



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

## HEALING SKIN, HEALING SPIRIT

TUESDAY, SEPTEMBER 22<sup>ND</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.**



## PEER SUPPORT: HOW IMERMAN ANGELS CONNECTS CANCER FIGHTERS, SURVIVORS, & CAREGIVERS

FRIDAY, SEPTEMBER 18<sup>TH</sup> | 11:15-12P.M. | VIRTUAL

Join us for a 30-45-minute virtual presentation introducing Imerman Angels' one-to-one peer support model, program eligibility, and why peer-to-peer support is so important for patients and caregivers. Jackie will include real-world examples of matches, expected benefits for participants, and a brief Q&A. **Presented by Jackie Herigodt, Director of Partnerships and Engagement, Imerman Angels.**



## COPING WITH SLEEP DIFFICULTIES

THURSDAY, OCTOBER 8<sup>TH</sup> | 4-5 P.M. | VIRTUAL

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.**

## LEARNING ABOUT LYMPHEDEMA

TUESDAY, OCTOBER 13<sup>TH</sup> | 12-1 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 what lymphedema is, how to prevent it, and how it is treated. **Presented by Doctor of Physical Therapy, Lauren Mansell.**

## LIVING BEYOND BREAST CANCER: **SURVIVORSHIP SERIES**

*\*OPEN TO ALL WOMEN DIAGNOSED WITH BREAST CANCER IN SURVIVORSHIP OR ACTIVE TREATMENT*

THURSDAYS, OCTOBER 15<sup>TH</sup> & OCTOBER 22<sup>ND</sup> | 1-3 P.M. | HOMEWOOD

The Survivorship Series will give you tips and tools to help you cope with your diagnosis and common side effects, build confidence, and empower you to take charge of your health. Topics include, early menopause, long-term side effects of treatment, sex and intimacy, and self-care after breast cancer. **Presented by Ashley Hayes MSN, RN, OCN & Heather Pruim BSN, RN, OCN, CBCN.**

## ESTATE PLANNING – HOW TO PROTECT YOUR FAMILY & YOUR FINANCES

FRIDAY, OCTOBER 16<sup>TH</sup> | 12-1 P.M. | MOKENA

Estate planning is vital to both you and your family's future. Find out about various instruments that enable you to feel confident about you and your family being protected, such as trusts, wills, powers of attorney, and living wills. **Presented by Matthew Kurnat, Partner at Hanson, O'Connor & Kurnat.**



## ADJUSTING TO LIFE AFTER LOSS – **3 WEEK PROGRAM**

TUESDAY, NOVEMBER 10<sup>TH</sup>, 17<sup>TH</sup>, & 24<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, LCPC.**

## NAVIGATING NEUROPATHY

TUESDAY, NOVEMBER 10<sup>TH</sup> | 11-12 P.M. | VIRTUAL

Neuropathy is one of the most common side effects of certain cancer treatments. Join us to learn about neuropathy and ways that physical therapy and other interventions may help.

**Presented by Doctor of Physical Therapy Lauren Mansell.**

## GRIEVING THROUGH THE HOLIDAYS

MONDAY, NOVEMBER 23<sup>RD</sup> | 5-6 P.M. | VIRTUAL

Join us for an evening of learning, discussion, and fellowship as we explore grief during the holiday season. The evening will focus on ways to create a special place for yourself and your grief amid the activity and celebration of the season. *This program is open to any loss, not just cancer.*

**Presented by Jason Kieffer, LCPC.**



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

## PAINT AND "SIP" STYLE FALL ART WORKSHOP

THURSDAY, OCTOBER 29<sup>TH</sup> | 11-1 P.M. | MOKENA

Come out and paint a midnight harvest painting with Carrie from Creative Arts Academy in partnership with the Frankfort Arts Association. You will learn how to paint a pumpkin and add fun highlights on an 11x14 canvas. You can get creative and add your own fun background using some fun non traditional art items. Come out to paint, relax, be creative, and get ready for fall!



## SHADOW PUPPET BUILDING WORKSHOP

THURSDAY NOVEMBER 12<sup>TH</sup> | 1-2:30 P.M. | HOMEWOOD

Let's make shadow puppets together! Discover the magic of light and silhouette as you create your own individual puppet. Shadow puppetry has a rich history in storytelling. This workshop offers a unique and accessible way to create art that can be proudly displayed or brought to life through performance. Open to all skill levels to explore creativity, play, and imagination. **Please email [kfriel@cancersupportcenter.org](mailto:kfriel@cancersupportcenter.org) or call our Homewood office at 708-798-9171 to register.**

**SEPT:** Exploring Line, Shape, and Mark-Making

**OCT:** Cozy + Seasonal Art

**NOV:** Textile + Fiber Arts



## 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 Journaling | Virtual

Email Kelly [kfriel@cancersupportcenter.org](mailto:kfriel@cancersupportcenter.org) to receive a prompt each Thursday in your inbox.

