

THE PILLAR

Your quarterly newsletter from the Cancer Support Center

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HEALTHY LIFESTYLE

Spring is here, bringing fresh beginnings and exciting new programs to the Cancer Support Center! From special wellness workshops to inspiring community events, there's something for everyone this season. Stay tuned for all the ways you can get involved, find support, and connect with others.



Scan the qr code to learn more about our programs



Registration required for special programs. Please visit cancersupportcenter.org/list-of-programs to register.

TRANSPORTATION ASSISTANCE

FRIDAYS, MARCH 7TH, 14TH, 21ST | 11 A.M. | VIRTUAL

Join us for a free online workshop to learn about transportation resources available for Cancer Support Center participants. We'll cover public transit, ride services, and other transportation resources in three area counties. Get your questions answered and find the best options for your needs!

THE BENEFITS OF PHYSICAL THERAPY FOR COLORECTAL CANCER

FRIDAY, MARCH 14TH | 2-3 P.M. | VIRTUAL

Join ReVital Cancer Rehab Physical Therapist Karyn Holtz PT MHS CLT as she discusses Colorectal Cancer. Karyn will walk attendees through: Colorectal Cancer overview and Medical Diagnosis, Benefits of Cancer Rehab, & Exercise is Medicine.

HOW TO COPE WITH GRIEF AND LOSS

MONDAY, MARCH 17TH | 4-5 P.M. | VIRTUAL

Coping with the loss of a loved one can be extremely hard for individuals and even more challenging for families. It's hard to know what's normal and how long grief is supposed to last. Furthermore, comparing our grief to others can often make the situation worse. This program will help you understand common reactions to grief, how to get the support you need, and how to support your loved ones who are also grieving. **Presented by Jason Kieffer, LCPC.**



Lauren Mansell,
DPT, CLT, PRPC.

NEUROPATHY

FRIDAY, APRIL 4TH | 11-12 P.M. | VIRTUAL

Neuropathy is one of the most common side effects from certain cancer treatments. Join us to learn about neuropathy and ways physical therapy and other interventions may help. **Presented by Lauren Mansell, DPT, CLT, PRPC.**

PELVIC FLOOR PT

FRIDAY, MAY 9TH | 11-12 P.M. | VIRTUAL

Join Doctor of Physical Therapy and certified Pelvic Floor Physical Therapist, Lauren Mansell to learn about Pelvic Floor Dysfunction in Cancer survivorship, what it is, and what you can do to help. Bring your questions! **Presented by Lauren Mansell, DPT, CLT, PRPC.**

SWALLOWING ACROSS THE CONTINUUM IN HEAD AND NECK CANCER

MONDAY, APRIL 28TH | 4-5 P.M. | VIRTUAL

Head and neck surgery and radiation can cause short- and long-term swallowing issues, including dysphagia and trismus. SLPs assess and treat speech/swallowing, while gastroenterologists manage severe cases. Therapy, exercises, and interventions improve function. Presented by Sarah Kramer, MS CCC-SLP.

SKINCARE 101

THURSDAY, MAY 22ND | 1 P.M. | MOKENA

Join us for an essential care guide for protecting your skin. Licensed esthetician Jacqueline Nelson-Elliott will walk you through myths about your skin during and after cancer treatment. She will also educate the group about individual differences in skincare, review day and night skincare routines, and provide a Q & A session. Please call to register.



Registration required for special programs. Please call either location or email kfriel@cancersupportcenter.org to register.

WATERCOLOR FLOWERS WORKSHOP

WEDNESDAY APRIL 23RD | 4-5:30 P.M. | MOKENA

Join us in learning techniques to make flowers, petals and leaves using watercolor paint. All materials provided.

MAKE YOUR OWN BODY SCRUB

THURSDAY, APRIL 24TH | 1-2 P.M. | HOMEWOOD

Join us for a hands-on workshop where you will learn how to create your own custom body scrub. Presented by licensed esthetician Jacqueline Nelson-Elliott. Registration required and space is limited. Call 708-798-9171 or email kfriel@cancersupportcenter.org to register.

MOSAIC ART WORKSHOP

WEDNESDAY, MAY 14TH | 4 - 5:30 P.M. | HOMEWOOD

In this program you will create your own mosaic piece of art. Come join us, get creative, and have fun.



CHILD AND FAMILY PROGRAMS

Available support includes individual support, counseling and art therapy groups, school workshops, staff training and workshops.

Email kfriel@cancersupportcenter.org to start the steps for in school support.

MONTHLY TWEEN ART MEETUP

MONDAYS: MARCH 10TH, APRIL 7TH, MAY 12TH | 4:30-5:30 P.M. | HOMEWOOD

This monthly art group is for 10-14 year olds affected by cancer. Each month we will explore new art techniques and themes guided by an Art Therapist. This group provides a space for creative exploration, peer engagement, and emotional processing. Please call either location or email kfriel@cancersupportcenter.org to register .

KIDS SPRING BREAK HORSE OUTING

WEDNESDAY, APRIL 2ND | 10 A.M.-12 P.M. | NOVA QUARTER HORSES

Children aged 5-12 who are impacted by cancer are invited to join us at Nova Quarter Horses in Mokena for some fun at the barn! Kids will learn about caring for horses, tour the barn, and be led around on horseback in the indoor arena. Registration is required and space is limited. Please call either location or email kfriel@cancersupportcenter.org to register.



