Because you’re living with cancer, we’re here for you.

The Cancer Support Center is here to give strength, guidance and support to anyone living with a cancer diagnosis, as well as their loved ones. We do this as a community-based, volunteer-driven, donor-supported organization. Our programs, resources and services are always delivered by professional therapists, counselors, nutritionists, and experts; and, are provided in a warm, welcoming and nurturing setting at no cost to participants.

To be. . . Grateful

“At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.” Albert Schweitzer

At The Cancer Support Center, each and every day, we work with great care and purpose to help rekindle the light that has gone out or has been dimmed by cancer.

Whether it is developing the skills to cope with the anxiety of having cancer, identifying a strategy to support your loved one through cancer while maintaining your own wellness, or finding peace through the moves of gentle yoga or healing touch massage, the mission is simple yet profound – we are here to give strength, guidance and support – as we light the flame of hope, help and healing.

This gives us cause to think with deep gratitude about you and our many friends who believe in this mission, share their talents, give their time and donate their treasures.

For without each of you, we could not do the work we do. From your support and through your friendship, we are able to help thousands of people navigating through their cancer experience. You are our flame, and for that I thank you.

During these months of thankfulness and appreciation, we hope you know how much we treasure each of you. Please plan on joining us at either location on Monday, December 7th, for our annual holiday party. This is one small way to celebrate with you and demonstrate that you are a part of this amazing family of compassion and care called The Cancer Support Center.

Happy holidays to you and yours!
Richard K. Desser, M.D., Spirit of Life Award - Karen Gordon, Pharm.D.

The Cancer Support Center honored Director of Oncology and Pharmacy Services at Advocate South Suburban Hospital, Karen Gordon, Pharm.D., with the Richard K. Desser, M.D., Spirit of Life Award at this year’s annual meeting. The Center annually awards community partners with the Richard K. Desser, M.D., Spirit of Life Award to acknowledge their commitment to the integration of psychosocial wellness care within cancer treatment.

“Karen is committed to cancer patients and their need for comprehensive psychosocial supportive services during their cancer treatment,” said Sue Armato, Executive Director. “Her dedication to The Center’s mission and ensuring that oncology patients have access to our services at Advocate South Suburban Hospital is commendable. Through Karen’s efforts, she has become a great friend to The Center in advancing its mission, and we are grateful for her support.”

The 2015 Founders Award - CN

The Cancer Support Center proudly acknowledged and honored CN with the 2015 Founders Award at this year’s Gala. CN embodies the commitment, passion, ambassadorship, vision and community of the six original founders.

“Supporter’s like CN make it possible to provide our services to those living with a cancer diagnosis at no charge,” said Sue Armato, Executive. “We are grateful to have CN as a friend and ambassador of The Center.”

Since 1995, CN has supported The Center through donations, employee involvement and sharing our mission with other businesses. With their support, thousands of individuals living with cancer have a place to find help, hope and healing. We are grateful and honored to have them as a community partner.

2015 TRJ Humanitarian Award - Stephen Kelley

The Cancer Support Center presented Stephen Kelley with the 2015 TRJ Humanitarian Award at this year’s golf outing.

“When we think about the definition of a humanitarian- a person devoted to promoting the welfare of humanity, especially through the elimination of pain and suffering- Steve Kelley comes to mind,” said Sue Armato, Executive Director. “As board member, past board president, golf committee chair and leadership committee chair, Steve is, and has been, an incredible asset to The Center. For more than a decade, Steve has generously shared his time, talent, and a treasure to make sure that The Center is here and able to provide critical support to individuals and families in need of our services. For all this, and more, we are grateful and honored to award him the TRJ Humanitarian of 2015.”

The passionate and well deserving Steve Kelley was surrounded by his wife, Kathy, his children, sibling and friends when he received this momentous award. Flossmoor resident, Steve currently is a member of The Center’s board of directors and sits on many committees.
The Cancer Support Center is proud to announce the most recent addition to The Center’s advisory groups, the Participant Committee. The goal and vision behind the Participant Committee is to minimize the communication gap between The Center and participants, ensuring The Center continues to stay relevant with program offerings. This committee is composed of long-time, dedicated participants who all been impacted with a cancer experience and have benefited from The Center’s mission.

“It’s exciting to have a space that welcomes participants’ input with the programming,” said Board of Director, Participant Committee member, and participant Leslie Susralski. “It will give The Center a new prospective and increased transparence between The Center and its community.”

Historically, The Center has invited participants to offer program feedback though surveying and having an open atmosphere between participants and staff; however, by constructing this type of platform, past-President of the Board of Directors, Bobbi Kamradt believes The Center’s mission will only benefit.

“By implementing the participant committee it is our hope to guarantee that all of The Center’s programming is relevant to participants’ needs,” said Kamradt. “We are creating a foundation of trust with our participants. I look forward to seeing how this committee develops and am happy to be part of this new group.”

For more information about the Participant Committee please feel free to ask one of our staff members.

Soup for the Soul

New this winter, The Participant Committee brings a spirituality Speakers Series called Soup for the Soul.

For more details on this upcoming program visit our website at www.cancersupportcenter.org
Weekly Support Groups
By the mutual sharing of how a person is affected physically, emotionally, socially and spiritually after a cancer diagnosis; support groups provide the opportunity for connection, validation, information and understanding. To learn more about these groups and how they may be helpful to you or your loved ones please call and schedule a Personal Planning Session with one of our counselors.

Survivors Support Group
Homewood: Tuesdays, 10-11:30 a.m. & 6:30-8 p.m.
No groups on Dec. 29, Feb. 9 & 23
Please call 708-798-9171 to register.
Mokena: Tuesdays, 6-7 p.m.
No groups on Dec. 29 & Feb. 23
Please call 708-478-3529 to register.
For anyone with a cancer diagnosis, weekly groups are designed to help you deal with cancer treatment, stress and emotional coping.

Bereavement Support Group
A 12-week support group for people who have lost a spouse or a loved one due to cancer. Please call for current meeting date & time.

