

# THE PILLAR

Your quarterly newsletter from the Cancer Support Center



## NUTRITION & MOVEMENT FOR WELLNESS

Join us for this supportive 4-week program focused on nutrition, movement, strength, and energy. Learn simple, sustainable ways to improve your health and daily wellness through expert guidance in a welcoming environment. **Read more on page 4.**

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## WELCOME TO OUR SUMMER NEWSLETTER!

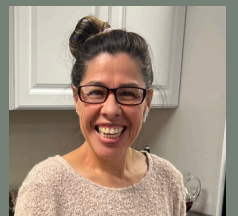
Start your summer with the Cancer Support Center and discover all the exciting programs, events, and opportunities coming your way! From delicious nutrition workshops and energizing fitness classes to creative kids & teen programming, support groups, wellness events, and so much more – there's something for everyone this season!

## MEET MARCELA PUGA

### Health Coach & Fitness Instructor

Meet Marcela Puga, one of the Cancer Support Center's longtime instructors and wellness experts.

Marcela brings years of experience, compassion, and encouragement to every class she teaches – from yoga and core stability to nutrition workshops and healthy cooking demonstrations. Her positive energy, wisdom, and dedication continue to inspire participants to prioritize wellness in every aspect of life.



Scan the qr code to learn more about our FREE programs



Registration required for special programs. Please visit [cancersupportcenter.org/list-of-programs](https://cancersupportcenter.org/list-of-programs) to register.

## HOW TO FUNCTION WHEN YOU CAN'T FEEL: COPING WITH PERIPHERAL NEUROPATHY

FRIDAY, JUNE 12<sup>TH</sup> | 1-2 P.M. | VIRTUAL

Join ReVital Cancer Rehabilitation Center Manager Dr. Karyn Holtz as she discusses the importance of neuropathy issues during and following cancer treatment. In this session of the Living Well Beyond Cancer series, Karyn walks you through recognizing and managing symptoms of CIPN, and how rehab can help. **Presented by Dr. Karyn Holtz.**



DR. KARYN HOLTZ

## CARE FOR THE CAREGIVER: THE REST WORKSHOP

TUESDAY, JUNE 16<sup>TH</sup> | 12-1 P.M. | VIRTUAL

Rest is part of caregiving. Join us as we explore practical self-care tools that support mental, physical, and emotional well-being. Participants will learn realistic, sustainable strategies for implementing rest in ways that can be started the very same week. You'll have the opportunity to exchange ideas with other caregivers and walk away with a personalized rest plan that fits your life without interfering with your other responsibilities.

**Presented by Alexis Hudson, CIT.**

## LEARNING ABOUT LYMPHEDEMA

THURSDAY JUNE 18<sup>TH</sup> | 11-12 P.M. | VIRTUAL

Lymphedema is an ongoing side effect that many women and men experience after some types of cancer treatment. In this presentation, we will learn about what lymphedema is, how to prevent it, and how it is treated.

**Presented by Doctor of Physical Therapy and Certified Lymphedema Therapist, Lauren Mansell.**

## FINANCIAL TOXICITY IN CANCER CARE

THURSDAY, JUNE 25<sup>TH</sup> | 5-6 P.M. | VIRTUAL

Financial toxicity can be a lesser discussed side effect of cancer care and refers to financial distress that causes anxiety and can lower quality of life in patients. Consequences to patients include long-term debt and reduced survival rates due to skipped care. Join us to learn more about options to combat financial toxicity. **Presented by Cameron Williams, Financial Navigator, UChicago Medicine- Ingalls Hospital. Presented in partnership with Cancer Wellness Center.**

## SCALP COOLING: HOW DOES IT WORK? + WHAT TO EXPECT

FRIDAY, JULY 31<sup>ST</sup> | 12-1 P.M. | VIRTUAL

Please join us to learn more about scalp cooling and what a patient can expect if they decide to scalp cool to help prevent CIA (chemotherapy induced alopecia). We will talk about what scalp cooling is and how it works along with guidelines and information to help a patient decide if scalp cooling is right for them.

**Presented by Jennie Marx Clinical Account Manager Paxman Scalp Cooling.**



## HEALING SKIN, HEALING SPIRIT

TUESDAY, AUGUST 4<sup>TH</sup> | 4 - 5 P.M. | HOMEWOOD

This interactive skincare class educates and empowers participants undergoing treatment or in survivorship. Participants learn how to safely care for their skin, manage treatment-related changes, and embrace self-care as part of their healing journey. This is a hands on learning experience where participants will be guided through eyebrow application techniques. **Presented by Mickie V.**

## ADJUSTING TO LIFE AFTER LOSS

THURSDAYS, AUGUST 6<sup>TH</sup>, 13<sup>TH</sup>, 20<sup>TH</sup> | 4-5 P.M. | VIRTUAL

Coping with the loss of a loved one can be challenging, particularly when individual factors and unrealistic expectations intensify the grieving process. Additionally, support from others often diminishes over time. This three-week workshop addresses key aspects of grief through a different focus each week. Week one explores common myths and expectations surrounding grief, week two examines factors that influence the grieving process, and week three focuses on building and maintaining personal support. Participants may attend all three sessions or select the topics most relevant to them.