## Art Therapy

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

**MOKENA** - Every Tuesday 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 to work on current knit, crochet, and other projects, as well as beginners looking to learn the basics. Yarn & tools provided.



# 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.



## CAKE DECORATING WORKSHOP FOR TWEENS+

THURSDAY, SEPTEMBER 24<sup>TH</sup> | 4:30-6 P.M. | MOKENA

Join us for a fun 90-minute beginner fondant class designed for tweens + teens ages 10-18 who have been impacted by cancer. Connect with other kids who understand the journey, learn basic fondant hand-sculpting techniques, and create your own custom cupcake toppers. Everyone will leave with new decorating skills and three beautifully decorated cupcakes to take home. Email [kfriel@cancersupportcenter.org](mailto:kfriel@cancersupportcenter.org) or call our Mokena office 708-478-3529 to register. **Presented by Alyssa Dobbs.**

## KIDS GROUP WITH PARENT MEET-UP | 5 WEEK PROGRAM

TUESDAYS, OCTOBER 6<sup>TH</sup> THROUGH NOVEMBER 3<sup>RD</sup> | 4:30-5:30 P.M. | MOKENA

This group is a playful, supportive space for children ages 5-12 who have been impacted by cancer. Guided by Art Therapists, each session blends imaginative art projects with energizing games to help kids express themselves, build connections, and have fun together. Parents are encouraged to relax, interact, and connect in our welcoming lobby space during the group.

**Please email [kfriel@cancersupportcenter.org](mailto:kfriel@cancersupportcenter.org) or call either location 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 & HOMEMADE WITH GWEN IN MOKENA:

**KOREAN TACOS** | THURSDAY, SEPTEMBER 10<sup>TH</sup> | 10:30-12 P.M.

These colorful 30-minute Korean beef + avocado rice rolls are full of flavor—easy and fast to make. Serve them as a bowl, burrito roll, or taco. This recipe makes great leftovers, too!

**ALL THINGS BUTTERNUT SQUASH** | THURSDAY, OCTOBER 22<sup>ND</sup> | 10:30-12 P.M.

Butternut squash is highly nutritious and can offer numerous health benefits, including improved heart health, enhanced immune function, and better digestion. Find out how to incorporate squash into your healthy eating plan!

**PARTICIPANT HOLIDAY FAVORITES** | THURSDAY, NOVEMBER 5<sup>TH</sup> | 10:30-12 P.M.

Participants' Request Day! You asked for some easy, delicious ideas for the holiday season. We will learn how to prepare a couple of items that you can serve or take to your upcoming holiday gatherings.



Gwen Giampaolo

## COOKING WITH CHEF MARCIA IN HOMEWOOD:

**"FALL" IN LOVE WITH APPLES** | TUESDAY, SEPTEMBER 15<sup>TH</sup> | 10:30-12 P.M.

Apples are at their peak during the fall months, and they offer the perfect balance of sweetness & tartness that makes them ideal for sweet and savory dishes. Chef Marcia reveals how apples can be transformed into something magical.

**A CHILI TWIST** | TUESDAY, OCTOBER 20<sup>TH</sup> | 10:30-12 P.M.

A chili twist is a creative variation of the classic chili recipe that blends traditional Mexican flavors, unique flavors, spice blends, and unexpected additions. Chef Marcia will explore options that will taste amazing.

**A COZY BOWL OF COMFORT** | TUESDAY, NOVEMBER 17<sup>TH</sup> | 10:30-12 P.M.

Soup has long been celebrated not only as a comfort food but also as a naturally healing nourishment that supports both mind and body. Chef Marcia will present her favorite soups that are hydrating, nutrient dense, and easy to digest.



Marcia Kuchta

## 10 SUPERFOODS FOR BETTER DIGESTION, MOOD, AND ENERGY

WEDNESDAY, SEPTEMBER 16<sup>TH</sup> | 12-1:15 P.M. | MOKENA

Superfoods are packed full of vitamins, minerals, and phytochemicals necessary to boost the immune system, help fight illnesses, and support optimal digestive health. Some studies have found that changing your diet may help change your metabolism and brain chemistry, ultimately affecting your energy level and mood. **Presented by Chris Rosandich, MS, Nutrition Educator.**

## MARCELAS KITCHEN TO YOURS: FALL MOCKTAILS AND APPETIZERS

THURSDAY, SEPTEMBER 17<sup>TH</sup> | 2:30-4 P.M. | HOMEWOOD

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



## HEALTHY LIFESTYLE: NUTRITION AND MOVEMENT FOR WELLNESS

WEDNESDAYS, SEPTEMBER 23<sup>RD</sup>, 30<sup>TH</sup> | OCTOBER 7<sup>TH</sup>, 14<sup>TH</sup>, 21<sup>ST</sup> & 28<sup>TH</sup> | 9-10:30 A.M. | MOKENA

