



Phone Consultations & Zoom Meetings

Please call 708-798-9171 to schedule

We offer individual counseling and nutrition consultations:

Resource Navigation with one of
our Program Navigators

jplanis@cancersupportcenter.org

Individual Art Therapy
for all ages

kkopale@cancersupportcenter.org

Nutrition Consultation with
Chris Rosandich

crosandich@cancersupportcenter.org

Individual Therapy with one of
our clinicians for all ages

jkieffer@cancersupportcenter.org

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Weekly Fitness/Wellness Groups

www.cancersupportcenter.org

Virtual Zumba Gold w/ Lori • ***Mondays 8-9 AM***

Zumba Gold is a lower impact, easy to follow Latin-Inspired dance fitness party that keeps you in the groove of life. Please note that this class will close for entry at 8:05 without exception.

Virtual Meditation w/ Cecily • ***Mondays 1-1:30 PM***

Kick off your week right with a guided meditation.

Gentle Yoga w/ Karen • ***Tuesdays 12:30-1:30 PM***

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.

Moves that Matter • ***Tuesdays 2:30-3:15 PM***

This class works on releasing tension, increasing flexibility, improving posture, coordination, injury prevention, pain management and joint and gross stability. Each person works at their own pace and comfort zone.

Virtual Chair Yoga w/ Cecily • ***Thursdays 2-3 PM***

Locations in Homewood & Mokena, Illinois