**Presented by Jason Kieffer.**

## THE PHYSICS OF RADIATION

FRIDAY, AUGUST 7<sup>TH</sup> | 12-1 P.M. | VIRTUAL

In this session, we will discuss how we create, shape, and target radiation beams to treat cancer while minimizing damage to normal tissue.

**Presented by Christopher Stepaniak, PhD DABR Director, Network Medical Physics UChicago Medicine.**

## COPING WITH "SCANXIETY"

WEDNESDAY, AUGUST 19<sup>TH</sup> | 4-5 P.M. | VIRTUAL

Scans are an important part of the treatment process but often cause a lot of worry for the patient and their loved ones. This is a very common reaction. Join us as we talk through various ways to cope while awaiting the results of an upcoming scan. **Presented by Jason Kieffer, LCPC.**

## GENETICS & CANCER WITH Q&A

WEDNESDAY, AUGUST 26<sup>TH</sup> | 5-6 P.M. | VIRTUAL

Come learn about some of the basics of genetics and cancer, genetic testing, and living with a genetic predisposition to cancers. A portion of this event will include a Q and A. **Presented by Genetic Counselor Cristina Ruiz, MS, LCGC and Oncology Nurse Navigator Tracy McCarthy, BSN, RN, ONC from the Genetic Cancer Risk Assessment Program at Advocate Health.**



Registration required for special programs. Please call either location or email [kfriel@cancersupportcenter.org](mailto:kfriel@cancersupportcenter.org) to register.

## MEDITATIVE PINCH BOWLS ART WORKSHOP

FRIDAY JULY 10<sup>TH</sup> | 10-11:30 A.M. | MOKENA

Join us for the meditative craft of making a pinch formed clay bowl. We'll decorate the bowl with underglaze. The bowls will be taken back to the artist's studio where they will be fired and coated with a shiny clear glaze.

**Presented by Ceramic Artist Nyx Eckmayer in partnership with the Frankfort Arts Association.**



### Art Journaling | Virtual

Email Kelly [kfriel@cancersupportcenter.org](mailto: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 | Mondays from 1:30-3 p.m.

Mokena | Tuesdays from 2-3:30 p.m.

\*Drop-in group, open to anyone at ANY creative skill level.

Facilitated by Art Therapists to help support the creative process.

We provide a weekly prompt based on the monthly theme.

### Knit & Crochet Group

**HOMEWOOD** - Every Monday from 1:30-3 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.



**JUNE:** Watercolor Painting

**JULY:** Mindful Art Making

**AUGUST:** Collage Art



## CHILD AND FAMILY PROGRAMS

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

Email [kfriel@cancersupportcenter.org](mailto:kfriel@cancersupportcenter.org) to start the steps for child & teen support.

## TEEN WELLNESS WORKSHOP

THURSDAY, JUNE 25<sup>TH</sup> | 12-2 P.M. | HOMEWOOD

Teens ages 12-18 are invited to spend a peaceful two hours in Homewood exploring wellness practices. We'll begin with a nourishing smoothie demonstration led by Chris, featuring refreshing recipes you can easily recreate at home. Afterward, Marcela will guide a grounding yoga practice followed by three relaxation and coping strategies to support emotional balance.

**Facilitated by Chris Rosandich, MS, Nutrition Educator, and Marcela Puga, Fitness Instructor and Cancer Exercise Expert, two longtime Cancer Support Center instructors dedicated to helping participants build healthy habits through nutrition, movement, and wellness education.**

Please call either location or email [mbonke@cancersupportcenter.org](mailto:mbonke@cancersupportcenter.org) to register.



## KIDS CAMP

MONDAY, JULY 13<sup>TH</sup> - FRIDAY, JULY 17<sup>TH</sup> | 10 A.M. - 12 P.M. | HOMEWOOD

MONDAY, JULY 20<sup>TH</sup> - FRIDAY, JULY 24<sup>TH</sup> | 10 A.M. - 12 P.M. | MOKENA

Join us for one, or both of these fun-filled weeks! Our supportive camps are for any child, ages 5-12, who has been impacted by cancer. Camp activities include field trips, arts & crafts, games, and open discussions to help process cancer related issues in an expressive and age-appropriate manner. Please call either location or email [kfriel@cancersupportcenter.org](mailto:kfriel@cancersupportcenter.org) to register.





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

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

## HEALTHY AND HOMEMADE WITH GWEN: **LASAGNA ROLL UPS**

THURSDAY, JUNE 4<sup>TH</sup> | 10:30-12 P.M. | MOKENA

Gwen's super-easy lasagna roll ups recipe has all the savory and satisfying flavors of classic lasagna. These fabulous roll ups are easier to serve and faster to bake. **Presented by Gwen Giampaolo.**

## LEARNING TO READ FOOD LABELS AND INTERPRET HEALTHY AND UNHEALTHY INGREDIENTS

TUESDAY, JUNE 9<sup>TH</sup> | 12:15-1:45 P.M. | MOKENA

Consumers are more health-conscious than ever, but we still find manufacturers misleading us by adding ingredients in their products that could be unhealthy. Join us as we learn how to read food labels, identify harmful ingredients, and explore useful tips on how to calculate fat, sodium, and sugar intake.

