



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

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

FRIDAY, JUNE 12TH | 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 16TH | 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 18TH | 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 25TH | 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 31ST | 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 4TH | 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 6TH, 13TH, 20TH | 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 7TH | 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 19TH | 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 26TH | 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.**



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MEDITATIVE PINCH BOWLS ART WORKSHOP

FRIDAY JULY 10TH | 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 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 SPECIAL 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 child & teen support.

TEEN WELLNESS WORKSHOP

THURSDAY, JUNE 25TH | 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 to register.



KIDS CAMP

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

MONDAY, JULY 20TH - FRIDAY, JULY 24TH | 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 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 4TH | 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 9TH | 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



4-week Program!

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 18TH | 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 9TH | 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 14TH | 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 16TH | 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.**



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REDUCING TOXINS FOR A HEALTHIER HOME: **ESSENTIAL OILS & NATURAL PRODUCTS**

WEDNESDAY, JULY 22ND | 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 23RD | 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 4TH | 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 13TH | 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 12TH | 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 18TH | 12:15-1:30 P.M. | MOKENA

THURSDAY, AUGUST 20TH | 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 27TH | 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.