



## 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](mailto:jplanis@cancersupportcenter.org)

Individual Art Therapy  
for all ages

[kkopale@cancersupportcenter.org](mailto:kkopale@cancersupportcenter.org)

Nutrition Consultation with  
Chris Rosandich

[crosandich@cancersupportcenter.org](mailto:crosandich@cancersupportcenter.org)

Individual Therapy with one of  
our clinicians for all ages

[jkieffer@cancersupportcenter.org](mailto:jkieffer@cancersupportcenter.org)

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## Weekly Fitness/Wellness Groups

[www.cancersupportcenter.org](http://www.cancersupportcenter.org)

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

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

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

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

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

*The Cancer Support Center gives strength, guidance and support to anyone living with a cancer diagnosis, as well as to their loved ones.*

**Locations in Homewood & Mokena, Illinois**