**Presented by Chris Rosandich, MS, Nutrition Educator.**



## HEALTHY LIFESTYLE: **NUTRITION AND MOVEMENT FOR WELLNESS**

WEDNESDAYS | JUNE 3, 10, 17, 24 | 9-10:30 A.M. | MOKENA

THURSDAYS | JUNE 4, 11, 18, 25 | 2:30-4 P.M. | HOMEWOOD

Looking to feel stronger, more energized, and supported in your health journey? Join us for this 4-week program that combines nutrition education and guided movement to help you build simple, sustainable habits for better health.

Each week you will learn practical strategies to:

- Boost your energy
- Build strength and mobility
- Support your body through nutrition
- Improve balance and daily function



Sessions include expert guidance in nutrition and safe, effective movement in a welcoming and supportive group environment. All fitness levels are welcome. **Presented by Facilitated by Chris Rosandich, MS, Nutrition Educator, Roy Alfonso, (CFS) Certified Fitness & Functional Movement Specialist (Homewood) and Marcela Puga, Fitness Instructor, Cancer Exercise Expert (Mokena).**

## POWER UP WITH PROTEIN: **HEALTHY COOKING TIPS FOR CANCER PATIENTS**

THURSDAY, JUNE 18<sup>TH</sup> | 12-1:15 P.M. | HOMEWOOD

Refreshing, nutritious and easy-to-make meals and mini-meals for cancer patients and their loved ones. We'll focus on simple, nutrient-dense, and easy-to-digest meals that accommodate treatment side effects while providing extra calories and protein. Samples available to try. **Presented by Chris Rosandich, MS, Nutrition Educator.**

## 10 SUPERFOODS FOR BETTER DIGESTION, MOOD AND ENERGY

THURSDAY, JULY 9<sup>TH</sup> | 10:30-12 P.M. | MOKENA

Superfoods are packed full with vitamins, minerals and phytochemicals necessary to boost the immune system, help fight illnesses and support optimal digestive health. Change your diet to support your metabolism and brain chemistry, to help improve your energy level and mood. **Presented by Chris Rosandich, MS, Nutrition Educator.**



## HEALTHY COOKING FOR ONE: **EASY MEALS FOR CANCER PATIENTS**

TUESDAY, JULY 14<sup>TH</sup> | 10:30-12 P.M. | MOKENA

Refreshing, nutritious and easy-to-make meals and 'mini-meal' for cancer patients and their loved ones. We'll focus on simple, nutrient-dense, and easy-to-digest meals that accommodate treatment side effects while providing extra calories and protein. Samples available to try. **Presented by Chris Rosandich, MS, Nutrition Educator.**



## HEALTHY AND HOMEMADE WITH GWEN: **STREET CORN ENCHILADAS**

THURSDAY, JULY 16<sup>TH</sup> | 10:30-12 P.M. | MOKENA

These street corn enchiladas are one of Gwen's top favorite family recipes. They are a tasty family dinner option with corn, coated in a creamy, cheesy, perfectly seasoned sauce and rolled into a tortilla. Come and enjoy while Gwen demonstrates just how simple these are to make. **Presented by Gwen Giampaolo.**



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

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

## **REDUCING TOXINS FOR A HEALTHIER HOME: ESSENTIAL OILS & NATURAL PRODUCTS** WEDNESDAY, JULY 22<sup>ND</sup> | 11-12:30 P.M. | HOMEWOOD

We use products every day on our bodies and in our homes that contain ingredients that can be harmful. This program will explore simple, easy and economical ways to detox your home from potentially harmful chemicals and help you begin this journey of clean and green living. Take home gift for everyone. **Presented by Chris Rosandich, MS, Nutrition Educator.**

## **MARCELA'S KITCHEN TO YOURS: HOMEMADE DUMPLINGS WITH SUMMER HERBS** THURSDAY, JULY 23<sup>RD</sup> | 2:30-4 P.M. | HOMEWOOD

This delicious dumpling recipe has herbs mixed into the dough for added flavor. Marcela's recipe is simple and easy to make and simply FABULOUS! **Presented by Marcela Puga, Health Coach & Fitness Instructor.**

## **RECLAIM YOUR ENERGY: NUTRITION TIPS AFTER A CANCER DIAGNOSIS** TUESDAY, AUGUST 4<sup>TH</sup> | 11-12:30 A.M. | HOMEWOOD

This program will empower you, step-by-step in making lifelong changes towards feeling better. Our discussion will be on how to combat fatigue and get your energy back by following simple daily strategies.