Men's Discussion Group
Homewood: Please call 708-798-9171 for current date & time
Mokena: Thursdays, 12:30-1:30 p.m.
No group Dec. 24 & 31 and Feb. 25
Please call 708-478-3529 to register.
For men with any type of cancer to share their questions, concerns & experiences living with cancer in a friendly atmosphere. Men in all cancer stages are welcome. Facilitated by Jason Kieffer, LPC.

Finding Inner Peace through Mindfulness: An Introduction to Meditation
Homewood: Mondays, November 2, 9, 16, 23 & 30; February 1, 8, 15, 22 & 29; 5:15-6 p.m.
Meditation provides deep and lasting benefits, offering ways to manage stress, work through anger and fear, and ease pain and physical discomfort. Mindfulness cultivates awareness and acceptance, which help to create peace and a deep sense of well-being. Profound transformation is just ahead! Please join us for the journey...
We will discuss:
- How to start a meditation practice
- Where and when to practice
- Focusing on the breath
- Becoming non-judgmental and more accepting
Please call 708-798-9171 to register.

Drumming Circle
Homewood: 1st Friday of each month; 6-7:30 p.m.
November 6, December 4, February 5. No meeting January
Join drumming enthusiasts from the community at our monthly drumming circle. Drumming promotes healing by reducing tension, stress and anxiety. Bring your own drum or utilize instruments at The Center. All experience levels and community members are encouraged to attend. Facilitated by Michelle DeButch.

Grieving Through The Holidays
Homewood: Wednesday, November 11; 5:30-7 p.m.
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. Presented by Jenna Kiel, Psy D & Dave Riel, Social Work Intern.

Writers Workshop Series
Mokena: Monday, November 9, 6-7:30 p.m.
Shortly after getting married at the age of 25, Melissa Novak was diagnosed with Stage I Lymphoma. Melissa wrote her fictional book, Half My Life, to help others relate to dealing with a cancer diagnosis. In this workshop Melissa will share a reading from her book and help participants use writing & fiction as a means of self-expression. Please call 708-478-3529 to register.

National Caregivers Month Special Presentation
Homewood: Tuesday, November 17; 6:30-7:30 p.m.
This special presentation for caregivers is both supportive and educational. In this hour participants can network with other caregivers who are facing similar struggles. Participants will also learn about several topics related to the caregiver experience including: self-care, family roles, relationships with friends and family & stress management. Presented by Jason Kieffer, LPC.

Essential Oils for Enhanced Health
Homewood: Wednesday, December 9; 3-5 p.m.
Essential oils contain the true essence of the plant from which they were derived. Essential oils are packaged in small bottles as only a few drops are needed at a time. The uses vary from: aromatherapy, household cleaning products, insect repellent and natural remedies for physical discomfort and well-being. During the program you will have the opportunity to make your own aromatherapy oil to take home or to give as a gift this holiday season. Presented by Jenna Kiel, Psy D and Chris Rosandich, MHNE. Please call 708-798-9171 to register.
Therapeutic Touch

- Massage Therapy (both locations)
- Cranio-Sacral Therapy (Homewood)
- Reiki (both locations)

Priority appointments for those in treatment. 30-minute, fully clothed sessions. Note: limit one session per month. Please call 708-798-9171 to register in Homewood and 708-478-3529 to register in Mokena. Thank you to our practitioners: Judith Hanzelin, Marilyn Kopacz, Cathy Pilny, Janet Reed, MaryAnn O'Donnell, Anna Smith & Thomas Goodrich.

Tibetan Bowl Group Sound Bath

Mokena: Thursdays, November 19 & December 17; 9:30-10:30 a.m.
Vibrational sound with singing bowls work with the energy field that extends from our physical bodies and relaxes our brain waves. It is called a “bath” because our bodies are bathed in sound. Please bring a pillow and blanket. Presented by Jayne Hayes, Reiki Master Practitioner & Vibrational Sound Practitioner. Please call 708-478-3529 to register, space is limited.

Guided Imagery

Homewood: Tuesdays, 5:30-6:15 p.m.
No groups on Dec. 29, Feb. 9 & 23
“Sit down and relax” is sometimes easier said than done. These weekly classes will teach you how to experience the healing benefits of relaxation through breathing exercises, guided imagery & meditation. Learn and experience ways to relieve stress and achieve a sense of peace in your life.

Therapy Dog Group

Homewood: 2nd Friday of each month; 11:30-12:30 p.m.
November 13, December 18, January 8 & February 12
These groups are open to all ages and provided by certified therapy dogs. Spending time with a therapy dog can provide affection, comfort & joy.

Knit & Crochet Circle

Homewood: Fridays, 10-11:30 a.m.
No groups on Nov. 27, Dec. 25 & Jan. 1
Materials provided or bring your own. Please note that this program is not a facilitated group; however, is an open space for survivors and caregivers to gather independently to work on knit & crochet projects.

Art Groups

Fun and meaningful programs to help you explore different forms of expression and creativity. No art experience is necessary, all supplies are provided. Registration is required for each session.

heART
A supportive, safe space to explore your creativity and have fun!
Homewood: Mondays, 2-3:45 p.m.
No class on Dec. 7, 28, Jan. 18 & Feb. 22
November 2, 9, 16: Jewelry Making: This class will include wire-wrapped bangles & faux-gem creations.
November 23 & 30: Holiday Wreath & Puffy Paint Winter Decorations: These groups will teach you how to create a unique holiday wreath and different winter decorations using puffy paints.
December 14 & 21: Art for Relaxation: Unwind this holiday season in these groups focused on using art as a way to relax.
January 4, 11 & 25: Vision & “I Am” Boards: January art groups will focus on your vision for the New Year and your identity.
February 1, 8, 15 & 29: Reflections: February art groups will feed your soul through art directives focused on the heart.

Open Studio

Homewood: Wednesdays, 1-3 p.m.
No classes on Nov. 25, Dec. 16, 23, 30 & Feb. 24
Open studio is a space for participants to work on any art they desire. Bring in something from home or let the materials at The Center inspire you! You do not have to attend any other art groups at The Center to participate.