NEW WELLNESS PROGRAM

Registration required for special programs, Please call either location or email crosandich@cancersupportcenter.org to register.

TAI CHI AND QIGONG - *STARTING IN APRIL

1ST AND 2ND WEDNESDAYS OF EACH MONTH FROM 9:30-10:30 A.M. | HOMEWOOD

Tai Chi and Qigong are mind-body practices involving slow movements, deep breathing, and meditation. They offer numerous health benefits, including improved balance, stress reduction, pain relief, and immune system boost. These practices are safe for most people and can be a valuable addition to a healthy lifestyle. **Presented by Bill Gray, Tai Chi & Qigong Instructor.**



For individual nutrition consultations please contact Chris Rosandich at 708-478-3529.

Registration required for nutrition programs, Please call either location to register.

HEALTHY LIFESTYLE: INSPIRING WELLNESS: 6-WEEK PROGRAM

THURSDAYS, MARCH 6TH, 13TH, 20TH, 27TH, APRIL 3RD, 10TH | 2:30 - 4 P.M. | HOMEWOOD

WEDNESDAYS, APRIL 2ND, 9TH, 16TH, 23RD, 30TH AND MAY 7TH | 12-1:30 P.M. | MOKENA

Healthy Lifestyle is a 6-week program designed to help support, empower and challenge you toward achieving your goals. Each week you will meet with a nutrition educator and a fitness instructor. By committing yourself weekly to this program, you will be encouraged through instruction and group support to create healthy habits and strive toward optimal health. You will learn advanced nutrition information and fitness methods that are designed to teach you safe and effective ways to improve your health and vitality. This is the perfect time to focus on a healthier you! **Facilitated by Chris Rosandich, MS, Nutrition Educator, Amanda McLaughlin, CPT, Personal Trainer and Roy Alfonso, (CFS) Certified Fitness & Functional Movement Specialist.**

LABEL READING: AVOIDING UNHEALTHY INGREDIENTS

TUESDAY, MARCH 11TH | 10:30-11:45 A.M. | HOMEWOOD

THURSDAY, MARCH 13TH | 10:30-11:45 A.M. | MOKENA

Consumers are more health-conscious than ever but still we see food manufacturers misleading us with tricks and including ingredients that are unhealthy. Join us as we learn how to read food labels, identify harmful ingredients to avoid and useful tips on how to calculate fat, sodium and sugar intake. **Presented by Chris Rosandich, MS.**

UNLOCKING INNER CALM: HOW TO UNWIND & SECURE PEACE OF MIND

WEDNESDAY, MARCH 12TH | 12:30-1:30 P.M. | MOKENA

In today's fast-paced world, attaining inner calm and securing your peace of mind seems like an unreachable goal. However, accessing that deep reservoir of peacefulness and serenity is possible. In this workshop you will learn practical strategies to embrace mindfulness and stress reduction techniques that can create a space within you to feel calm and joy.

Presented by Kat Klipic, Integrative Health Coach.

TAME ANXIETY & WORRY FOR SOUND SLEEP

TUESDAY, MARCH 18TH | 10:30-11:30 A.M. | HOMEWOOD

Are you battling sleep concerns? Research has shown anxiety & worry can disrupt sleep, creating a loop of insomnia, stress, and fatigue. Learn practical strategies which can help you get a better night's sleep while feeling calmer and less anxious. Get some ZZZ's by focusing on rest practices, nutrition, and daily habits!

Presented by Morgan Fedro, National Board-Certified Health & Wellness Coach.

HEALTHY AND HOMEMADE WITH GWEN; EAT SOMETHING GREEN TO CELEBRATE ST. PATRICK'S DAY

THURSDAY, MARCH 20TH | 10:30-12 P.M. | MOKENA

Eat something GREEN! We will be making a creamy tortellini soup loaded with spinach that you will absolutely love. To go with the soup, you'll have your choice of a couple versions of "green" avocado toast on homemade sourdough bread. **Presented by Gwen Giampaolo.**



COOKING WITH CHEF MARCIA: HANDHELD FOODS

TUESDAY, MARCH 25TH | 10:30-12 P.M. | HOMEWOOD

Handheld foods are portable and can be eaten without utensils. Chef Marcia will demonstrate how simple and delicious finger sandwiches can be, plus other amazing sides. This is the perfect class for anyone who loves to eat wonderful food but doesn't like to spend much time in the kitchen. **Presented by Chef Marcia Kuchta.**

HOME REMEDIES TO REDUCE INFLAMMATION

WEDNESDAY, APRIL 2ND | 10:45-12 P.M. | MOKENA

Would you like to learn how to make home remedies to help keep your immune system strong and reduce inflammation? Chef Lesley will show us how to lower inflammation naturally by making homemade brews made from superfood ingredients.

Presented by Chef Lesley Shworles.



For individual nutrition consultations please contact Chris Rosandich at 708-478-3529.

Registration required for nutrition programs, Please call either location to register.

