

ALL PROGRAMS ARE FREE FOR ANYONE AFFECTED BY CANCER



Say Yes... to Wellness!

2021 is a new year that will present many changes we must learn to adjust to. Prioritizing for self-care is a great way to cope with the environment around us. That is why our theme this year is “Say Yes!” We are saying yes to finding ways to offer programming virtually and safely in-person. We are saying yes to offering you help, hope and healing as you navigate your journey with cancer. We invite you to “Say Yes!” to your self-care and improve your overall well-being in 2021 with us!

Say yes to Special Programming

Coping with Sleep Difficulties

Thursday, February 11
4:30-5:30PM

Difficulty sleeping, or insomnia, is a common challenge during and after cancer treatment, and can contribute to feeling drained and disengaged from life. Stress and anxiety can make sleep issues even more difficult to manage. This presentation will review practical strategies to help you improve your sleep quality and feel better rested and more refreshed every day.

Presented by Yasmin Asvat, PhD, Assistant Professor, Supportive Oncology, Rush University Medical Center

Say Yes To Wellness

Saturday February 20
9-11AM

Self-care is essential, but a need many of us do not prioritize. Join us for a morning of wellness and Say Yes to focusing on your self-care in 2021!

This program will begin with an interactive workshop on how to increase happiness & reduce stress followed by a virtual practice of gentle chair yoga and meditation.

Healthy Habits Workshop for 2021: Build Good Habits & Break Old Ones - 2-Part Program

Wednesday, March 10 & 17
11AM-12:15PM

*If you missed this in January, we are offering it again. The spring is a time for fresh starts after the long winter months. James Clear discusses in his book, **Atomic Habits** that setting small, achievable goals are important, but creating successful systems is the key.*

Let's explore successful systems for you to get the results you desire for 2021.

February 2021

Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
<p>¹ Zumba Gold w/ Lori: 8-9 AM</p> <p>Monday Meditation w/Cecily: 1-1:30PM</p> <p>Art Therapy: love and kindness 2-3:30PM</p>	<p>² Survivor Support Group: 10-11AM</p> <p>Gentle Yoga w/ Karen: 12:30-1:30PM</p> <p>Heart Health Program: 2-3:15PM</p> <p>Moves that Matter: 2:30-3:15PM</p>	<p>³ Open Studio: 2-3:30PM</p> <p>Metastatic Breast Cancer Networking Group: 5-6PM</p> <p>Breast Cancer Networking Group: 6-7:30PM</p>	<p>⁴ Men's Discussion Group: 12:30-1:30PM</p> <p>Movements to Help Manage Back Pain: 1-2PM</p> <p>Chair Yoga w/ Cecily: 2-3PM</p> <p>Art Journaling</p> <p>Bereavement Group: 5-6PM</p>	<p>⁵ Zumba on Demand: 7AM-12PM</p>
<p>⁸ Zumba Gold w/ Lori: 8-9 AM</p> <p>Monday Meditation w/Cecily: 1-1:30PM</p> <p>Art Therapy: love and kindness 2-3:30PM</p> <p>Valentine's day art in Spanish 4-5PM</p> <p>Colorectal Group: 5:30-6:30PM</p>	<p>⁹ Survivor Support Group: 10-11AM</p> <p>Gentle Yoga w/ Karen: 12:30- 1:30PM</p> <p>Mother's Grief Group: 2-3PM</p> <p>Moves that Matter: 2:30-3:15PM</p> <p>Skin Care Workshop: 3-4:30PM</p>	<p>¹⁰ Open Studio: 2-3:30PM</p> <p>Chemobrain Presentation: 4:30-5:30PM</p> <p>Kid's Valentine's Day Art Workshop: 4-5:30PM</p>	<p>¹¹ Cancer Fighting Cooking Demo: 10:30AM-12PM</p> <p>Men's Discussion Group: 12:30-1:30PM</p> <p>Chair Yoga w/ Cecily: 2-3PM</p> <p>Art Journaling</p> <p>Coping with Sleep Difficulties: 4:30-5:30PM</p> <p>Brain Tumor Networking: 6-7:30PM</p>	<p>¹² Zumba on Demand: 7AM-12PM</p>
<p>¹⁵ President's Day - OFFICES CLOSED</p> <p>Virtual Cooking w/ Chef Marcia: 10:30AM-12PM</p> <p>Virtual Valentine's Day Bingo 6-7</p>	<p>¹⁶ Survivor Support Group: 10-11AM</p> <p>Gentle Yoga w/ Karen: 12:30-1:30PM</p> <p>Meal Planning Made Simple: 1-2:30PM</p> <p>Moves that Matter: 2:30-3:15PM</p> <p>Caregiver Support Group: 5-6PM</p>	<p>¹⁷ Strategies to Lose Weight: 11AM-12:15PM</p> <p>Gynecological Networking Group: 12-1PM</p> <p>Open Studio: 2-3:30PM</p> <p>Sista's of Hope Support Group: 6-8 PM</p>	<p>¹⁸ Men's Discussion Group: 12:30-1:30PM</p> <p>Movements to Help Manage Neck and Shoulder Pain: 1-2PM</p> <p>Chair Yoga w/ Cecily: 2-3PM</p> <p>Art Journaling</p> <p>Bereavement Group: 5-6PM</p>	<p>¹⁹ Zumba on Demand: 7AM-12PM</p> <p>²⁰ Say Yes to Wellness: 9-11AM</p>
<p>²² Zumba Gold w/ Lori: 8-9 AM</p> <p>Monday Meditation w/Cecily: 1-1:30PM</p> <p>Art Therapy: Love and kindness 2-3:30PM</p>	<p>²³ Survivor Support Group: 10-11AM</p> <p>Gentle Yoga w/ Karen: 12:30-1:30PM</p> <p>Foods that Boost Immunities: 2-3:15PM</p> <p>Moves that Matter: 2:30-3:15PM</p>	<p>²⁴ Lung Cancer Networking Group: 1-2PM</p> <p>Open Studio: 2-3:30PM</p>	<p>²⁵ Men's Discussion Group: 12:30-1:30PM</p> <p>Chair Yoga w/Cecily: 2-3PM</p> <p>Art Journaling</p> <p>Blood Cancer Networking Group: 4-5PM</p>	<p>²⁶ Zumba on Demand: 7AM-12PM</p> <p>²⁷</p>