EDUCATION & NETWORKING

Drop-in monthly programs designed for people to come together to discuss treatments and coping mechanisms for handling specific types of cancer.

Journey Through Cancer Series

Cancer Clinical Trials & Drug Approval Process
Homewood: Monday, November 9; 6-7:30 p.m.
This presentation is designed to provide the essential knowledge you or your loved one needs to understand the clinical trial process. Presented by Sara Duffey, Lurie Cancer Center's Clinical Trial Recruitment and Education Specialist.
Please call 708-798-9171 to register.
Reclaiming Sex and Intimacy after Prostate Cancer

**Homewood:** Thursday, December 3, 6:30-8pm

Sex & Intimacy are an integral part of the human journey and are often impacted by prostate cancer treatment. Research shows that many men & their partners struggle with intimacy issues. This lecture will provide information on common issues after prostate cancer treatment and treatments and strategies to regain maximal function and improve relationships. *Presented by Jeffrey Albaugh, PhD., APRN, CUCNS, Northshore University Health System.*

Please call 708-798-9171 to register.

**Brain Cancer Networking Group**

**Homewood:** 2nd Thursday of each month; 6-8 p.m.

November 12, January 14 & February 11

December Offsite Meeting

This is a social and supportive gathering for people, affected by a brain tumor, to connect with others with a similar diagnosis. Caregivers are welcome to attend; group splits into a survivors, caregivers and bi-monthly grief support group. *Facilitated by Jean Arzbaecher, RN and staff therapist.*

**Breast Cancer Networking Group**

**Homewood:** 1st Wednesday of each month; 6:30-8 p.m.

November 4, December 2, January 6 & February 3

**Mokena:** 3rd Monday of each month; 6-7:30 p.m.

November 16, December 21, February 15. No January Meeting.

This group is supportive and informative. Co-lead by a staff therapist and oncology nurse, this group is for any woman diagnosed with Breast Cancer. *Facilitated by staff therapist and Lisa Gravitt, RN, OCN, Palos Community Hospital.*

**Sisters Network® Inc., a national African-American Breast Cancer Survivorship Organization**

**Homewood:** 3rd Wednesday of each month; 6:30-8 p.m.

November 18, January 20 & February 17. No December Meeting

A support group designed for African American women who have been diagnosed with breast cancer. Caregivers are welcome.

**Blood Cancer Networking Group**

**Homewood:** 3rd Wednesday of each month; 6:30-8 p.m.

November 18, January 20 & February 17.

No December Meeting

For anyone with Multiple Myeloma, Leukemia & Lymphoma; this group is a supportive network of survivors and caregivers dealing with Blood Cancers.

**Gynecological Cancers Networking Group**

**Homewood:** 3rd Wednesday of each month; 5-6 p.m.

November 18, January 20 & February 17

No December Meeting

This support group is for women with cervical, uterine, ovarian and other gynecological cancers to connect with one another in a supportive & safe space. The group is discussion based, with occasional professional speakers & presentations.

**Mothers’ Grief Group: Monthly Daytime Group**

**Homewood:** 3rd Thursday of each month; 10-12 p.m.

November 19, December 17, January 21 & February 18

For mothers who have lost an adult child to cancer. Please call 708-798-9171 for more information and to register.

**The Wig Boutique…We have wigs for you!**

Before making a financial commitment to an expensive wig, come try our supply of wigs. Staff is available to help you find a great match for your style and everything is free of charge. Wigs are available to women currently in treatment and breast prosthetics are available in Homewood. Appointments are required. Please call 708-798-9171 in Homewood and 708-478-3529 in Mokena.

*Our wig boutique in Homewood is available thanks to a grant from the Wendy Larks Foundation. Our Mokena boutique is available thanks to a grant from the Hometown Hoedown.*

**Look Good, Feel Better®**

**Homewood:** Wednesday, November 4, 4:30-6:30 p.m.

Please call 708-798-9171 to register

**Mokena:** Friday, February 12, 1-3 p.m.

Please call 708-478-3529 to register

This program is designed to teach women with cancer about makeup techniques, skin care, nail care and options related to hair loss such as wigs, turbans and scarves. A free cosmetic kit will be provided. This class is a one-time only program. *Provided by the American Cancer Society.*

**BODY IMAGE**

*A cancer journey affects the way we feel both inside and out. These programs are designed to boost your spirit and self-confidence.*
These programs offer individuals an opportunity to increase their sense of physical, mental, and spiritual balance.

**FITNESS & PHYSICAL WELLNESS**

**Contemplative Yoga**

**Mokena**: Mondays, 11-12:30 p.m.
November 2, 9 & 16; December 14 & 21; January 4 & 11;
February 1, 8 & 15
No classes November 23 & 30; December 7 & 28;
January 18 & 25; February 22 & 29.
Contemplative yoga is a gentle, therapeutic style of yoga. Tension in the core is released through supported poses (all props provided). The benefits of this class include: alleviating pain, releasing tension, relieving stress & increasing balance. Facilitated by Anna Smith, CRYT (Certified Yoga Therapist).

**Moves That Matter**

**Homewood**: 1st & 3rd Saturdays of each month; 9:30-10:15 a.m.
November 7; December 5 & 19, January 16; February 6 & 20;
No class November 21 & January 2
This classes works on releasing tension, increasing flexibility, improving posture, coordination and stability. Increasing flexibility will improve muscle tone and joint mobility for participants suffering from neuropathy. Each person works at their own pace and comfort zone. No experience necessary. Facilitated by Roy Alfonso, Fitness & Medical Exercise Specialist.

**Gentle Yoga**

Gentle Yoga Classes are designed to reduce stress and address physical side-effects of cancer. Seated and standing poses; chairs and mats are provided. Survivors and caregivers of all physical ability levels are welcome.