LET IT GO & EXPERIENCE JOY

TUESDAY, APRIL 8TH | 10-11 A.M. | HOMEWOOD

This uplifting program will help you let go of self-doubt and self-criticism that may be causing you undue burden and pain. You will receive the tools you need to LET GO of the things that have been weighing you down mentally, physically and emotionally. Plus, this will give you some much needed peace, clarity, hope and support to move forward on your journey. Learn three powerful tools that will help you to experience MORE JOY in your life. **Presented by Charmaine Moore, Face of Hope and Beauty Self-Love Life Coach.**

HEALTHY AND HOMEMADE WITH GWEN: TOSS THE TAKE-OUT MENU

THURSDAY, APRIL 10TH | 10:30-12:00 P.M. | MOKENA

Toss the take-out menu! We will be making a Honey Sesame Chicken Stir Fry using rotisserie chicken and homemade coconut rice. This is an easy quick recipe that doesn't have MSG and includes a serving of veggies. **Presented by Gwen Giampaolo.**

COOKING WITH CHEF MARCIA: GET 'EGG-CITED' FOR EGG DISHES

TUESDAY, APRIL 15TH | 10:30-12 P.M. | HOMEWOOD

Eggs are one of the few foods that can be classified as a 'superfood'. They are a good source of protein and high in vitamin B12, selenium, vitamin D and zinc. Chef Marcia will amaze us with new and fascinating ways to prepare them.

Presented by Chef Marcia Kuchta.



SIMPLE COOKING WITH HEALTHY INGREDIENTS

THURSDAY, APRIL 17TH | 10:30-12 P.M. | MOKENA

TUESDAY, MAY 6TH | 11:30-1 P.M. | HOMEWOOD

Join us as we sample foods that are simple to make and part of a healthy, cancer-fighting diet. You'll learn practical information about healthy living and lifestyle changes including simple ways to plan meals and snacks, new recipes that include the best ingredients and how to make healthy substitutes for your favorite foods. **Presented by Chris Rosandich, MS.**

COOKING WITH CHEF MARCIA; SWEET & SAVORY CREPES

TUESDAY, MAY 13TH | 10:30-12 P.M. | HOMEWOOD

Crepes are like a blank canvas, ready to be transformed into a sweet or savory masterpiece. Whether you're craving a decadent dessert, a light breakfast, or a satisfying dinner, Chef Marcia will impress us all! **Presented by Chef Marcia Kuchta.**

UNLOCK THE HEALING POWER OF SEEDS & HERBS: NATURAL HOME REMEDIES

THURSDAY, MAY 8TH | 2-3:30 P.M. | MOKENA

Nourish your body and reduce inflammation by unlocking the healing power of seeds & herbs naturally. Marcela will show you how to make your own natural remedies to help support your immune system and improve overall health. Everyone will make their own special tea to take home. **Presented by Marcela Puga, Health Coach & Yoga Therapist.**

HEALTHY AND HOMEMADE WITH GWEN: MEATLESS MEALS IN MAY

THURSDAY, MAY 22ND | 10:30-12:00 P.M. | MOKENA

We will be celebrating spring with a Roasted Veggie Tzatziki bowl that will be great for meal prep and lunches for the entire week. Of course, all this healthy eating deserves a guilt-free treat - so let's make Pistachio Baklava Balls to snack on!

Presented by Gwen Giampaolo.

SUMMER SMOOTHIE CLINIC: PROTEIN PLUS

THURSDAY, MAY 15TH | 11-12:30 P.M. | MOKENA

TUESDAY, MAY 20TH | 11-12:30 P.M. | HOMEWOOD

Learn to make blend-at-home smoothies that have great taste, are jam-packed with pre and probiotics, protein, healthy fats and fiber. Blending your fruits and veggies is the best and quickest way to reduce inflammation while hydrating your body, drenching your cells in life-giving nutrients and even repairing your DNA. Samples are available. **Presented by Chris Rosandich, MS.**





EDUCATION & NETWORKING RECURRING GROUPS

*For IL residents only. Please feel free to reach out to us with any questions or concerns.

Breast Cancer Networking Group

Virtual

1st Wednesday of the month from 6-7:30 p.m.

Metastatic Breast Cancer Networking

Virtual

1st Wednesday of the month from 5 to 6 p.m.

Sista's of Hope Networking

Hybrid

3rd Wednesday of the month from 6 to 7 p.m.

This peer led group is offered both in person and virtually for African American/Black Women with Breast Cancer.

Bereavement Group

Virtual

1st and 3rd Thursday of the month from 5-6 p.m.

Blood Cancers Networking Group

Virtual

The 3rd Tuesday of the month from 5-6 p.m.

Brain Tumor Networking Group

Mokena

2nd Thursday of the month from 6-7:30 p.m.

Call 708-478-3529 to register.

Caregiver's Networking Group

***NEW TIME**

The second Wednesday of every month from 5-6 p.m.

A caregiver support group is a gathering where individuals who are providing care to a loved one with a cancer diagnosis can connect. This group offers a safe space to discuss concerns, gain coping strategies, and access valuable resources while feeling understood and less isolated.