**Presented by Chris Rosandich, MS, Nutrition Educator.**



## **MARCELA'S KITCHEN TO YOURS: SUMMERTIME MOCKTAILS AND APPETIZERS** THURSDAY, AUGUST 13<sup>TH</sup> | 2:30-4 P.M. | HOMEWOOD

Mocktails are a fresh and fun non-alcoholic drink that are perfect for the summer. We will have so much fun creating and trying these fabulous mocktails and appetizers! **Presented by Marcela Puga, Health Coach & Fitness Instructor.**



## **ORDERING WELL: HOW TO NAVIGATE HEALTHY TAKEOUT** WEDNESDAY, AUGUST 12<sup>TH</sup> | 11-12:15 P.M. | MOKENA

Don't let enjoying a lunch or dinner out at a restaurant ruin your healthy eating goals. Follow these easy tips for how to eat healthy at restaurants (take-out too!) and see how eating out healthy is possible, delicious, and satisfying!

**Presented by Chris Rosandich, MS, Nutrition Educator.**

## **REFRESHING SUMMERTIME SMOOTHIES & JUICES: WHICH ONE IS MORE NUTRITIOUS?** TUESDAY, AUGUST 18<sup>TH</sup> | 12:15-1:30 P.M. | MOKENA

## THURSDAY, AUGUST 20<sup>TH</sup> | 12-1:15 P.M. | HOMEWOOD

Smoothies blend whole fruits and vegetables retaining fiber, while juicing extracts only the liquid, leaving the fiber behind. Which one is better for cancer patients? We will explore the health benefits of both and which one is more suitable for your diet and lifestyle.

**Presented by Chris Rosandich, MS, Nutrition Educator.**



## **HAPPY GUT, HEALTHY BODY:** **HEALTHY COOKING FOR CANCER PATIENTS**

## THURSDAY, AUGUST 27<sup>TH</sup> | 10:30-12 P.M. | MOKENA

Refreshing, nutritious and easy-to-make meals and mini-meals for cancer patients and their loved ones. We'll focus on simple, nutrient-dense, and easy-to-digest meals that accommodate treatment side effects while providing extra calories and protein. Samples available to try.

**Presented by Chris Rosandich, MS, Nutrition Educator.**



## 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.

*Co-facilitated by Megan Bonke, LPC, ATR-P & Nicole Fender, Nurse Navigator.*

### Metastatic Breast Cancer Networking Group | Virtual

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

*Co-facilitated by Megan Bonke, LPC, ATR-P & Nicole Fender, Nurse Navigator*

### Sista's of Hope Networking Group

Hybrid - Homewood & Virtual

3rd Wednesday of the month from 6-7 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 Thursday of the month from 5-6 p.m.

*This is a virtual group for any adult who has lost a loved one to a cancer diagnosis.*

### Caregiver's Networking Group

Virtual

3rd Monday of the month from 4-5 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.*

### Caring for a Child with Cancer: Parent Support Group

This group is specifically for parents who are caring for a child who has been diagnosed with cancer and is currently or has been treated for cancer. This group provides a space for parent caregivers to talk with other parents facing similar circumstances. Please email [mbonke@cancersupportcenter.org](mailto:mbonke@cancersupportcenter.org) to learn more about this group.

### Blood Cancers Networking Group

Virtual

3rd Thursday 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.

### 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

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

**Facilitated by: Jennifer Tracy, BSN, RN, OCN. Oncology Nurse Navigator, Cancer Institute Advocate Christ Medical Center.**

### Lung Cancer Networking Group

Virtual

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

*\*Offered in collaboration with Cancer Wellness Center.*

### Men's Networking Group

Virtual

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

### Multiple Myeloma Cancer Networking

Virtual

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

### Prostate Cancer Networking Group

Virtual

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

### Pancreatic Cancer Networking Group

Virtual

3<sup>rd</sup> Wednesday of every month from 6-7 p.m.

*The Cancer Wellness Center is proud to be partnering with the Cancer Support Center to provide the Pancreatic Cancer Networking Group. This group provides opportunities for peer support, information sharing, and educational lectures provided by healthcare professionals. **Group is facilitated by Michelle Hernandez, LCSW, and is generously supported by the Rolfe Pancreatic Cancer Foundation.***

**\*\*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.**

### 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.

### Soundbath | Homewood

#### 1st Friday of the month from 12-1 p.m.

Experience a sound meditation using ancient instruments to promote deep relaxation, balance, and well-being. Please bring a pillow and blanket, wear loose clothing, arrive early. Call 708-798-9171 to register. **Facilitated by Leslie Susralski.**

### Tibetan Bowls | Mokena

#### Select Tuesdays | June 9 and 23, July 7 | 9:30-10:15 a.m.

**\*No programs in August**

This sound meditation promotes deep relaxation, balance, and well-being with powerful therapeutic benefits. Please bring a pillow or blanket, wear loose clothing, and note that space is limited to 10 participants. Call 708-478-3529 to register. **Facilitated by Jayne Hayes.**