**Homewood**: Mondays, 4-5 p.m. & Wednesdays, 10-11 a.m.
No class December 7, 16 & 28; January 18
Facilitated by Cecily Hunt, MDes, RYT, E-500 CYT, Certified Yoga Therapist

**Mokena**: Tuesdays, 10:30-11:30 a.m.
No class December 22 & 29
Facilitated by Nadine Kelly, MD, RYT, R-CYT, Certified Yoga Therapist

**Silver Cross Hospital**: Thursdays, 6-7 p.m.
No class November 26, December 24 & 31
Facilitated by Nadine Kelly, MD, RYT, R-CYT, Certified Yoga Therapist

**NUTRITION & DIET**

Learn about the most nutrient-dense and cancer-fighting foods and how to incorporate them into your life. Our nutrition classes offer the most current information and step-by-step strategies that will encourage optimal health.

**Cancer-Fighting Cooking Demo**

**Homewood**: 2nd Thursday of each month; 1-3 p.m.
November 12, December 10, January 14 & February 11
This special cooking class features nutrient-rich recipes that are easy to prepare and designed to give patients and caregivers a much-needed boost. Join us as we gather with friends and enjoy a delicious and revitalizing meal. Presented by Chris Rosandich, Nutrition Educator, MHNE and Volunteer Leslie Susralski. Please call 708-798-9171 to register.

**Flavor Enhancing Spices**

**Homewood**: 1st Wednesday of each month; 11:30-1 p.m.
November 4, December 2, January 6 & February 3
Herbs and spices are an inexpensive way to add flavor. They are known for their antibacterial and antiviral properties and contain disease-fighting antioxidants. Learn how to use common spices—basil, dill and garlic and pair it with different cuisines—American, Cajun, Chinese, Indian and Thai. Become a flavor expert in your own kitchen. Presented by Culinary Chef Marcia Kuchta & Christine Rosandich, Nutrition Educator, MHNE. Please call 708-798-9171 to register.
Kitchen Creations with Chef Marcia
Homewood: 3rd Thursday of each month; 6-8 p.m.
November 19, January 21 & February 18 (No class December 17) This class is your chance to find your inner “foodies” and learn simple techniques and shortcuts that make cooking at home a breeze. Each month, local culinary chef, Marcia Kuchta will share all of her wonderful secrets on how to prepare soups, sauces, and more. She will create delicious dishes and pair them with the perfect wine. This program is open to the community. Presented by Culinary Chef Marcia Kuchta and Christine Rosandich, Nutrition Educator, MHNE. Please call 708-798-9171 to register & enjoy a small sampling of food (wine tasting is optional).

The Bittersweet Truth About Sugar
Mokena: Tuesday, January 12; 12-1:30 p.m.
New studies reveal that there may be other factors causing you to crave sugar: stress, hormones, adrenal overload or an unhealthy gut. Learn simple strategies that can help you break your love affair with sugar. Presented by Chris Rosandich, Nutrition Educator, MHNE. Please call 708-478-3529 to register.

Simple Smoothies for 2016
Mokena: Saturday, January 16; 10-11:30 a.m.
Popular author Kris Carr says “Juicing and blending your organic fruits and veggies are the best and quickest ways to reduce inflammation (the root cause of most chronic disease) while hydrating your body, drenching your cells in life-giving nutrients and even repairing your DNA.” This fun demonstration will share the benefits of adding cancer-fighting fruits and vegetables into your daily diet in a quick and easy way and let you sample how good it tastes. Join us to celebrate the start of your new juicing and smoothie lifestyle. Presented by Chris Rosandich, Nutrition Educator, MHNE. Please call 708-478-3529 to register.

South Suburban Hospital Groups
South Suburban Hospital:
17800 Kedzie Ave., Hazel Crest, Lower Level, Dining Room 1 Please call 708-798-9171 to register for each class. (Refreshments served)

Empowered To Live Well: A 6 week Program on Nutrition, Relaxation & Mindfulness
South Suburban Hospital:
Wednesdays, November 4 & 11; 4 -5:15 p.m.
The Empowered to Live Well Program will provide innovative and up-to-date research which specifically addresses diet, mind, body, & spirit. Experience the empowerment of choosing lifestyle changes which can positively impact your physical, emotional and spiritual well-being. Learn more about cancer-fighting foods as well as exercises in relaxation and stress reduction. Presented by Chris Rosandich, Nutrition Educator, MHNE, Kathleen Simpson, LCPC & Jessica Weinkam, MA Intern.

Managing Holiday Stress
South Suburban Hospital:
Wednesday, December 9; 4-5:15 p.m.
Stress can ruin your holidays and hurt your health. This group will focus on how to plan ahead, seek support and ward off stress this holiday season. Facilitated by Kathleen Simpson, LCPC. Please call 708-798-9171 to register.

Making Healthy Eating a Way-of-Life
South Suburban Hospital:
Wednesday, January 6, 13, 20, 27; 4-5:15 p.m.
Throughout this series, we will: explore how to read labels, determine the difference between whole and manufactured foods, learn how to increase both your metabolism and energy level, and discover how to stock your pantry with healthy foods. Also explore how to make healthier choices while eating out, creating a meal plan for you and your family and even how to cook for just one or two. Enjoy a snack each week and have the opportunity to discover and learn from each other! Presented Chris Rosandich, Nutrition Educator, MHNE.

Holiday Open Houses
Monday, December 7, 2015
6:00 p.m. - 8:00 p.m.
At both locations
Please call to RSVP
Homewood Location
2028 Elm Road
Homewood, IL 60430
(708) 798-9171

