 4, 11 18, 25; 1:15-2:30 p.m. (No class September 27)
If you participated in the 8-week Making Healthy Eating a Way-of-Life, you will enjoy PART 2. This program will provide more detailed information such as: why are fats so healthy for your body, how balancing blood sugar levels can help you lose weight and which supplements are recommended for cancer patients. If you are new to this series or have attended before, join us as we determine what it means to eat healthy. Presented by **Chris Rosandich, Nutrition Educator, MS.** Please call 708.478.3529 to register.

**Reducing Toxins for a Healthier Home**
Homewood: Wednesday, November 2, 11:15-12:45 p.m.
(Please call 708.798.9171 to register)
Mokena: Wednesday, September 28, 6-7:30 p.m.
(Please call 708.478.3529 to register)
We use products everyday on our bodies and in our homes that contain ingredients that are harmful. This program will explore simple, easy and economical ways to detox your home from harmful chemicals and help you begin this journey of clean and green living. Presented by **Chris Rosandich, Nutrition Educator, MS and Jayne Hayes, Reiki Master and Sound Healing Practitioner.”**

**The Truth about Sugar**
Homewood: Wednesday, November 16; 11:15-12:45 p.m.
(Please call 708.798.9171 to register)
Mokena: Friday, September 23; 1-2:30 p.m.
(Please call 708.478.3529 to register)
While researchers continue to investigate the connection between sugar and cancer, it remains a source of speculation and confusion in the media and on the internet. Glucose (the form of sugar used most in the body) feeds every cell in the body and is so important to the function of your brain and the body. However, it is important to manage the amount of sugar we consume on a daily basis. This program will discuss the different types of sugar, all the foods sugar is in, how much sugar is too much and simple ways to stop the sugar cravings. Also, enjoy a couple of desserts that are low-in-sugar but tasty. Presented by Christine Rosandich, Nutrition Educator, MS.

**Smart Shopping: Label Reading & Grocery Store Tour**
Mokena: Tuesday, November 8 & 15, 1:15-2:45 pm
Meal planning, label reading, and grocery shopping can be overwhelming for even the most health-conscious person. But it doesn’t need to be! Week 1 you will learn helpful information about reading ingredients lists and nutritional labels, how to judge the healthfulness of packaged products including which harmful ingredients to avoid and quick techniques on how to calculate fat, sodium and sugar. Week 2 (meet offsite at Mariano’s in Frankfort, IL) is a grocery store tour that will help give you additional skills you need to make grocery shopping a whole lot easier—and healthier. Presented by **Christine Rosandich, Nutrition Educator, MS.** Please call 708.478.3529 to register.
The Cancer Support Center recognizes the importance of reaching newly diagnosed cancer patients. The Center has made building hospital relationships a priority, extending support to those in need at the beginning of their cancer experience. Currently, The Center has partnerships with Advocate South Suburban Hospital, The University of Chicago Comprehensive Cancer Center at Silver Cross Hospital and Palos Community Hospital.

HOSPITAL PARTNERSHIPS

The University of Chicago Medicine Comprehensive Cancer Center at Silver Cross Hospital
1850 Silver Cross Blvd, New Lenox, IL 60451

Gentle Yoga
Upstairs Lobby: Thursdays; 6-7 p.m. (No class November 24)
Gentle Yoga Classes are designed to reduce stress and address physical side-effects of cancer. Seated and standing poses; chairs and mats are provided. Survivors and caregivers of all physical ability levels are welcome. Facilitated by Nadine Kelly, MD, RYT, R-CYT (Certified Yoga Therapist).

South Suburban Hospital
17800 Kedzie Ave., Hazel Crest, IL 60429

All Classes located in the Lower Level, Dining Room #1

Breast Cancer Boot Camp
Join our 7-week, 14-session exercise and fitness program for breast cancer survivors! Improve aerobic ability, fitness knowledge and commitment to a healthy lifestyle. Try a variety of exercise styles and learn about fitness topics such as water intake, nutrition and injury prevention. Contact Health Advisor at 800.323.8622 to register (use event code 7C15).
Upcoming sessions include: Sept 12-Oct 26 & Nov 7-Dec 21, Mondays & Wednesdays; 6-7 p.m.

Monthly Women’s Support Group
1st Thursday of each month; 12-1 p.m.
Group will meet in the Elizabeth Karnes Vaughn Chapel.
Facilitated by Melissa Strick, LCPC, Clinical Therapist at The Cancer Support Center. Please call 708.798.9171 to register for each session.