## YOGA PROGRAMS

### 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. **Facilitated by Cecily Hunt.**

### 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. **Facilitated by Marcela Puga.**

### Gentle Floor Yoga Nidra with Karen

#### Hybrid | Mokena or Virtual

#### Every Tuesday from 11 a.m.-12 p.m.

This class features a 40-45 minute gentle yoga flow focused on alignment, strength, balance, and flexibility, followed by Yoga Nidra—a guided meditation for deep physical, mental, and emotional relaxation. **Facilitated by Karen Fitzgerald.**



## FITNESS & PHYSICAL WELLNESS

### Corrective Exercise to Rebuild, Strengthen & Restore

#### Select Mondays, June 15, July 20 and August 17 12:30-1:15 p.m. | Homewood

In a small group setting, Roy provides individualized guidance on corrective movements to reduce pain, improve flexibility, and enhance balance. Learn exercises to move better and manage discomfort and issues including Plantar fasciitis, intermittent knee, shoulder, lower back, and hip pain as well as neck discomfort. No registration required.

**Presented by Roy Alfonso, CFS & Movement Specialist.**

### Core Stability for Prostate Cancer Survivors

#### Select Fridays June 26, July 31, August 28 9:30-10:15 a.m. | Homewood

Core Stability for Prostate Cancer Survivors helps men safely rebuild strength, stability, and confidence after treatment. Sessions include gentle exercises, breath-work, pelvic floor activation, and functional movements to improve posture, mobility, and overall well-being.

**Call 708-478-3529 to register. Facilitated by Marcela Puga.**

### Moves That Matter Personal Training

#### Every Tuesday from 2-2:45 p.m. | Homewood

This class focuses on releasing tension, improving flexibility and posture, and supporting injury prevention and pain management. Small-group instruction allows for individualized guidance at your own pace.

**Facilitated by Roy Alfonso.**

### Functional Strength: Move with Confidence

#### Select Wednesdays 7/1, 7/8, 7/15, 7/29, 8/5, 8/12 9-10 a.m. | Mokena

A beginner-friendly 6-week program focused on improving strength, balance, and mobility through seated and standing exercises. Participants will build confidence in everyday movements—especially sitting and standing—while enhancing posture, coordination, and overall function.

**Call 708-478-3529 to register.**

### Tai Chi and Qigong | Homewood

#### 1st and 2nd Wednesday of the month | 10-11 a.m.

Tai Chi and Qigong use slow movements, deep breathing, and meditation to improve balance, reduce stress, relieve pain, and boost immunity. Safe for most people. **Facilitated by Bill Gray.**