Mokena Location
19657 S. LaGrange Road
Mokena, IL 60448
(708) 478-3529
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>HOMEWOOD Yoga: 4-5</td>
<td>HOMEWOOD Guided Imagery: 5:30-6:15</td>
<td>HOMEWOOD Men's Discussion Group: 12-1:30</td>
<td>MOKENA Men's Discussion Group: 12:30-1:30</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intro Meditation 5:15-6</td>
<td>MOKENA Kids Club &amp; Parent Group: 4-5</td>
<td>HOMEWOOD Grieving Through The Holidays: 5:30-7</td>
<td>MOKENA Adapted To Live Well: 4-5:15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MOKENA</td>
<td>MOKENA Yoga: 10:30-11:30</td>
<td>MOKENA Open Studio: 1:3</td>
<td>SOUTH SUB Empowered To Live Well: 4-5:15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HOMEWOOD Yoga: 4-5</td>
<td>HOMEWOOD Guided Imagery: 5:30-6:15</td>
<td>HOMEWOOD Men's Discussion Group: 12:30-1:30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intro Meditation 5:15-6</td>
<td>MOKENA Kids Club &amp; Parent Group: 4-5</td>
<td>HOMEWOOD Grieving Through The Holidays: 5:30-7</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clinical Trials 101: 6-7:30</td>
<td>MOKENA Yoga: 10:30-11:30</td>
<td>MOKENA Open Studio: 1:3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MOKENA</td>
<td>Survivors Support Group: 6-7</td>
<td>MOKENA Adapted To Live Well: 4-5:15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contemplative Yoga: 11-12:30</td>
<td>MOKENA Yoga: 10:30-11:30</td>
<td>SOUTH SUB Empowered To Live Well: 4-5:15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HOMEWOOD Yoga: 4-5</td>
<td>HOMEWOOD Guided Imagery: 5:30-6:15</td>
<td>HOMEWOOD Open Studio: 1:3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intro Meditation 5:15-6</td>
<td>MOKENA Kids Club &amp; Parent Group: 4-5</td>
<td>MOKENA Open Studio: 1:3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MOKENA</td>
<td>MOKENA Yoga: 10:30-11:30</td>
<td>MOKENA Adapted To Live Well: 4-5:15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contemplative Yoga: 11-12:30</td>
<td>Survivors Support Group: 6-7</td>
<td>SOUTH SUB Empowered To Live Well: 4-5:15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breast Cancer: 6-7:30</td>
<td>HOMEWOOD Art: Jewelry: 2-3:45</td>
<td>HOMEWOOD Yoga: 10-11</td>
<td>HOMEWOOD Knit/Crochet Circle: 10-11:30</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HOMEWOOD Yoga: 4-5</td>
<td>HOMEWOOD Guided Imagery: 5:30-6:15</td>
<td>HOMEWOOD Men's Discussion Group: 12:30-1:30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intro Meditation 5:15-6</td>
<td>MOKENA Kids Club &amp; Parent Group: 4-5</td>
<td>HOMEWOOD Breast Cancer: 6-7:30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MOKENA</td>
<td>MOKENA Yoga: 10:30-11:30</td>
<td>MOKENA Open Studio: 1:3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contemplative Yoga: 11-12:30</td>
<td>Survivors Support Group: 6-7</td>
<td>MOKENA Adapted To Live Well: 4-5:15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HOMEWOOD Yoga: 4-5</td>
<td>HOMEWOOD Guided Imagery: 5:30-6:15</td>
<td>HOMEWOOD Men's Discussion Group: 12:30-1:30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intro Meditation 5:15-6</td>
<td>MOKENA Kids Club &amp; Parent Group: 4-5</td>
<td>HOMEWOOD Breast Cancer: 6-7:30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MOKENA</td>
<td>MOKENA Yoga: 10:30-11:30</td>
<td>MOKENA Open Studio: 1:3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contemplative Yoga: 11-12:30</td>
<td>Survivors Support Group: 6-7</td>
<td>MOKENA Adapted To Live Well: 4-5:15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breast Cancer: 6-7:30</td>
<td>HOMEWOOD Art: Jewelry: 2-3:45</td>
<td>HOMEWOOD Yoga: 10-11</td>
<td>HOMEWOOD Knit/Crochet Circle: 10-11:30</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HOMEWOOD Yoga: 4-5</td>
<td>HOMEWOOD Guided Imagery: 5:30-6:15</td>
<td>HOMEWOOD Breast Cancer: 6-7:30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intro Meditation 5:15-6</td>
<td>MOKENA Kids Club &amp; Parent Group: 4-5</td>
<td>HOMEWOOD Breast Cancer: 6-7:30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MOKENA</td>
<td>MOKENA Yoga: 10:30-11:30</td>
<td>MOKENA Open Studio: 1:3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contemplative Yoga: 11-12:30</td>
<td>Survivors Support Group: 6-7</td>
<td>MOKENA Adapted To Live Well: 4-5:15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>November is the following National Cancer Awareness Month:</td>
<td></td>
<td></td>
<td>Gynecological Cancers: 5-6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pancreatic Cancer</td>
<td></td>
<td></td>
<td>Blood Cancers: 6:30-8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lung Cancer</td>
<td></td>
<td></td>
<td>Sisters Network: 6:30-8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stomach Cancer</td>
<td></td>
<td></td>
<td>MOKENA Tibetan Sound Bath: 9:30-10:30</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carcinoid Cancer</td>
<td></td>
<td></td>
<td>Men's Discussion Group: 12:30-1:30</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Caregivers</td>
<td></td>
<td></td>
<td>SOUTH SUB Empowered To Live Well: 4-5:15</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The Village Door presents their Annual Holiday Open House
Sunday, November 15, 2015
The Village Door
2019 Ridge Road, Homewood, IL
12:00 P.M. to 4:00 P.M.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>#GIVINGTUESDAY</td>
<td>HOMEWOOD Survivors Support Group: 10-11:30</td>
<td>HOMEWOOD Sex &amp; Intimacy after Prostate Cancer with Dr. Abbaugh: 6:30-8</td>
<td>HOMEWOOD Knit/Crochet Circle: 10-11:30</td>
<td>HOMEWOOD Moves That Matter: 9:30-10:15</td>
</tr>
<tr>
<td></td>
<td>HOMEWOOD Survivors Support Group: 10-11:30</td>
<td>Guided Imagery: 5:30-6:15</td>
<td>HOMEWOOD Men’s Discussion Group: 12:30-1:30</td>
<td>Drum Circle: 6-7:30</td>
<td></td>
</tr>
<tr>
<td></td>
<td>HOMEWOOD Yoga: 10-11</td>
<td>Guided Imagery: 5:30-6:15</td>
<td>SOUTH SUB Managing Holiday Stress: 4:5:15</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>HOMEWOOD Yoga: 10-11</td>
<td>Open Studio: 1-3</td>
<td>HOMEWOOD Cancer-Fighting Cooking Demo: 1:33</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>HOMEWOOD Yoga: 10-11</td>
<td>Survivors Support Group: 6-7</td>
<td>MOKENA Brain Tumor: Offsite</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>HOMEWOOD Yoga: 10-11</td>
<td>Survivors Support Group: 6-7</td>
<td>MOKENA Men’s Discussion Group: 12:30-1:30</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>HOMEWOOD Yoga: 10-11</td>
<td>Survivors Support Group: 6-7</td>
<td>SILVER CROSS Yoga: 6-7</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>HOMEWOOD No Art</td>
<td>No Yoga: 4-5</td>
<td>HOMEWOOD Center Closed</td>
<td></td>
<td>HOMEWOOD Moves That Matter: 9:30-10:15</td>
</tr>
<tr>
<td></td>
<td>No Yoga: 4-5</td>
<td>Holiday Open House: 6-8</td>
<td>HOMEWOOD No Kitchen Creations</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Holiday Open House: 6-8</td>
<td></td>
<td>MOKENA No Contemplative Yoga</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>HOMEWOOD Art: Relaxation: 2-3:45</td>
<td>Yoga: 4-5</td>
<td>MOKENA Contemplative Yoga: 11-12:30</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>HOMEWOOD Survivors Support Group: 10-11:30</td>
<td>Survivors Support Group: 6-7</td>
<td>MOKENA No Contemplative Yoga</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>HOMEWOOD Yoga: 10-11</td>
<td>Survivors Support Group 6-7</td>
<td>MOKENA No Contemplative Yoga</td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>HOMEWOOD Art: Relaxation: 2-3:45</td>
<td>Yoga: 4-5</td>
<td>MOKENA Contemplative Yoga: 11-12:30</td>
<td></td>
<td>HOMEWOOD Moves That Matter: 9:30-10:15</td>
</tr>
<tr>
<td></td>
<td>HOMEWOOD Art: Relaxation: 2-3:45</td>
<td>Yoga: 4-5</td>
<td>MOKENA Contemplative Yoga: 11-12:30</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>HOMEWOOD Yoga: 10-11</td>
<td>No Open Studio</td>
<td>HOMEWOOD Closing at 2PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>HOMEWOOD OPEN 9-12</td>
<td>No Art</td>
<td>SILVER CROSS No Yoga</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>HOMEWOOD OPEN 9-12</td>
<td>No Yoga</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>HOMEWOOD OPEN 9-12</td>
<td>No Survivors Support Group</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Note:** The table continues for the remaining days of December 2015.
### January 2016