Colorectal Cancers Group

Virtual

2nd Wednesday of the month from 10:30-11:30 a.m.

Gynecological Cancer Networking Group

Virtual

3rd Wednesday of the month from 12-1 p.m.

Head & Neck Cancers Networking Group

Virtual

The 2nd Wednesday of every month from 4-5 p.m.

LGBTQ+ Networking Group

Virtual

1st Tuesday of the month from 5-6 p.m.

Join us for our new LGBTQ+ networking group! The LGBTQ+ networking group is intended to build intersectional support for LGBTQ+ individuals who are at any stage of the cancer journey, whether that be currently in treatment or post-treatment. Networking groups provide opportunities to build community, identify coping strategies, and find new resources.

***For IL residents only. Please contact us with any questions or concerns.**

Lung Cancer Networking Group

Virtual

The 1st Wednesday of each month, 10:30-11:30 a.m.

Men's Discussion Group

Virtual

Every Thursday from 12:30 to 1:30 p.m.

Multiple Myeloma Cancer Networking

Virtual

Last Thursday of the month from 4-5 p.m.

Prostate Cancer Networking Group

Virtual

The 2nd Thursday of every month from 5-6 p.m.

Cancer Support & Networking Group

Mokena

2nd Monday of the month; 12-1 p.m.

This is a group is for anyone with any type of cancer.

Patient & Caregiver Support & Networking Group ***NEW TIME**

Homewood: Last Tuesday of the month; 12-1 p.m.

This is a chance for patients and their caregivers to come to the center together to receive support, separately. Networking groups are a great place where individuals can share their experiences and receive emotional and practical support from others facing similar challenges. The groups will happen at the same time, but patients and caregivers will meet separately.

Young Adult Networking Group

Virtual

The 2nd Tuesday of each month from 5 to 6 p.m.

***For those between 18-40ish years of age.**

****Program time/dates are subject to change. Calendars are up to date on our website and posted weekly on Facebook.**





To register for in-person programs, please call either office. To register for virtual programs, please visit our website.



COUNSELING & STRESS MANAGEMENT

Individual, Family & Couples Counseling

In-Person or Virtual

Contact Jason Kieffer for more information.

jkieffer@cancersupportcenter.org. *Virtual Counseling for Illinois Residents only.

Please call 708-995-0368 if you have any questions.

Knit & Crochet Group

HOMEWOOD - Every Monday from 12-1 p.m.

MOKENA - Every Wednesday from 2-3:30 p.m.

All are welcome to join this group to work on current knit, crochet, and other projects, as well as beginners looking to learn the basics. Yarn and basic tools provided.

Art Journaling | Virtual

Email Kelly kfriel@cancersupportcenter.org to receive a prompt each Thursday in your inbox.

Art Open Studio | Homewood

Every Wednesday from 12:30 to 2 p.m.

Join us to work on projects of your choice! Materials provided.

Art Therapy | Homewood

Every Monday from 1:30-3 p.m.

Art Therapy | Mokena

Every Tuesday from 2 to 3:30 p.m.

March: Collage with creative materials

April: Painting

May: Art for Mindfulness

Journeying Inward: Deep Relaxation for Well-Being & Stress Relief | Virtual

The 3rd Wednesday of the month from 3 to 4 p.m.

***Facilitated by Cecily Hunt.**

Monday Meditation with Cecily | Virtual

Every Monday from 1 to 1:30 p.m.

Tibetan Bowls | Mokena

Select Tuesday's 9:30-10:15 a.m. | Dates shown in calendar

This sound meditation creates a space of peace, well-being, harmony, and balance, and brings profound therapeutic benefits. Bring a pillow or blanket and wear loose clothing. The class is limited to 10 participants. Call 708-478-3529 to register.

Soundbath | Homewood

1st & 3rd Thursday of the month from 12-1 p.m.

This program involves sound meditation in which you bathe your body in the healing vibrations of various ancient instruments and raise your consciousness to create a space of peace and well-being, harmony, and balance. Please bring a pillow and blanket and wear loose clothing. Please arrive early. Registration is required. For more information, please call 708-798-9171.



FITNESS & PHYSICAL WELLNESS

Chair Yoga with Cecily | Virtual

Every Monday from 12 to 1 p.m.

Participate in this ancient tradition done in the comfort and safety of a chair. Participants have said, "Yoga has helped me deepen awareness of body, mind, and spirit," and that this program has helped them find balance and peace in life.

Gentle Floor Yoga Nidra with Karen

Hybrid | Mokena or Virtual

Every Tuesday from 11 a.m. to 12 p.m.

This class begins with a 40-45 minute gentle yoga practice which incorporates simple flowing sequences that focus on alignment, strength, balance, and flexibility. We will follow with Nidra: a guided form of meditation that is intended to induce total physical, mental, and emotional relaxation.

Chair Yoga with Marcela | Homewood

Every Wednesday from 2:30 to 3:30 p.m.

Chair Yoga is designed to reduce stress and address the 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.

Get Moving, Get Fit | Mokena

Every Wednesday | 9-9:45 a.m.

