



Let's Walk this Journey Together! Mind & Body - Nutrition & Diet

The Cancer Support Center believes medical oncology care coupled with our comprehensive integrated psychosocial and wellness care programs can greatly enhance and improve a cancer patient or survivors quality of life and their ability to fully stand up to their cancer and partner with their medical team. Even now during the COVID19 pandemic, The Center stands together with cancer survivors and their families using a combination of virtual/online/telehealth oncology support and wellness programs. **Always free of charge**, we offer programming in five areas - Counseling/Stress Management, Fitness/Physical Wellness, Nutrition & Diet, Education and Networking, and Body Image. Here is how we support nutrition & diet related issues:

Nutrition Support

You may find yourself struggling with keeping up your caloric intake while going through treatment. You may want to use food to better strengthen your body for the cancer battle. Whatever the nutrition or food related question or concern, The Center offers a range of nutritional support and training workshops to support wellness during and post treatment. In addition, The Center offers one-on-one nutrition consultations with a knowledgeable Nutrition Educator who can provide support for any patient and their families.

To schedule an appointment with our nutrition educator, Chris Rosandich, MS, please call 708-478-3529 or email her at rosandich@cancersupportcenter.org. You can meet with Chris for a consultation in person (with a mask and socially distanced) or remotely for diet and side effects support.

Following a Cancer Fighting Diet

If you have nutrition and diet concerns, CSC has a wealth of resources to help answer your questions and provide you with the latest research in nutrition. Topics covered in these programs include: *smoothies & juicing classes, healthy eating before, during and after treatment, following a cancer-fighting diet, managing side effects such as; low appetite or excessive weight loss, taste changes, digestive concerns and neuropathy.*

To learn more about nutrition, diet and clean living, patients can visit our website at www.cancersupportcenter.org. Simply click on the program tab, scroll down to the online program option and register for any of the many programs. There you will find a variety of nutrition specific programs. All these resources are **free of charge** and available to patients, survivors and their loved ones. If you have any question, simply call for more information.

Here are the days & times that each CSC office is open for in-person information and staffed with a licensed therapist for walk-in support:

Homewood CSC – 2028 Elm Road	Mokena CSC – 19645 S. LaGrange Rd
Mondays: 9-12 Tuesdays: 12-3 Thursdays: 9-12	Mondays: 12-3 Tuesdays: 9-12 Thursdays: 9-12

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