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Art: Vision Boards: 2-3:45&lt;br&gt;Yoga: 4-5</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Survivors Support Group: 10-11:30&lt;br&gt;Guided Imagery: 5:30-6:15&lt;br&gt;Survivors Support Group: 6:30-8:30</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Yoga: 10-11&lt;br&gt;Flavor Enhancing Spices: 11:30-1:30&lt;br&gt;Open Studio: 1-3&lt;br&gt;Breast Cancer: 6:30-8:30&lt;br&gt;SOUTH SUB&lt;br&gt;Healthy Eating: 4-5:15</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Men's Discussion Group: 12:30-1:30</td>
<td>CENTER CLOSED</td>
<td>CENTER CLOSED</td>
</tr>
<tr>
<td><strong>MOKENA</strong>&lt;br&gt;Contemplative Yoga: 11-12:30</td>
<td><strong>MOKENA</strong>&lt;br&gt;Yoga: 10:30-11:30&lt;br&gt;Survivors Support Group: 6:30-8:30</td>
<td><strong>MOKENA</strong>&lt;br&gt;Men's Discussion Group: 12:30-1:30</td>
<td><strong>SILVER CROSS</strong>&lt;br&gt;Yoga: 6-7</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Knit/Crochet Circle: 10-11:30&lt;br&gt;Therapy Dogs: 11:30-12:30</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Men's Discussion Group: 12:30-1:30</td>
</tr>
<tr>
<td><strong>MOKENA</strong>&lt;br&gt;Contemplative Yoga: 11-12:30</td>
<td><strong>MOKENA</strong>&lt;br&gt;Yoga: 10:30-11:30&lt;br&gt;Truth About Sugar: 12-1:30&lt;br&gt;Survivors Support Group: 6:30-8:30</td>
<td><strong>MOKENA</strong>&lt;br&gt;Yoga: 10:30-11:30&lt;br&gt;Survivors Support Group: 6:30-8:30</td>
<td><strong>SILVER CROSS</strong>&lt;br&gt;Yoga: 6-7</td>
<td><strong>CENTER CLOSED AT 2PM</strong></td>
<td><strong>MOKENA</strong>&lt;br&gt;Men's Discussion Group: 12:30-1:30</td>
</tr>
<tr>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Survivors Support Group: 10-11:30&lt;br&gt;Guided Imagery: 5:30-6:15&lt;br&gt;Survivors Support Group: 6:30-8:30</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Yoga: 10-11&lt;br&gt;Old Studio: 1-3</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Cancer Fighting Cooking Demo: 1-3&lt;br&gt;Brain Tumor: 6-8</td>
<td><strong>SOUTH SUB</strong>&lt;br&gt;Healthy Eating: 4-5:15</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Knit/Crochet Circle: 10-11:30</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Moves That Matter: 9:30-10:15</td>
</tr>
<tr>
<td>CENTER CLOSED</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Survivors Support Group: 10-11:30&lt;br&gt;Guided Imagery: 5:30-6:15&lt;br&gt;Survivors Support Group: 6:30-8:30</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Yoga: 10-11&lt;br&gt;Open Studio: 1-3&lt;br&gt;Gynecological Cancers: 5-6&lt;br&gt;Sisters Network: 6:30-8&lt;br&gt;Blood Cancer: 6:30-8&lt;br&gt;SOUTH SUB&lt;br&gt;Healthy Eating: 4-5:15</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Men's Discussion Group: 12:30-1:30</td>
<td><strong>SILVER CROSS</strong>&lt;br&gt;Yoga: 6-7</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Mother's Grief Group: 10-123&lt;br&gt;Kitchen Creations with Chef Marcia: 6-8</td>
</tr>
<tr>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Survivors Support Group: 10-11:30&lt;br&gt;Guided Imagery: 5:30-6:15&lt;br&gt;Survivors Support Group: 6:30-8:30</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Yoga: 10-11&lt;br&gt;Open Studio: 1-3&lt;br&gt;Survivors Support Group: 6:30-8:30</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Yoga: 10-11&lt;br&gt;Open Studio: 1-3</td>
<td><strong>SOUTH SUB</strong>&lt;br&gt;Healthy Eating: 4-5:15</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Knit/Crochet Circle: 10-11:30</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Mother's Grief Group: 10-123&lt;br&gt;Kitchen Creations with Chef Marcia: 6-8</td>
</tr>
<tr>
<td><strong>MOKENA</strong>&lt;br&gt;No Contemplative Yoga</td>
<td><strong>MOKENA</strong>&lt;br&gt;Yoga: 10:30-11:30&lt;br&gt;Survivors Support Group: 6:30-8:30</td>
<td><strong>MOKENA</strong>&lt;br&gt;Yoga: 10:30-11:30&lt;br&gt;Survivors Support Group: 6:30-8:30</td>
<td><strong>MOKENA</strong>&lt;br&gt;Men's Discussion Group: 12:30-1:30</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Knit/Crochet Circle: 10-11:30</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Mother's Grief Group: 10-123&lt;br&gt;Kitchen Creations with Chef Marcia: 6-8</td>
</tr>
</tbody>
</table>