This fun drop-in fitness class will focus on gentle conditioning, flexibility, and balance by moving to upbeat music. Workouts will focus on the whole body and all levels of fitness are welcome. **Presented by Marcela Puga.**

Gentle Stretching, Deep Breathing & Relaxation | Mokena

Every Wednesday | 10-10:30 a.m.

This class focuses on chair-based gentle stretches, relaxation, and deep breathing to manage daily stress. Stretching is crucial for maintaining muscle flexibility, reducing inflammation, and preventing joint pain and muscle damage.

Corrective Exercise to Rebuild, Strengthen and Restore | Homewood

Mondays, March 24th, April 14th, May 19th | 12:30-1:15 p.m. | Homewood

In a small group setting, Roy will provide individualized attention on which corrective movements can best help reduce pain, increase flexibility and improve balance. This program will help you learn what exercises can help you move better to control or manage discomfort. No registration necessary. Presented by Roy Alfonso, Certified Fitness & Functional (CFS) & Movement Specialist.

Moves That Matter Personal Training

Homewood

Every Tuesday from 2 to 2:45 p.m.

This class works on releasing tension, increasing flexibility, improving posture, coordination, injury prevention, pain management, and joint and gross stability. Roy gives each person individualized attention in a small group setting allowing you to work at your own pace. **Presented by Roy Alfonso.**

Zumba Toning® with Lori

Hybrid | Mokena or Virtual

Every Monday from 9 to 9:45 a.m.

Zumba Gold with Denise | Homewood

Every Monday and Wednesday from 11 a.m. to 12 p.m.

WE OFFER WIGS, TOO! CALL TO SCHEDULE AN APPOINTMENT.

MARCH, 2025

Monday

Tuesday

Wednesday

3

9-9:45a: Zumba Toning with Lori
 11-12p: Zumba Gold with Denise
 12-1 p: Knit and Crochet Group
 12-1 p: Chair Yoga with Cecily
 1-1:30p: Monday Meditation w/ Cecily
 1:30-3p: Art Therapy

4

9:30-10:15a: Tibetan Bowls
 11- 12p: Gentle Floor Yoga Nidra w/ Karen
 2-3:30p: Art Therapy
 2-2:45p: Moves That Matter
 5-6p: LGBTQ+ Networking Group

5

9-10:30a: Get Moving Get Fit
 10:30-11:30a: Lung Cancer Networking Group
 11-12p: Zumba Gold with Denise
 12:30-2p: Art Open Studio
 2-3:30p: Knit and Crochet Group
 2:30-3:30p: Chair Yoga with Marcela
 5-6p: Metastatic Breast Cancer Networking Group
 6-7:30p: Breast Cancer Networking Group

10

9-9:45a: Zumba Toning with Lori
 11-12p: Zumba Gold with Denise
 12-1 p: Knit and Crochet Group
 12-1 p: Chair Yoga with Cecily
 12-1p: Patient Support Group
 1-1:30p: Monday Meditation w/ Cecily
 1:30-3p: Art Therapy
 4:30-5:30p: Monthly Tween Art Meetup

11

10:30-11:45a: Label Reading: Avoiding Unhealthy Ingredients
 11- 12p: Gentle Floor Yoga Nidra w/ Karen
 2-3:30p: Art Therapy
 2-2:45p: Moves That Matter
 5-6 p: Young Adult Networking Group

12

9-10:30a: Get Moving Get Fit
 10:30-11:30a: Colorectal Cancer Group
 11-12p: Zumba Gold with Denise
 12:30-2p: Art Open Studio
 12:30-1:30p: Unlocking Inner Calm: How to Unwind and Secure Peace of Mind
 2-3:30p: Knit and Crochet Group
 2:30-3:30p: Chair Yoga with Marcela
 4-5p: Head and Neck Cancers Networking Group
 5-6p: Caregivers Networking Group

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9-9:45a: Zumba Toning with Lori
 11-12p: Zumba Gold with Denise
 12-1 p: Knit and Crochet Group
 12-1 p: Chair Yoga with Cecily
 1-1:30p: Monday Meditation w/ Cecily
 1:30-3p: Art Therapy
 4:30-5:30p: Monthly Tween Art Meetup
 4-5p: How to Cope with Grief and Loss

18

9:30-10:15a: Tibetan Bowls
 10:30-11:30a: Tame Anxiety and Worry for Sound Sleep
 11- 12p: Gentle Floor Yoga Nidra w/ Karen
 2-3:30p: Art Therapy
 2-2:45p: Moves That Matter
 5-6p: Blood Cancers Networking Group

19

9-10:30a: Get Moving Get Fit
 11-12p: Zumba Gold with Denise
 12-1p: Gynecological Cancer Networking Group
 12:30-2p: Art Open Studio
 2-3:30p: Knit and Crochet Group
 2:30-3:30p: Chair Yoga with Marcela
 3-4p: Journeying Inward: Deep Relaxation for Well-Being and Stress Relief
 6-7p: Sista's of Hope

24

9-9:45a: Zumba Toning with Lori
 11-12p: Zumba Gold with Denise
 12-1 p: Knit and Crochet Group
 12:30-1:15p: Corrective Exercise to Rebuild, Strengthen and Restore
 12-1 p: Chair Yoga with Cecily
 1-1:30p: Monday Meditation w/ Cecily
 1:30-3p: Art Therapy