### Zumba Toning® with Lori

#### Hybrid | Mokena or Virtual

#### Every Monday from 9-9:45 a.m.

**Facilitated by Lori Stanton.**

### Zumba Gold with Denise | Homewood

#### **\*NEW SUMMER TIME JUNE AND JULY ONLY**

#### Every Monday and Wednesday from 11:15 a.m.-12:15 p.m.

**Facilitated by Denise Camin.**

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

# JUNE 2026

## Monday

## Tuesday

## Wednesday

<p><b>1</b> 9-9:45a: Zumba Toning with Lori</p> <p>11:15-12:15p: Zumba Gold with Denise</p> <p>12-1 p: Knit and Crochet Group</p> <p>12-1 p: Chair Yoga with Cecily</p> <p>1-1:30p: Monday Meditation w/ Cecily</p> <p>1:30-3p: Art Therapy</p>	<p><b>2</b> 11-12p: Gentle Floor Yoga Nidra w/ Karen</p> <p>2-3:30p: Art Therapy</p> <p>2-2:45p: Moves That Matter</p> <p>5-6p: Prostate Cancer Group</p>	<p><b>3</b> 9-10:30a: Healthy Lifestyle: Nutrition &amp; Movement for Wellness</p> <p>10-11a: Tai Chi and Qigong</p> <p>10:30-11:30a: Lung Cancer Networking Group</p> <p>11:15-12:15p: Zumba Gold with Denise</p> <p>12:30-2p: Art Open Studio</p> <p>2-3:30p: Knit and Crochet Group</p> <p>2:30-3:30p: Chair Yoga with Marcela</p> <p>5-6p: Metastatic Breast Cancer Networking Group</p> <p>6-7:30p: Breast Cancer Networking Group</p>
<p><b>8</b> 9-9:45a: Zumba Toning with Lori</p> <p>11:15-12:15p: Zumba Gold with Denise</p> <p>12-1 p: Knit and Crochet Group</p> <p>12-1 p: Chair Yoga with Cecily</p> <p>1-1:30p: Monday Meditation w/ Cecily</p> <p>1:30-3p: Art Therapy</p>	<p><b>9</b> 9:30-10:15a: Tibetan Bowls</p> <p>11-12p: Gentle Floor Yoga Nidra w/ Karen</p> <p>12:15-1:45p: Learning to Read Food Labels</p> <p>2-3:30p: Art Therapy</p> <p>2-2:45p: Moves That Matter</p>	<p><b>10</b> 9-10:30a: Healthy Lifestyle: Nutrition &amp; Movement for Wellness</p> <p>10-11a: Tai Chi and Qigong</p> <p>10:30-11:30a: Colorectal Cancer Group</p> <p>11:15-12:15p: Zumba Gold with Denise</p> <p>12:30-2p: Art Open Studio</p> <p>2-3:30p: Knit and Crochet Group</p> <p>2:30-3:30p: Chair Yoga with Marcela</p> <p>4-5p: Head &amp; Neck Cancer Networking Group</p>
<p><b>15</b> 9-9:45a: Zumba Toning with Lori</p> <p>11:15-12:15p: Zumba Gold with Denise</p> <p>12-1p: Knit and Crochet Group</p> <p>12-1 p: Chair Yoga with Cecily</p> <p>12:30-1:15p: Corrective Exercise</p> <p>1-1:30p: Monday Meditation w/ Cecily</p> <p>1:30-3p: Art Therapy</p> <p>4-5p: Caregiver's Networking Group</p>	<p><b>16</b> 12-1p: Care for the Caregiver: The Rest Workshop</p> <p>11-12p: Gentle Floor Yoga Nidra w/ Karen</p> <p>2-3:30p: Art Therapy</p> <p>2-2:45p: Moves That Matter</p>	<p><b>17</b> 9-10:30a: Healthy Lifestyle: Nutrition &amp; Movement for Wellness</p> <p>11:15-12:15p: Zumba Gold with Denise</p> <p>12-1p: Gynecological Cancer Networking Group</p> <p>12:30-2p: Art Open Studio</p> <p>2-3:30p: Knit and Crochet Group</p> <p>2:30-3:30p: Chair Yoga with Marcela</p> <p>3-4p: Journeying Inward</p> <p>6-7p: Sista's of Hope</p>
<p><b>22</b> 11:15-12:15p: Zumba Gold with Denise</p> <p>12-1 p: Knit and Crochet Group</p> <p>12-1 p: Chair Yoga with Cecily</p> <p>1-1:30p: Monday Meditation w/ Cecily</p> <p>1:30-3p: Art Therapy</p>	<p><b>23</b> 9:30-10:15a: Tibetan Bowls</p> <p>11-12p: Gentle Floor Yoga Nidra w/ Karen</p> <p>2-3:30p: Art Therapy</p> <p>2-2:45p: Moves That Matter</p>	<p><b>24</b> 9-10:30a: Healthy Lifestyle: Nutrition &amp; Movement for Wellness</p> <p>11:15-12:15p: Zumba Gold with Denise</p> <p>12:30-2p: Art Open Studio</p> <p>2-3:30p: Knit and Crochet Group</p> <p>2:30-3:30p: Chair Yoga with Marcela</p>
<p><b>29</b> 11:15-12:15p: Zumba Gold with Denise</p> <p>12-1 p: Knit and Crochet Group</p> <p>12-1 p: Chair Yoga with Cecily</p> <p>1-1:30p: Monday Meditation w/ Cecily</p> <p>1:30-3p: Art Therapy</p>	<p><b>30</b> 11-12p: Gentle Floor Yoga Nidra w/ Karen</p> <p>2-3:30p: Art Therapy</p> <p>2-2:45p: Moves That Matter</p>	



**Thursday**

**Friday**

**Sat/Sun**

<p><b>4</b></p> <p>10:30-12p: Healthy and Homemade with Gwen: Lasagna Roll Ups                  12:30-1:30p: Men's Networking Group                  2:30-4p: Healthy Lifestyle: Nutrition &amp; Movement for Wellness                  5-6p: Bereavement Group                  Art Journaling</p>	<p><b>5</b></p> <p>12-1p: Sound Bath</p>	<p><b>6/7</b></p> <p>SUNDAY FROM 9-11a:                  Spring Walk of Hope</p>
<p><b>11</b></p> <p>12:30-1:30p: Men's Networking Group                  2:30-4p: Healthy Lifestyle: Nutrition &amp; Movement for Wellness                  6-7:30p: Brain Tumor Networking Group                  Art Journaling</p>	<p><b>12</b></p> <p>1-2p: How to Function when you Can't Feel: Coping with Peripheral Neuropathy</p>	<p><b>13/14</b></p>
<p><b>18</b></p> <p>11-12p: Learning about Lymphedema                  12-1:15p: Power Up with Protein: Healthy Cooking Tips For Cancer Patients                  12:30-1:30p: Men's Networking Group                  2:30-4p: Healthy Lifestyle: Nutrition &amp; Movement for Wellness                  5-6p: Blood Cancers Networking Group                  6-7p: Pancreatic Cancer Group                  Art Journaling</p>	<p><b>19</b></p> <p>Both Centers Closed in Observation of Juneteenth</p>	<p><b>20/21</b></p>
<p><b>25</b></p> <p>12-2p: Teen Wellness Workshop                  12:30-1:30p: Men's Networking Group                  2:30-4p: Healthy Lifestyle: Nutrition &amp; Movement for Wellness                  4-5p: Multiple Myeloma Cancer Networking Group                  5-6p: Financial Toxicity in Cancer Care                  Art Journaling</p>	<p><b>26</b></p> <p>9:30-10:15a: Core Stability for Prostate Cancer Survivors</p>	<p><b>27/28</b></p>