January is the following National Cancer Awareness Month: Cervical Cancer Awareness Month

---

**THE CANCER SUPPORT CENTER**

www.CancerSupportCenter.org

**Homewood Location**
2028 Elm Road
Homewood, IL 60430
(708) 798-9171
M-W: 9 a.m. - 5 p.m.
TH-F: 9 a.m. - 4 p.m.

**Mokena Location**
19657 S. LaGrange Road
Mokena, IL 60448
(708) 478-3529
M-F: 11 a.m. - 4 p.m.

---

January is the following National Cancer Awareness Month:

- **Cervical Cancer Awareness Month**

---

**THE CANCER SUPPORT CENTER**

www.CancerSupportCenter.org

**Homewood Location**
2028 Elm Road
Homewood, IL 60430
(708) 798-9171
M-W: 9 a.m. - 5 p.m.
TH-F: 9 a.m. - 4 p.m.

**Mokena Location**
19657 S. LaGrange Road
Mokena, IL 60448
(708) 478-3529
M-F: 11 a.m. - 4 p.m.

---

**SOUTH SUB**

Healthy Eating: 4-5:15

---

**HOMEWOOD**

Yoga: 10-11

**HOMEWOOD**

Survivors Support Group: 10-11:30

**HOMEWOOD**

Guided Imagery: 5:30-6:15

**HOMEWOOD**

Survivors Support Group: 6:30-8:30

---

**MOKENA**

Yoga: 10:30-11:30

---

**SILVER CROSS**

Yoga: 6-7

---

**HOMEWOOD**

Contemplative Yoga: 11-12:30
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Art: Reflections: 2:30-3:45&lt;br&gt;Yoga: 4-5&lt;br&gt;Intro to Meditation: 5:15-6&lt;br&gt;&lt;br&gt;MOKENA&lt;br&gt;Contemplative Yoga: 11-12:30</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Survivors Support Group: 10:11-11:30&lt;br&gt;Guided Imagery: 5:30-6:15&lt;br&gt;Survivors Support Group: 6:30-8&lt;br&gt;&lt;br&gt;MOKENA&lt;br&gt;Yoga: 10:30-11:30&lt;br&gt;Survivors Support Group: 6-7&lt;br&gt;&lt;br&gt;MOKENA&lt;br&gt;Yoga: 10:30-11:30&lt;br&gt;Survivors Support Group: 6-7</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Yoga: 10-11&lt;br&gt;Flavor Enhancing Spices: 11:30-1:30&lt;br&gt;Open Studio: 1-3&lt;br&gt;Breast Cancer: 6:30-8&lt;br&gt;&lt;br&gt;MOKENA&lt;br&gt;Men's Discussion Group: 12:30-1:30&lt;br&gt;Drum Circle: 6-7:30</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Contemplative Yoga: 11-12:30&lt;br&gt;&lt;br&gt;MOKENA&lt;br&gt;Yoga: 10:30-11:30&lt;br&gt;No Survivors Support Group&lt;br&gt;&lt;br&gt;MOKENA&lt;br&gt;Yoga: 10:30-11:30&lt;br&gt;No Survivors Support Group</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Knit/Crochet Circle: 10-11:30&lt;br&gt;Drum Circle: 6-7:30&lt;br&gt;&lt;br&gt;MOKENA&lt;br&gt;Men's Discussion Group: 12:30-1:30&lt;br&gt;Look Good Feel Better: 1-3:30</td>
<td><strong>HOMEWOOD</strong>&lt;br&gt;Moves That Matter: 9:30-10:15&lt;br&gt;&lt;br&gt;MOKENA&lt;br&gt;No Men's Discussion Group&lt;br&gt;&lt;br&gt;SILVER CROSS&lt;br&gt;Yoga: 6-7</td>
</tr>
</tbody>
</table>
Author Spotlight

Melissa Novak author of Half My Life

The Center welcomes the author of Half of My Life and cancer survivor, Melissa Novak, for a special writer workshop on Monday, November 9, from 6:00 p.m. to 7:30 p.m., at the Mokena location. Shortly after getting married at the age of 25, Melissa Novak was diagnosed with Stage I Lymphoma. She underwent treatment and beat it in five months, and has been in remission for three and a half years. Melissa gives talks locally on faith and suffering, and leads retreats and presentations for teenagers. She and her husband Jason, recently welcomed a new baby boy into the world!