Monthly Men’s Support Group
2nd Wednesday of each month; 12:30-1:30 p.m. (No meeting September 14)
Group will meet in the Meditation Room.
Facilitated by Jason Kieffer, LPC, Clinical Therapist at The Cancer Support Center. Please call 708.798.9171 to register for each session.

Monthly Metastatic Cancer Support Group
3rd Thursday of each month; 12-1 p.m.
Group will meet in the Elizabeth Karnes Vaughn Chapel.
Facilitated by Melissa Strick, LCPC, Clinical Therapist at The Cancer Support Center. Please call 708.798.9171 to register for each session.

Moving Beyond Cancer
Advocate South Suburban Hospital and The Cancer Support Center partner to present Moving Beyond Cancer, a three-part, monthly series to address how to find a quality life after a diagnosis. Moving Beyond Cancer will provide support groups, healthy lifestyle presentations, cancer-related hot topics, and more! Coming this fall- dates and times to be determined.
For more information about this upcoming program, or to be added to the contact list, please call 708.798.9171.

Aunt Martha’s, Joliet East Location
1200 Eagle St., Joliet, IL

Fighting Back Against Cancer
Fridays; 9:30-10:45 a.m.
Join us as we discover ways to live a healthy life through diet and lifestyle choices. Each week we will discuss an important topic such as what are the best foods to eat during and after treatment, how to maintain a healthy mind and attitude through cancer treatment and simple ways to manage cancer-related stress, sadness and fear. These programs are free-of-charge and open to anyone that has ever been diagnosed with cancer or anyone who has had a family or friend diagnosed with cancer. For more information, please call 708.478.3529 or 708.798.9171.

Palos Community Hospital
12251 S 80th Ave., Palos Heights, IL 60453

Gentle Yoga
ACC-2 Room: 2nd & 4th Thursday of each month; 4:30-5:30 p.m.
New Time! (No class November 24)
Gentle Yoga Classes are designed to reduce stress and address physical side-effects of cancer. Seated and standing poses; chairs and mats are provided. Survivors and caregivers of all physical ability levels are welcome. Facilitated by Amanda Morrison, Certified 200 YTT, Certified 95 Kids Yoga.

Cancer Discussion Group: For individuals affected by cancer
St. George Pavilion Oncology Unit Conference Room (4th Floor):
2nd Wednesday of each month; 6-7:30 p.m.
All cancer survivors are welcome. This discussion group focuses on both supportive and educational care. Participants can network with other survivors facing similar struggles.
### September 2016

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<td><strong>Survivors Group: 10-11:30</strong></td>
<td><strong>Enhancing Flavor w/Spices: 11-12:30</strong></td>
<td><strong>Annie’s Knit &amp; Crochet: 10-11:30</strong></td>
<td><strong>Moves That Matter: 9:30-10:15</strong></td>
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<td><strong>Gentle Yoga: 10-11</strong></td>
<td><strong>Cancer Fighting Cooking: 1-3</strong></td>
<td><strong>Gentle Yoga: 10-11</strong></td>
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<td><strong>MOKENA</strong></td>
<td><strong>Gentle Yoga: 10:30-11:30 &amp; 12-1</strong></td>
<td><strong>Open Studio: 1-3</strong></td>
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<td><strong>Gentle Yoga: 4-5</strong></td>
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<td><strong>Mindful Meditation: 5:15-6</strong></td>
<td><strong>Guided Imagery: 5:30-6:15</strong></td>
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<td><strong>Healthy Eating: 1:15-2:30</strong></td>
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<td><strong>Art: 2-3:45</strong></td>
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<td><strong>Gynecological Cancers Networking: 5-6</strong></td>
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**The Cancer Support Center is proud of its Hospital Partnerships.**