# JULY 2026

## Monday

## Tuesday

## Wednesday

		<p><b>1</b> 9-10a: Functional Strength: Move with Confidence 10-11a: Tai Chi and Qigong</p> <p>10:30-11:30a: Lung Cancer Networking Group 11:15-12:15p: 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</p>
<p><b>6</b> 9-9:45a: Zumba Toning with Lori 11:15-12:15p: 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><b>7</b> 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: Prostate Cancer Group</p>	<p><b>8</b> 9-10a: Functional Strength: Move with Confidence 10-11a: Tai Chi and Qigong</p> <p>10:30-11:30a: Colorectal Cancers Group 11:15-12:15p: 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 4-5p: Head &amp; Neck Cancer Networking Group</p>
<p><b>13</b> 10-12p: Kids Camp 11:15-12:15p: 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><b>14</b> 10-12p: Kids Camp 10:30-12p: Healthy Cooking for One: Easy Meals For Cancer Patients 11-12p: Gentle Floor Yoga Nidra with Karen 2-3:30p: Art Therapy 2-2:45p: Moves that Matter</p>	<p><b>15</b> 9-10a: Functional Strength: Move with Confidence 10-12p: Kids Camp</p> <p>11:15-12:15p: Zumba Gold with Denise 12-1p: Gynecological Cancer 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 6-7p: Sistas of Hope</p>
<p><b>20</b> 10-12p: Kids Camp @ Camp Manitoqua 11:15-12:15p: Zumba Gold with Denise 12-1 p: Knit and Crochet Group 12:30-1:15p: Corrective Exercise 12-1 p: Chair Yoga with Cecily 1-1:30p: Monday Meditation w/ Cecily 1:30-3p: Art Therapy 4-5p: Caregiver's Networking Group</p>	<p><b>21</b> 10-12p: Kids Camp 2-3:30p: Art Therapy 2-2:45p: Moves that Matter</p>	<p><b>22</b> 10-12p: Kids Camp 11:15-12:15p: Zumba Gold with Denise 11-12:45p: Reducing Toxins for a Healthier Home 12:30-2p: Art Open Studio 2-3:30p: Knit &amp; Crochet 2:30-3:30p: Chair Yoga with Marcela</p>
<p><b>27</b> 9-9:45a: Zumba Toning with Lori 11:15-12:15p: Zumba Gold with Denise 12-1p: Chair Yoga with Cecily 12-1p: Knit &amp; Crochet 1-1:30p: Monday Meditation with Cecily 1:30-3p: Art Therapy</p>	<p><b>28</b> 11-12p: Gentle Floor Yoga Nidra with Karen 2-3:30p: Art Therapy 2-2:45p: Moves that Matter</p>	<p><b>29</b> 9-10a: Functional Strength: Move with Confidence 11:15-12:15p: 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>



**Thursday**

**Friday**

**Sat/Sun**

<p><b>2</b>                  12:30-1:30p : Men's Networking Group                  5-6p: Bereavement Group                  Art Journaling</p>	<p><b>3</b>                  Centers Closed in Observation of                  July 4th</p>	<p><b>4/5</b></p>
<p><b>9</b>                  10:30-12p: 10 Superfoods for Better                  Digestion, Mood &amp; Energy                  12:30-1:30p: Men's Networking Group                  6-7:30p: Brain Tumor Networking                  Group                  Art Journaling</p>	<p><b>10</b>                  10-11:30p: Meditative Pinch Bowls</p>	<p><b>11/12</b></p>
<p><b>16</b>                  10-12p: Kids Camp                  10:30-12p: Healthy and Homemade with                  Gwen: Street Corn Enchiladas                  12:30-1:30p : Men's Networking Group                  5-6p: Blood Cancers Networking Group                  6-7p: Pancreatic Cancer Networking Group                  Art Journaling</p>	<p><b>17</b>                  10-12p: Kids Camp</p>	<p><b>18/19</b></p>
<p><b>23</b>                  10-12p: Kids Camp                  12:30-1:30p: Men's Networking Group                  2:30-4p: Marcela's Kitchen to Yours:                  Homemade Dumplings with Summer                  Herbs                  Art Journaling</p>	<p><b>24</b>                  10-12p: Kids Camp</p>	<p><b>25/26</b></p>
<p><b>30</b>                  STAFF DEVELOPMENT DAY                  4-5p: Multiple Myeloma Cancer                  Networking Group                  Art Journaling</p>	<p><b>31</b>                  9:30-10:15a: Core Stability for                  Prostate Cancer Survivors                  12-1p: Scalp Cooling: How Does It                  Work? + What to Expect</p>	

