Join The Cancer Support Center as we “Rise Up” in the year 2020! We are meeting new challenges and setting our goals to higher levels in the upcoming year.

Be a part of our exciting journey by attending a welcome session to learn about new programs such as our Dance/Movement Group which focuses on body positivity and empowerment. Also learn how to reduce stress and increase happiness at our Happiness Workshop.

Let’s take it to the next level this year and RISE UP!!

Special Programming

Welcome Sessions
Homewood: Mon., Dec. 16, Jan. 13 & Feb. 10; 5:30-6 p.m
Mokena: Tues., Dec. 10, Jan. 14 & Feb. 11; 5:30-6 p.m
Come meet with other newly diagnosed individuals and their loved ones in this welcome session. Learn about The Cancer Support Center’s programs, get a tour and gain valuable information as you start your cancer journey.

Happiness workshop
Homewood: Tuesday, February 18; 2-3:30
Participants reduce stress and become healthier & happier while learning the brain basics of habits. Take home a list of proven tools that can be easily used in the future to reduce stress and increase happiness. Based on research of Positive Psychology and presented by Mary Sullivan Kopale, MAT.

Please call 708.798.9171 to register.

Movement Group
Homewood: Thursdays, January 9, 16, 23 & 30; 11:30-12:15
Mokena: Thurs., February 13, 20, 27 & March 5; 6-7 p.m.
These Dance/Movement Therapy groups will focus on inner strength, body positivity and empowerment. No dance experience is needed! All bodies of all abilities are encouraged to join, come as you are. Facilitated by Amanda Ouimette, DMT Intern.

SPECIAL PROGRAMMING

PROGRAM GUIDE

REGISTRATION REQUIRED FOR ALL SPECIAL PROGRAMS
Homewood: (708) 798-9171  Mokena: (708) 478-3529
For more information on programs, please visit www.cancersupportcenter.org

Dance Movement Workshop: Holiday Stress
Homewood: Wednesday, December 11; 11:30-12:15
Mokena: Thursday, December 12; 11:30-12:15
No dance experience is needed! All bodies of all abilities are encouraged to join, come as you are.

Workshop to Manage or Eliminate Back Pain
Homewood: Wednesday December 11; 2-4 PM
Learn simple techniques that can help you diminish or eliminate back pain. This class is limited to 8 participants so everyone can get the attention needed.

Grieving Through the Holidays
Mokena: Thursday December 12; 5:00-6:00 PM.
Join us for an evening of learning, discussion and fellowship as we explore grief during the holiday season. This program is open to any loss.

SuZen Acupuncture
Homewood: Friday December 13; 12-1:00 PM.
Acupuncture can provide relief from many of the side effects of cancer and cancer treatment. Join Susan J Grumbine, LAc in a presentation of Traditional Chinese Medicine and its benefits.

Neck & Shoulder Pain Workshop
Homewood: Wednesday December 18; 2-4 PM
Learn to manage or eliminate shoulder and neck pain. Simple movements and an understanding of the anatomy will be taught. This class is limited to 8 participants so everyone can get the attention needed.

Combination Therapy for Cancer: Why, When & How?
Homewood: Tuesday, January 14; 5:00-6:00 PM.
There are three general categories of treatments for cancer – surgery, drug therapy, and radiation therapy. In this talk Dr. Golden will review advantages and disadvantages along with current advances of each treatment method.

Managing Fatigue and Insomnia During & After Cancer
Mokena: Wednesday, February 12; 5:30-6:30.
This presentation will review practical strategies to help you manage your energy level and improve your sleep quality.

DANCE MOVEMENT WORKSHOP: HOLIDAY STRESS
Homewood: Wednesday, December 11; 11:30-12:15
Mokena: Thursday, December 12; 11:30-12:15
No dance experience is needed! All bodies of all abilities are encouraged to join, come as you are.

COUNSELING & STRESS MANAGEMENT

We offer a variety of counseling services at both locations. Please call to schedule a Personal Planning Session with a counselor to create a program plan that is right for you.

Personal Planning Session: Available at both locations, a personal planning session is an introduction to The Center. You will meet with a counselor and we will create a unique program plan based on your current needs.

Individual Counseling: Available for anyone impacted by cancer at all ages at both locations.

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 to register, please call and schedule a Personal Planning Session with one of our counselors. This session and registration is required before attending a group.

<table>
<thead>
<tr>
<th>Group and Participant Type</th>
<th>Location</th>
<th>Meeting Day/Time</th>
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<tbody>
<tr>
<td>Survivors Group: For any individual who has cancer (in treatment or post treatment)</td>
<td>Homewood</td>
<td>Tuesdays, 10-11:30 a.m.</td>
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<td></td>
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<td>No Group 12/24 &amp; 12/31</td>
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<tr>
<td>Caregivers Group: For any individual taking care of someone with cancer (friend, family)</td>
<td>Homewood</td>
<td>3rd Tuesday of each month 5-6 p.m.</td>
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<td></td>
<td>Mokena</td>
<td>1st Wednesday of every month 5-6 p.m. No Group 1/1</td>
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<tr>
<td>Men's Discussion Group: Any male in treatment or post treatment for cancer.</td>
<td>Homewood</td>
<td>Tuesdays, 2-3 p.m.</td>
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<td>Mokena</td>
<td>No Group 12/24, 12/31 &amp; 1/2</td>
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<td>Thursdays, 12:30-1:30 p.m.</td>
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</table>
Art Therapy 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. Facilitated by Kathleen Daly, ATR, LCPC & Kelly Kopale, LPC.