About the book: Abrielle thought she would have a normal summer break before her senior year of college, but her world turns upside down when she discovers her grandma has stage III lung cancer. She dedicates the rest of her summer to helping her grandma during treatment, which brings back memories of her own battle with lymphoma. Her best friend and longtime crush, Quin, is committed to helping her, which only complicates things. Unexpected events happen at work, including a possible relationship with her manager, who is hiding a huge secret! Her values are challenged and her strength is tested in this emotional story about a young adult who has dealt with cancer in one way or another for more than half her life.

Drumming Circle

Hand drumming dates back 800 years and is used by people all over the world for communication and community, bringing people together for a common purpose. Everything has a rhythm. In addition to communication and connection, participating in a drum circle can reduce stress and anxiety; resulting in relaxation, a sense of joy, and a feeling of increased energy and rejuvenation.

Drum circle provides a safe place to allow our thoughts and feelings to be expressed in a non-verbal way. Musical experience is not necessary because each person becomes a part of the larger sound of the drum circle sound. Each individual adds to the connection that is felt by each group member. Call The Center at 708-798-9171 for more information.

The Drumming Circle will be held at our Homewood location on the 1st Friday of each month; 6:00 p.m. - 7:30 p.m. See page 4 for more information.
Thank you to the organizers and supporters of community events benefiting The Center’s mission. The Center is able to offer these life-changing programs and service because of the dedication our community members. We are grateful for the individuals, businesses and organizations who understand and value our work.

Anthony Panici Jr. and Anthony Panici at the Annual Lynn Panici Golf Outing at Idlewild Country Club which raised over $68,000.

Donna Ansfield, Amy Chmura, Sue Armato and Carolyn Stanek accepting a $15,000 check from Bear Care.

James Dunlavy enjoying the 2nd annual Pedal for Prostate.

Alsip Home & Nursery generously donates herb and vegetables to our gardens that are incorporate into our nutrition classes.

Students and Staff from Rasmussen College volunteered to collect donations for The Center at local Grocery Stores.

Runners at this year’s Get Your Rear in Gear in Tinley Park, IL.

James Kvedaras and Esmeralda Salinas facilitated a breast cancer awareness fundraiser for CN employees.
Thank you to our community for organizing the following fundraising events on behalf of The Cancer Support Center:

- Digging for Donna
- Restaurant Week with Fresh Starts, Sweet Annie's & Angelo's
- Crystal Tree Country Club Ladies Golf Fundraiser
- Derby Day! At Lincoln Station
- Flossmoor Country Club Pink Ribbon Invitational
- Midlothian Country Club- Midlothian Rally for the Cure
- Oak Forest Park District Flag Football
- Village of Mokena- Mokena Mayor's Charity Golf Outing
- Flossmoor Country Club- FCC Pink Ribbon Invitational
- Mokena Chamber of Commerce Golf Outing
- Olympia Fields Country Club- Breast Cancer Awareness Golf Outing
- Carl Sandburg High School- Football Coins for Cancer
- Pedal for Prostate
- Marc Alan Salon & Day Spa Cut-A-Thon
- Jean Marie Salon & Spa- Pink with Purpose
- Carl Sandburg High School- Volleyball

CENTER WISH LIST!

- Projector
- Renovate ladies bathroom
- Toilet paper
- Tissue paper
- Permanent markers
- Painting canvas and brushes
- Drawing/water color paper
- Cardstock

We are grateful to the following organizations that underwrite programs or provided their services free of charge for The Cancer Support Center:

- 12 Oaks Foundation
- Advocate South Suburban Hospital
- Aileen S. Andrew Foundation
- Angels on Assignment
- Assurance Caring Together Foundation
- The Barnes Foundation
- Bears Care
- Cancer Treatment Centers of America
- Carolyn Adams Ticket for the Cure
- CN
- The Coleman Foundation
- Colon Cancer Coalition- Get Your Rear in Gear, Tinley Park
- Exxon Mobil Joliet Refinery
- Flossmoor Community Church
- Ford Motor Company
- Franciscan St. James Health
- Greenbrier Companies
- Harvey Beauties of Harvey Church of Christ
- HERA Women's Cancer Foundation
- Homewood Disposal
- Irwin Family Foundation
- JDM Steel
- Mokena Mayor’s Charity Foundation
- Mokena Women’s Club
- Newman’s Own Foundation
- Olivieri Brother Architects
- Rose Pallet
- Service Club of Chicago
- Suburban Service League
- The Horton Group
- The United Way of Will County
- The University of Chicago Medicine Comprehensive Cancer Center-at Silver Cross Hospital
- Wendy Larks Foundation
THE CANCER SUPPORT CENTER
www.CancerSupportCenter.org

Homewood Location
2028 Elm Road
Homewood, IL 60430
(708) 798-9171
M-W: 9 a.m. - 5 p.m.
TH-F: 9 a.m. - 4 p.m.

Mokena Location
19657 S. LaGrange Road
Mokena, IL 60448
(708) 478-3529
M-F: 11 a.m. - 4 p.m.

Save the Dates
- Saturday, December 5, 2015
  “The City” at Parkview Christian Church
  11100 Orland Parkway, Orland Park, IL
  9:30 a.m. – 12:30 p.m.

This family friendly event includes Polar Express movie, photo with Santa, craft, popcorn, hot dog, raffles, parting gift for each child, and more! All children are encouraged to board in their pajamas and bring a blanket to reserve their space. For additional information, please contact The Cancer Support Center at 708.798.9171. Sponsorship and volunteer opportunities are available!

The Community Board of The Cancer Support Center presents:
“BELIEVE! A Polar Express Pajama Party”
Saturday, December 5, 2015
“The City” at Parkview Christian Church
11100 Orland Parkway, Orland Park, IL
9:30 a.m. – 12:30 p.m.

All online donations made to The Cancer Support Center on Giving Tuesday, December 1, 2015, will be matched by the Coleman Foundation! Help us take advantage of this generous fundraising opportunity by making a donation to our mission and sharing our efforts on social media and to your personal network!

For more information please visit our website at www.cancersupportcenter.org or call us at 708.798.9171.

The Annual Spring Gala
Saturday, April 30, 2016
Olympia Fields Country Club

For additional information, please call 708-798-9171