# AUGUST 2026

**Monday**

**Tuesday**

**Wednesday**

<p><b>3</b></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</p>	<p><b>4</b></p> <p>11-12:30p: Reclaim Your Energy: Nutrition Tips After a Cancer Diagnosis            11-12p: Gentle Floor Yoga Nidra w/ Karen            2-3:30p: Art Therapy            2-2:45p: Moves That Matter            4-5p: Healing Skin, Healing Spirit            5-6p: Prostate Cancer Networking Group</p>	<p><b>5</b></p> <p>9-10a: Functional Strength: Move with Confidence            10-11a: Tai Chi and Qigong            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</p>
<p><b>10</b></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</p>	<p><b>11</b></p> <p>11-12p: Gentle Floor Yoga Nidra w/ Karen            2-3:30p: Art Therapy            2-2:45p: Moves That Matter</p>	<p><b>12</b></p> <p>9-10a: Functional Strength: Move with Confidence            10-11a: Tai Chi and Qigong            10:30-11:30a: Colorectal Cancer Networking Group            11-12p: Zumba Gold with Denise            11-12:15p: Ordering Well: How to Navigate Healthy Takeout            12:30-2p: Art Open Studio            2-3:30p: Knit and Crochet Group            4-5p: Head &amp; Neck Cancer Networking Group</p>
<p><b>17</b></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            12:30-1:15p: Corrective Exercise            1-1:30p: Monday Meditation w/ Cecily            1:30-3p: Art Therapy            5-6p: Caregiver's Networking Group</p>	<p><b>18</b></p> <p>11-12p: Gentle Floor Yoga Nidra w/ Karen            12:15-1:30p: Refreshing Summertime Smoothies &amp; Juices: Which One is More Nutritious?            2-3:30p: Art Therapy            2-2:45p: Moves That Matter</p>	<p><b>19</b></p> <p>11-12p: Zumba Gold with Denise            12-1p: Gynecological Cancer 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            4-5p: Coping with Scanxiety            6-7p: Sista's of Hope</p>
<p><b>24</b></p> <p>12-5p: CSC Golf Outing            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><b>25</b></p> <p>11-12p: Gentle Floor Yoga Nidra w/ Karen            2-3:30p: Art Therapy            2-2:45p: Moves That Matter</p>	<p><b>26</b></p> <p>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: Genetics and Cancer</p>



**Thursday**

**Friday**

**Sat/Sun**

		<b>1/2</b>
<p><b>6</b></p> <p>4-5: Adjusting to Life After a Loss          6-7:30p: Brain Tumor Networking Group          Art Journaling</p>	<p><b>7</b></p> <p>12-1p: Sound Bath          12-1: The Physics of Radiation</p>	<b>8/9</b>
<p><b>13</b></p> <p>4-5: Adjusting to Life After a Loss          12:30-1:30p: Men's Networking Group          2:30-4p: Marcela's Kitchen to Yours:          Summertime Mocktails &amp; Appetizers          6-7:30p: Brain Tumor Networking Group          Art Journaling</p>	<b>14</b>	<b>15/16</b>
<p><b>20</b></p> <p>12-1:15p: Refreshing Summertime          Smoothies &amp; Juices: Which One is More          Nutritious?          12:30-1:30p: Men's Networking Group          4-5: Adjusting to Life After a Loss          5-6p: Blood Cancers Networking Group          6-7p: Pancreatic Cancer Networking Group          Art Journaling</p>	<b>21</b>	<b>22/23</b>
<p><b>27</b></p> <p>10:30-12p: Happy Gut, Healthy Body:          Healthy Cooking for Cancer Patients          12:30-1:30p: Men's Networking Group          4-5p: Multiple Myeloma Cancer          Networking Group          Art Journaling</p>	<p><b>28</b></p> <p>9:30-10:15a: Core Stability for Prostate          Cancer Survivors</p>	<b>29/30</b>



# Community Spotlight

The Cancer Support Center is proud to spotlight our community partner, **the Center for Food Equity in Medicine**. Founded by Dr. Ann W. Jackson—a dedicated supporter of CSC for more than 20 years, as well as a participant—the Center for food Equity in Medicine is committed to raising awareness and addressing the nutritional needs of individuals facing a cancer diagnosis.



*The Center for Food Equity in Medicine operates a complimentary nutrition station at the Cancer Support Center, helping ensure access to essential, nourishing foods. During the summer months, the organization also partners with larger nonprofits to distribute fresh food—including bread, eggs, and produce—on a biweekly basis.*



## INSIDE CSC

PARTNERS IN CARE

JULY 7<sup>TH</sup>, 2026 | 5-7 P.M.

19645 S. LAGRANGE ROAD

Join us for an Open House & Tour of the Cancer Support Center





## Donors, Sponsors and Foundations who have made a gift to the Center:

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 UChicago Medicine Comprehensive Cancer Center  
 Vixon Ink  
 Wayne Earnest

## Spring 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

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

**cancersupportcenter.org**

**VILLAGE DOOR MEMORIES OVER THE YEARS**



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



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or **donate** gently-used housewares.

**STORE HOURS**

SUNDAY - MONDAY  
TUESDAY - FRIDAY  
SATURDAY

Closed  
10 a.m. to 5 p.m.  
10 a.m. to 4 p.m.