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10:30-12p: Cooking with Chef Marcia; Handheld Foods
 11- 12p: Gentle Floor Yoga Nidra w/ Karen
 12-1p: Patient and Caregiver Networking
 2-3:30p: Art Therapy
 2-2:45p: Moves That Matter

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9-10:30a: Get Moving Get Fit
 11-12p: Zumba Gold with Denise
 12:30-2p: Art Open Studio
 2-3:30p: Knit and Crochet Group
 2:30-3:30p: Chair Yoga with Marcela

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9-9:45a: Zumba Toning with Lori
 11-12p: Zumba Gold with Denise
 12-1 p: Knit and Crochet Group
 12-1 p: Chair Yoga with Cecily
 1-1:30p: Monday Meditation w/ Cecily
 1:30-3p: Art Therapy

Purple: Homewood

Blue: Mokena

Green: Virtual



Thursday

Friday

Sat/Sun

6

12-1p: Sound Bath
12:30-1:30p: Men's Discussion Group
2:30-4p: Healthy Lifestyle
5-6p: Bereavement Group
Art Journaling

7

11-12p: Transportation Assistance

8/9

13

10:30-11:45a: Label Reading: Avoiding Unhealthy Ingredients

12:30-1:30p: Men's Discussion Group
2:30-4p: Healthy Lifestyle
5-6p: Prostate Cancer Networking Group
6-7:30p: Brain Tumor Networking Group
Art Journaling

14

11-12p: Transportation Assistance
2-3p: The Benefits of Physical Therapy for Colorectal Cancer

15/16

20

10:30-12p: Healthy and Homemade with Gwen; Eat Something Green to Celebrate St. Patrick's Day

12-1p: Sound Bath
12:30-1:30p: Men's Discussion Group
2:30-4p: Healthy Lifestyle
5-6p: Bereavement Group
Art Journaling

21

11-12p: Transportation Assistance

22/23

27

12:30-1:30p: Men's Discussion Group
2:30-4p: Healthy Lifestyle
4-5p: Multiple Myeloma Cancer Networking Group
Art Journaling

28

29/30

APRIL, 2025

Monday

Tuesday

Wednesday

	<p>1</p> <p>9:30-10:15a: Tibetan Bowls 11- 12p: Gentle Floor Yoga Nidra w/ Karen 2-3:30p: Art Therapy 2-2:45p: Moves That Matter 5-6p: LGBTQ+ Networking Group</p>	<p>2 9:30-10:30a: Tai Chi 9-10:30a: Get Moving Get Fit 10:45-12p: Home Remedies to Reduce Inflammation 10:30-11:30a: Lung Cancer Networking Group 10-12p: Kids Horse Outing 11-12p: Zumba Gold with Denise 12-1:30p: Healthy Lifestyle 12:30-2p: Art Open Studio 2-3:30p: Knit and Crochet Group 2:30-3:30p: Chair Yoga with Marcela 5-6p: Metastatic Breast Cancer Networking Group 6-7:30p: Breast Cancer Networking Group</p>
<p>7</p> <p>9-9:45a: Zumba Toning with Lori 11-12p: Zumba Gold with Denise 12-1 p: Knit and Crochet Group 12-1 p: Chair Yoga with Cecily 1-1:30p: Monday Meditation w/ Cecily 1:30-3p: Art Therapy 4:30-5:30p: Monthly Tween Art Meetup</p>	<p>8</p> <p>10-11a: Let It Go & Experience JOY 11- 12p: Gentle Floor Yoga Nidra w/ Karen 2-3:30p: Art Therapy 2-2:45p: Moves That Matter 5-6p: Young Adult Networking Group</p>	<p>9 9:30-10:30a: Tai Chi 9-10:30a: Get Moving Get Fit 10:30-11:30a: Colorectal Cancers Group 11-12p: Zumba Gold with Denise 12-1:30p: Healthy Lifestyle 12:30-2p: Art Open Studio 2-3:30p: Knit and Crochet Group 2:30-3:30p: Chair Yoga with Marcela 4-5p: Head and Neck Cancers Networking 5-6p: Caregivers Networking Group</p>
<p>14 9-9:45a: Zumba Toning with Lori 11-12p: Zumba Gold with Denise 12-1p: Chair Yoga with Cecily 12-1p: Knit & Crochet 12-1p: Patient Support Group 12:30-1:15p: Corrective Exercise to Rebuild, Strengthen and Restore 1-1:30p: Monday Meditation with Cecily 1:30-3p: Art Therapy</p>	<p>15 10:30-12p: Cooking with Chef Marcia; Get 'egg-cited' for egg dishes 11- 12p: Gentle Floor Yoga Nidra with Karen 2-3:30p: Art Therapy 2-2:45p: Moves That Matter 5-6p: Blood Cancers Networking Group</p>	<p>16 9-10:30a: Get Moving Get Fit 11-12p: Zumba Gold with Denise 12-1p: Gynecological Cancer Networking Group 12-1:30p: Healthy Lifestyle 12:30-2p: Art Open Studio 2-3:30p: Knit and Crochet Group 2:30-3:30p: Chair Yoga with Marcela 3-4p: Journeying Inward: Deep Relaxation for Well-Being and Stress Relief 6-7 p: Sista's of Hope</p>
<p>21 9-9:45a: Zumba Toning with Lori 11-12p: Zumba Gold with Denise 12-1p: Chair Yoga with Cecily 12-1p: Knit & Crochet 1-1:30p: Monday Meditation with Cecily 1:30-3p: Art Therapy</p>	<p>22</p> <p>9:30-10:15a: Tibetan Bowls 11- 12p: Gentle Floor Yoga Nidra with Karen 2-3:30p: Art Therapy 2-2:45p: Moves That Matter</p>	<p>23 9-10:30a: Get Moving Get Fit 11-12p: Zumba Gold with Denise 12-1:30p: Healthy Lifestyle 12:30-2p: Art Open Studio 2-3:30p: Knit and Crochet Group 2:30-3:30p: Chair Yoga with Marcela 4-5:30p: Watercolor Flowers Workshop</p>
<p>28 9-9:45a: Zumba Toning with Lori 11-12p: Zumba Gold with Denise 12-1p: Chair Yoga with Cecily 12-1p: Knit & Crochet 1-1:30p: Monday Meditation with Cecily 1:30-3p: Art Therapy 4-5p: Swallowing Across the Continuum in Head and Neck Cancer</p>	<p>29</p> <p>11- 12p: Gentle Floor Yoga Nidra with Karen 12-1p: Patient and Caregiver Networking 2-3:30p: Art Therapy 2-2:45p: Moves That Matter</p>	<p>30 9-10:30a: Get Moving Get Fit 11-12p: Zumba Gold with Denise 12-1:30p: Healthy Lifestyle 12:30-2p: Art Open Studio 2-3:30p: Knit and Crochet Group 2:30-3:30p: Chair Yoga with Marcela</p>