THURSDAYS, SEPTEMBER 24<sup>TH</sup> | OCTOBER 1<sup>ST</sup>, 8<sup>TH</sup>, 15<sup>TH</sup>, 22<sup>ND</sup> & 29<sup>TH</sup> | 2:30-4 P.M. | HOMEWOOD

Looking to feel stronger, more energized, and supported in your health journey? Join us for this multi-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. No prior experience is needed. Small group program - limited spots available. **Presented by Chris Rosandich, MS, Nutrition Educator; Roy Alfonso, Certified Fitness & Functional Movement Specialist (CFS); and Marcela Puga, Cancer Fitness Specialist (CFS), Yoga Therapist (YT).**

6-week Program!



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

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

*Every program on this page is presented by Chris Rosandich, MS, Nutrition Educator.*

## **HEALTHY EATING: HELP INCREASE ENERGY & REDUCE CANCER-RELATED SIDE EFFECTS**

**THURSDAY, SEPTEMBER 24<sup>TH</sup> | 12:30-1:45 P.M. | HOMEWOOD**

You can discover nutrient-dense foods to help minimize side effects such as nausea, diarrhea and/or constipation, and poor appetite.

## **20 EASY STEPS TO HELP REDUCE TOXINS IN YOUR HOME**

**WEDNESDAY, OCTOBER 14<sup>TH</sup> | 10:30-11:45 A.M. | MOKENA**

We use products every day on our bodies and in our homes that contain ingredients that are potentially harmful. This program will explore simple, easy, and economical ways to help detox your home and help you begin this journey of clean and green living.

## **COLD AND FLU SEASON: SIMPLE STEPS TO SUPPORT STRONGER IMMUNE FUNCTION**

**WEDNESDAY, OCTOBER 21<sup>ST</sup> | 11-12:15 P.M. | MOKENA**

During this cold and flu season, let's discuss which foods may help ease the severity of a cold and shorten the duration. We'll also identify different foods that work against our bodies and can inhibit recovery time. Chris will explore different foods and lifestyle choices, including immune-boosting antimicrobial and antiviral herbs to assist your immune system and fight off cold and flu.

### **PROTEIN PACKED PROGRAMS:**

#### **POWER UP WITH PROTEIN FOOD DEMO**

**TUESDAY, SEPTEMBER 22<sup>ND</sup> | 12:15-1:30 P.M. | MOKENA**

Cancer patients and their loved ones can join us to learn about refreshing, nutritious, and easy-to-make meals and a 'mini-meal'. We'll focus on simple, nutrient-dense, and easy-to-digest meals that accommodate treatment side effects while providing extra calories and protein.

#### **PROTEIN-RICH SMOOTHIES**

**TUESDAY, OCTOBER 27<sup>TH</sup> | 12:15-1:30 P.M. | MOKENA**

**THURSDAY, OCTOBER 29<sup>TH</sup> | 12:30-1:45 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 discover which one is more suitable for your diet and lifestyle.



## **BREAK FREE FROM ULTRA-PROCESSED FOODS: 10 EASY STRATEGIES**

**TUESDAY, NOVEMBER 3<sup>RD</sup> | 11-12:30 P.M. | HOMEWOOD**

What do processed foods do to the body? Over half of what some of us are eating is ultra-processed. We will discuss how to spot these foods, identify why they can take a toll on our health, and discover simple ways to make them healthier.

## **HOLIDAY COOKING DEMO FOR ONE OR TWO**

**TUESDAY, NOVEMBER 10<sup>TH</sup> | 12:15-1:30 P.M. | MOKENA**

If you're cooking for just one or two during the holidays, you can still create a festive, satisfying meal without overcomplicating it. The key is to choose recipes that you love, are easy to prepare, and are full of holiday spirit. We will explore just how to accomplish this.



## **TAKE OUT FOOD: HOW TO MAKE GREAT CHOICES**

**THURSDAY, NOVEMBER 12<sup>TH</sup> | 11-12:30 P.M. | HOMEWOOD**

Don't let enjoying 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!

## **HEALTHY SNACKS: SOMETHING SWEET BUT HEALTHY**

**THURSDAY, NOVEMBER 19<sup>TH</sup> | 12-1:30 P.M. | HOMEWOOD**

Refreshing, nutritious, and easy-to-make snacks make for a great 'mini-meal'. Let's have fun making incredible snacks that are healthy, fresh, and protein rich, such as fruit and cheese, yogurt cups, banana sushi, mini pizzas, and more. Tasty snack bite samples will be available to try.