*Please see all Hospital Programming within the program guide on page 10!*

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**Means Call to Register…**

Homewood: (708) 798-9171  
Mokena: (708) 478-3529

Homewood Programs are in Black  
Mokena Programs are in Blue
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td><strong>HOMEWOOD</strong>&lt;br&gt;No Art&lt;br&gt;No Gentle Yoga</td>
<td><strong>MOKENA</strong>&lt;br&gt;Lung Cancer Networking: 6-7:30</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Survivors Group: 10-11:30&lt;br&gt;Guided Imagery: 5:30-6:15</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Gentle Yoga: 10-11&lt;br&gt;Open Studio: 1-3&lt;br&gt;Breast Cancer Networking: 6:30-8</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Enhancing Flavor with Spices: 11-12:30&lt;br&gt;Therapy Dogs: 11:30-12:30</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;No Moves That Matter</td>
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<td><strong>CLOSED</strong>&lt;br&gt;COLUMBUS DAY</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Survivors Group: 10-11:30&lt;br&gt;Guided Imagery: 5:30-6:15</td>
<td><strong>MOKENA</strong>&lt;br&gt;Gentle Yoga: 10:30-11:30 &amp; 12-1&lt;br&gt;Healthy Eating: 1:15-2:30</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Gentle Yoga: 10-11&lt;br&gt;Open Studio: 1-3</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Annie's Knit &amp; Crochet: 10-11:30&lt;br&gt;Drumming Circle: 10:13-11:30&lt;br&gt;Tibetan Bowl: 9:30-10:30&lt;br&gt;Men's Discussion Group: 12:30-1:30&lt;br&gt;Art: 2-3:45</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Moves That Matter: 9:30-10:15</td>
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<td><strong>HOMEWOOD</strong>&lt;br&gt;Art: 2:345&lt;br&gt;Kids Film Club: 4:5&lt;br&gt;Gentle Yoga: 4:5</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Survivors Group: 10-11:30&lt;br&gt;Guided Imagery: 5:30-6:15&lt;br&gt;<strong>MOKENA</strong>&lt;br&gt;Gentle Yoga: 10:30-11:30 &amp; 12-1</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Gentle Yoga: 10:11&lt;br&gt;Reducing Toxins: 11:15-12:45&lt;br&gt;Open Studio: 1-3&lt;br&gt;Stress &amp; Self-Care: 3-5&lt;br&gt;Breast Cancer Networking: 6:30-8&lt;br&gt;<strong>MOKENA</strong>&lt;br&gt;Kids Film Club 4-5</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Enhancing Flavor w/Spices: 11-12:30&lt;br&gt;<strong>MOKENA</strong>&lt;br&gt;Men’s Discussion Group: 12:30-1:30&lt;br&gt;Art: 2:345</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Annie’s Knit &amp; Crochet: 10-11:30&lt;br&gt;Drumming Circle: 6:30-7:30&lt;br&gt;<strong>MOKENA</strong>&lt;br&gt;Healthy Changes: 12:1-3</td>
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<td><strong>HOMEWOOD</strong>&lt;br&gt;Art: 2:345&lt;br&gt;Kids Film Club: 4:5&lt;br&gt;Gentle Yoga: 4:5&lt;br&gt;Sleep Health: 6-7</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Survivors Group: 10-11:30&lt;br&gt;Guided Imagery: 5:30-6:15&lt;br&gt;Caregiver Strategies: 6:30-8&lt;br&gt;<strong>MOKENA</strong>&lt;br&gt;Gentle Yoga: 10:30-11:30 &amp; 12-1&lt;br&gt;Smart Grocery Shopping: 1:15-2:45</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Gentle Yoga: 10:11&lt;br&gt;Open Studio: 1-3&lt;br&gt;<strong>MOKENA</strong>&lt;br&gt;Kids Film Club 4-5</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Cancer Fighting Cooking: 1-3&lt;br&gt;Brain Cancer: 6-8&lt;br&gt;<strong>MOKENA</strong>&lt;br&gt;Tibetan Bowl: 9:30-10:30&lt;br&gt;Men’s Discussion Group: 12:30-1:30&lt;br&gt;Art: 2:345</td>
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<td><strong>HOMEWOOD</strong>&lt;br&gt;No Moves That Matter</td>
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</table>
Mark your calendars, tighten your laces and join us on Sunday, October 2nd for the 2016 Fall Walk of Hope.

Last year, we welcomed over 900 participants, families and community members who all walked in memory of a loved one, or to celebrate a cancer survivor! Let’s beat this number! Grab your friends and create a walk team today. New and exciting things will be taking place, including the new individual incentive program. The more money you raise the better the prize! Registration now open, visit www.cancersupportcenter.org today! You won’t want to miss out on this event!

Individuals (15 years & up) $30    Child (5-14) $15    Under 5 FREE
For more information, please contact Mandi Williams, Manager of Special Events at 708-798-9171 or via email at mwilliams@cancersupportcenter.org

Black Friday. Cyber Monday.
#GIVINGTUESDAY
November 29, 2016

GivingTuesday, a global day dedicated to giving back will be held on Tuesday, November 29th.

On this day, charities, families, businesses, community centers, and students around the world will come together for one common purpose: to celebrate generosity and to give. Again this year, the Coleman Foundation will match online donations given to The Cancer Support Center on #GivingTuesday.

The Center is excited to be part of the global giving movement and we hope you are, too. It’s a simple idea. Just find a way for your family, your community, your company or your organization to come together to give something more.