Purple: Homewood

Blue: Mokena

Green: Virtual



Thursday

Friday

Sat/Sun

<p>3</p> <p>12-1p: Sound Bath 12:30-1:30p: Men's Discussion Group 2:30-4p: Healthy Lifestyle 5-6p: Bereavement Group</p>	<p>4</p> <p>11-12p: Neuropathy</p>	<p>5/6</p>
<p>10</p> <p>10:30-12p: Healthy and Homemade with Gwen; Toss the Take-Out Menu 12:30-1:30p: Men's Discussion Group 2:30-4p: Healthy Lifestyle 5-6p: Prostate Cancer Networking Group 6-7:30p: Brain Tumor Networking Group</p>	<p>11</p>	<p>12/13</p>
<p>17</p> <p>10:30-12p: Simple Cooking with Healthy Ingredients 12-1p: Sound Bath 12:30-1:30p: Men's Discussion Group 5-6p: Bereavement Group</p>	<p>18</p> <p>CSC LOCATIONS CLOSED</p>	<p>19/20</p>
<p>24</p> <p>12:30-1:30p: Men's Discussion Group 1-2p: Make your own Body scrub 4-5p: Multiple Myeloma Cancer Networking Group</p>	<p>25</p>	<p>26/27</p>

MAY, 2025

Monday

Tuesday

Wednesday

<p>5 9-9:45a: Zumba Toning with Lori 11-12p: Zumba Gold with Denise 12-1 p: Knit and Crochet Group 12-1 p: Chair Yoga with Cecily 1-1:30p: Monday Meditation w/ Cecily 1:30-3p: Art Therapy</p>	<p>6 11- 12p: Gentle Floor Yoga Nidra w/ Karen 11:30-1p: Simple Cooking with Healthy Ingredients 2-3:30p: Art Therapy 2-2:45p: Moves That Matter 5-6p: LGBTQ+ Networking Group</p>	<p>7 9:30-10:30a: Tai Chi 9-10:30a: Get Moving Get Fit 10:30-11:30a: Lung Cancer Networking Group 11-12p: Zumba Gold with Denise 12-1:30p: Healthy Lifestyle; Inspiring Wellness 12:30-2p: Art Open Studio 2-3:30p: Knit and Crochet Group 2:30-3:30p: Chair Yoga with Marcela 5-6p: Metastatic Breast Cancer Networking Group 6-7:30p: Breast Cancer Networking Group</p>
<p>12 9-9:45a: Zumba Toning with Lori 11-12p: Zumba Gold with Denise 12-1p: Patient Support Group 12-1 p: Knit and Crochet Group 12-1 p: Chair Yoga with Cecily 1-1:30p: Monday Meditation w/ Cecily 1:30-3p: Art Therapy 4:30-5:30p: Monthly Tween Art Meetup</p>	<p>13 9:30-10:15a: Tibetan Bowls 10:30-12p: Cooking with Chef Marcia; Sweet & Savory Crepes 11- 12p: Gentle Floor Yoga Nidra w/ Karen 2-3:30p: Art Therapy 2-2:45p: Moves That Matter 5-6p: Young Adult Networking Group</p>	<p>14 10-4p: Closed Staff Development Day 4-5:30p: Mosaic Workshop 4-5p: Head & Neck Cancer Networking Group 5-6p: Caregivers Networking Group</p>
<p>19 9-9:45a: Zumba Toning with Lori 11-12p: Zumba Gold with Denise 12-1 p: Knit and Crochet Group 12-1 p: Chair Yoga with Cecily 1-1:30p: Monday Meditation w/ Cecily 12:30-1:15p: Corrective Exercise to Rebuild, Strengthen and Restore 1:30-3p: Art Therapy</p>	<p>20 11- 12p: Gentle Floor Yoga Nidra w/ Karen 11-12:30p: Summer Smoothie Clinic: Protein Plus 2-3:30p: Art Therapy 2-2:45p: Moves That Matter 5-6p: Blood Cancer Networking Group</p>	<p>21 9-10:30a: Get Moving Get Fit 11-12p: Zumba Gold with Denise 12-1p: Gynecological Cancer Networking Group 12:30-2p: Art Open Studio 2-3:30p: Knit and Crochet Group 2:30-3:30p: Chair Yoga with Marcela 3-4p: Journeying Inward: Deep Relaxation for Well-Being and Stress Relief 6-7p: Sista's of Hope</p>
<p>26 CSC LOCATIONS CLOSED</p>	<p>27 9:30-10:15a: Tibetan Bowls 11- 12p: Gentle Floor Yoga Nidra w/ Karen 12-1p: Patient and Caregiver Networking 2-3:30p: Art Therapy 2-2:45p: Moves That Matter</p>	<p>28 9-10:30a: Get Moving Get Fit 11-12p: Zumba Gold with Denise 12:30-2p: Art Open Studio 2-3:30p: Knit and Crochet Group 2:30-3:30p: Chair Yoga with Marcela</p>