February is Gallbladder & Bile Duct Cancer Awareness Month & National Cancer Prevention 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 Special Events Save the Date

 **Say Yes Telethon** 
April 11th | Virtual Telethon

 **WALK OF HOPE WEEK** 
Walk of Hope will be a week-long celebration with an in-person kick-off walk in Mokena (6/20) and concluding walk in Homewood (6/27). (This is replacing our Spring and Fall WOH.)

 **Annual Golf Outing** 
September 13th | Idlewild Country Club

 **Casablanca Gala** 
October 29th | Olympia Fields Country Club

 **Holiday Spirits** 
December 10th

The Cancer Support Center would like to thank the following Top Donors for their generosity:

Alsip Home and Nursery
Andrew Leahy
Ann and Nicholas
Oehmen Family
Charitable Fund
Barry & Janet Bolton
Bear's Cares
Beck Family Foundation
Binny's Beverage Depot
Craig & Leslie Lowry
Fifth Generation Inc
(Tito's)
Greenhouse Group
Jerome Dreyfuss
Jerri Greer

John Yast
Michael and Bobbi
Kamradt
Michael Wojcik
Monarch Awards
Foundation
Nikki Armato Trust
Pat and Al Martin
Russ & Mary Prekwas
Susan Sunderland
Therese Labno
Torrey Grogan
United Way of Will
County



The Village Door is temporarily closed.

Store items will be available on our Facebook @TheCancerSupportCenter with information about viewing appointments.



amazonsmile

You shop. Amazon gives.



Support CSC While you Shop

1. Go to [amazonsmile.com](https://www.amazon.com/amazonsmile)
2. Sign into your amazon account
3. Select Jennifer S Fallick Cancer Support Center as your charity
4. Shop for items through Amazon Smile
5. Amazon donates 0.5% of your purchase to CSC

*In loving memory of
Don Morrison*

We are grateful for his long-time support over the years and for being included in his trust.

Don will be missed by his CSC friends.

March 2021

Monday	Tuesday	Wednesday	Thursday	Friday/Saturday
<p>¹ Zumba Gold w/ Lori: 8-9 AM</p> <p>Monday Meditation w/Cecily: 1-1:30PM</p> <p>Art Therapy: Spring Art 2-3:30PM</p>	<p>² Survivor Support Group: 10-11AM</p> <p>Gentle Yoga w/ Karen: 12:30-1:30PM</p> <p>Fermented Foods 101: 2-3:15PM</p> <p>Moves that Matter: 2:30-3:15PM</p>	<p>³ Open Studio: 2-3:30PM</p> <p>Metastatic Breast Cancer Networking Group: 5-6PM</p> <p>Breast Cancer Networking Group: 6-7:30PM</p>	<p>⁴ Men's Discussion Group: 12:30-1:30PM</p> <p>Movements to Help Manage Back Pain: 1-2PM</p> <p>Chair Yoga w/ Cecily: 2-3PM</p> <p>Art Journaling</p> <p>Bereavement Group: 5-6PM</p>	<p>⁵ Zumba on Demand: 7AM-12PM</p>
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