Then tell everyone you can about how you are giving. Join us and be a part of a global celebration of a new tradition of generosity. It’s never too early to start planning, below are some ways you can expand your support of #GivingTuesday:

• Ask your workplace to host a #GivingTuesday campaign.

• Share your charitable efforts and reasons for supporting The Cancer Support Center on #GivingTuesday through social media using the hashtags #GivingTuesday and #TheCancerSupportCenter.

• Invite friends, family and colleagues to donate online to The Center explaining that every dollar donated will be matched!

For more information, please contact us at 708-798-9171.

Join us as we kick off the holiday season with some festive fun at The Cancer Support Center’s Jingle Bash on Friday, December 2nd at Olympia Fields Country Club

Back by popular demand, this fundraising event will feature tasty food, beer, wine, live entertainment, our tribute tree and the ever so popular ornament tree raffle. Funds raised at the Jingle Holiday Bash benefit thousands of individuals throughout Chicago’s Southland who depend on our services to help them with the emotional and physical impact of cancer. If you are interested in helping with the planning of this event or would like additional information, please contact us at 708-798-9171.
We are grateful to the following organizations that underwrite programs or provided their services free of charge for The Cancer Support Center:

- 12 Oaks Foundation
- Advocate South Suburban Hospital
- Aileen S. Andrew Foundation
- Alan Rose
- Andrew Foundation
- Angels on Assignment
- Assurance Caring Together Foundation
- The Barnes Foundation
- Bears Care
- The Blowitz-Ridgeway Foundation
- Cancer Treatments Centers of America
- Carolyn Adams Ticket for the Cure
- CN
- The Coleman Foundation
- Colon Cancer Coalition
- Cord Vanderpool Foundation
- Exxon Mobil Joliet Refinery
- Faith United Methodist Church
- Flossmoor Community Church
- Flossmoor Service League
- Ford Motor Company
- Franciscan St. James Health
- Greenbrier Companies
- Harvey Beauties of Harvey Church of Christ
- HERA Women's Cancer Foundation
- Homewood Disposal
- The Horton Group
- JDM Steel
- Mokena Chamber of Commerce
- Mokena Mayor's Charity Foundation
- Mokena Women's Club
- Newman's Own Foundation
- Olivieri Brothers Architects
- Palos Community Hospital
- Rose Pallet
- Safeway Chimney Sweeps
- Sam's Club Store #6489, Calumet City
- Sam's Club Store #8154, Matteson
- Service Club of Chicago
- South Suburban League
- South Suburban Service League
- Suburban Club League
- Thrall Enterprises
- The United Way of Will County
- The University of Chicago Medicine Comprehensive Cancer Center – at Silver Cross Hospital
- Wal-Mart Store #1556, Orland Hills
- Wendy Larks Foundation

Thank you to our community for organizing the following fundraising events on behalf of The Cancer Support Center:

- Bergstein’s NY Deli
- Flossmoor Country Club Pink Invitational
- Kendra Scott
- Lifestyles Academy
- Lynn Panici Golf Outing
- Mokena Community Park District
- Olympia Fields Country Club
- Midlothian Country Club Ladies Golf League
- Panera Bread Company
- Peotone High School
- Rasmussen College

CENTER WISH LIST!

Renovate ladies bathroom
Painting canvas and brushes
Drawing/water color paper
Cardstock
Tablets
Kuerig K-cups
Non-Profit Organization
U.S. Postage
PAID
Permit No. 6
Homewood IL

THE CANCER SUPPORT CENTER
www.CancerSupportCenter.org

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
19657 S. LaGrange Road
Mokena, IL 60448
(708) 478-3529
M-F: 11 a.m. - 4 p.m.

Help us tackle cancer!
The Junior Board of The Cancer Support Center presents our FIRST fundraising event

The Kickoff!
Join us on September 8th for the first NFL game of the season! We'll be at The Scout 1301 S Wabash Ave, Chicago, IL from 7:00 p.m. - 10:00 p.m.! Your ticket includes food and drinks. Event proceeds will benefit those impacted by cancer, and their family members, loved ones and caregivers. For more information please contact The CSC at 708.798.9171 or visit http://cancersupportcenter.org/

Get your tickets here:
https://www.eventbrite.com/e/the-kickoff-tickets-26788927403

Boogie Nights
Sponsored by the Community Board of The Cancer Support Center
October 22nd 2016
@ Wiley’s Grill 8–12pm
800 Kedzie Ave, Flossmoor, IL 60422

Featuring music by BRAT PACK (80’s cover band)

Join us in your favorite decades attire as BOO9 is getting it’s Boogie on.

Mark your calendars