Purple: Homewood

Blue: Mokena

Green: Virtual



Thursday

Friday

Sat/Sun

<p>1</p> <p>12-1p: Sound Bath 12:30-1:30p: Men's Discussion Group 5-6p: Bereavement Group</p>	<p>2</p>	<p>3/4</p>
<p>8</p> <p>12:30-1:30p: Men's Discussion Group 2-3:30p: Unlock the Healing Power from Seeds & Herbs; Natural Home Remedy 5-6p: Prostate Cancer Networking Group 6-7:30p: Brain Tumor Networking Group</p>	<p>9</p> <p>11-12p: Pelvic Floor PT</p>	<p>10/11</p>
<p>15</p> <p>11-12:30p: Summer Smoothie Clinic: Protein Plus 12-1p: Sound Bath 12:30-1:30p: Men's Discussion Group 5-6p: Bereavement Group</p>	<p>16</p>	<p>17/18</p>
<p>22</p> <p>10:30-12p: Healthy and Homemade with Gwen; Meatless Meals in May 12:30-1:30p: Men's Discussion Group 1p: Skin care 101</p>	<p>23</p>	<p>24/25</p>
<p>29</p> <p>12:30-1:30p: Men's Discussion Group 4-5p: Multiple Myeloma Cancer Networking Group</p>	<p>30</p>	<p>31/1</p>





ANNUAL
Gala
April 4, 2025
6:00 P.M.
OLYMPIA FIELDS COUNTRY CLUB



Spring Walk of Hope
SUNDAY, JUNE 1, 2025 | 9 AM
COMMISSIONERS PARK | FRANKFORT, IL



FOUNDERS' LEGACY *Society*
PLANNED GIVING



Hope, help and healing. These are the three pillars we use in the fight against our common enemy of cancer. And the most beautiful part is we are not alone in this struggle. At the Cancer Support Center, we need your help in this battle we believe will be won one day.

By considering a planned gift, you can offer hope and help by increasing the chances of healing for those fighting cancer. There are many ways to make the Cancer Support Center part of your legacy that can make an impact now and in the future. Some of the options not only benefit us, but they can also provide you with financial advantages such as tax savings and a supplement to retirement income.

Some Ways to Give:

- A gift through your will
- Tax-free gifts from your IRA
- Gifts of securities
- Gifts from a DAF
- Retirement funds and life insurance

For those who make this heartfelt commitment, we are proud to recognize you as a member of The Founders' Legacy Society. You may choose to remain anonymous; however, your participation can be inspirational and may encourage others to follow your wonderful example. Please contact Kristen at kkolwelter@cancersupportcent.org or 708.798.9171 for information.



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Winter Photo Album





Let's Walk this Journey Together.

Homewood Center

2028 Elm Road
Homewood, IL 60430
708-798-9171

Mokena Center

19645 S. LaGrange Road
Mokena, IL 60448
708-478-3529

Hours of Onsite Operation

Monday-Thursday | 10 a.m. to 4 p.m.
Friday | 10 a.m. to 2 p.m.
Saturday-Sunday | Closed

Daily Availability by Phone

Monday-Thursday | 9 a.m. to 5 p.m.
Friday | 9 a.m. to 2 p.m.
Saturday-Sunday | Closed

cancersupportcenter.org

Program times/dates are subject to change. Calendars are up to date on our website and posted weekly on Facebook.



2019 Ridge Road,
Homewood, IL 60430
(708) 798-8665



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Closed
10 a.m. to 5 p.m.
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