**Art Therapy**
- **Homewood**: Mondays; 2-3:45 p.m. (No Group Jan. 20 & Feb. 17)
- **Mokena**: Tuesdays; 2-3:45 (No group Dec. 24 & 31)
- December: Community - Create art that celebrates the importance of friends, family, and our community.
- January: Renewal - To honor the new year we will make art to reflect on other new beginnings.
- February: Winter - Create art projects about cold weather and wintertime.

**Open Studio**
- **Homewood**: Wednesdays; 1-3 p.m. (No group December 25, January 1)
  Space for participants to work on any art projects from home or let the materials at The Center inspire you!

**Art Journaling**
- **Mokena**: Thursdays; 2-3:30 p.m. (No group December 26)
  In this group participants will be invited to create thoughtful and reflective art in a journal as a unique way to process through their cancer experience. All individuals affected by cancer are welcome.

*Tibetan Bowl Group Sound Bath*
- **Mokena**: Thursdays, Dec. 5 & 19, Jan. 9 & 23, Feb. 6 & 20; 9:30-10:30 a.m.
- **UC Medicine New Lenox**: Wed. Dec. 4 & 18, Jan. 18 & 22, Feb. 5 & 19; 5:45-6:15 p.m.
  Vibrational sound with singing bowls work with the energy field that extends from our physical bodies and relaxes our brain waves. Please bring a pillow and blanket. *Presented by Jayne Hayes & Leslie Susralski.*
  Please call (708)478-3529 to register, space is limited. **No perfume please.**

**Therapy Dog Group**
- **Homewood**: 2nd Friday of each month
  - 11:30 a.m.-12:30 p.m. (Dec. 13, Jan. 10 & Feb. 14)
  These groups are open to all ages and provided by certified therapy dogs. Spending time with a therapy dog can provide affection, comfort and joy.

**Annie’s Knit & Crochet Circle**
- **Homewood**: Fridays, 10-11:30 a.m. (No group December 20)
  Materials provided or bring your own. Open space for survivors and caregivers to work independently on projects.

**Child, Teen & Family Programming**
*Please call to sign up for one of our groups or special family events. All of our programming is open to any child impacted by cancer in the family.*

*Youth Art Making & Cancer Support*
- **Homewood**: 2nd Monday of each month; 4-5 p.m. (*December 16*, January 13 & February 10)
- **Mokena**: 2nd Tuesday of each month; 4-5 p.m. (December 10, January 14 & February 11)
  This is a group where young people who have been affected by cancer can come to get support and spend time with peers. Each group will have a different theme that will include an art activity and discussions on coping. This group is open to ages 6-18.
  **December**: Cards - Create a activity/affirmation cards that can help with coping.
  **January**: Strength - Create superhero comics while we talk about using your own strengths and knowledge to solve problems.
  **February**: Friendship - Make friendship bracelets and discuss the meaning of friendship. Feel free to bring a friend along!
  
  Registration is required. Please call to register at 708-798-9171 (Homewood) & 708-478-3529 (Mokena).

**Winter Mini-Camp**
- **Homewood**: Thursday, January 2 & Friday, January 3; 9 a.m. – 12 p.m.
  Our mini-camp is for any child affected by cancer ages 6-12. These fun-filled days will include indoor winter related activities, creative expression and so much more! **Space is limited; please call 708-798-9171 to register.**
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.

Classes provided by Christine Rosandich, Nutrition Educator and Volunteers: Chef Marcia Kuchta & Beth Bogan.

Enhancing Flavor with Spices with Chef Marcia
Homewood: 1st Thursday of each month; 11-12:30 p.m.
(Dec. 5, No Class in January, Feb. 6)
Herbs and spices are an inexpensive way to add flavor. Learn how to use common spices and become a flavor expert in your own kitchen.

Cancer-Fighting Cooking Demo
Homewood: 2nd Thursday of each month; 1-3 p.m.
(December 12, January 9, February 13)
Join us where we'll learn how to make healthy, delicious and nutrient-rich dishes from Katz’s renowned cookbook, “Cancer-Fighting Kitchen.”
*December 12: Special Guest Speaker, Leslie Susralski, Afternoon High Tea

Healthy Changes in the Kitchen & Beyond
Mokena: December 6, 12-1:30 p.m. (no Jan. or no Feb. program)
Representative from Garden of Life, partners of Health Nutz Natural Foods in Mokena are proud to join us as they discuss the health benefits of collagen and bone broth; increase muscle mass, prevent bone loss, relieve joint pain and help to improve skin health by reducing wrinkles and dryness. A sample taste testing of various products will be available.

Feed a Cold
Homewood: Wednesday, December 18; 11-12:30 p.m.
As we head into cold and flu season, we will explore which foods may help ease the severity of a cold or shorten its duration and which foods work against recovery.

Healthy Lifestyle Choices: (New program)
Mokena: Friday, January 24, 12-2 p.m.: Discover the secrets to a healthy lifestyle that help you stay on track to better health. Guest Speaker Koren Finnestad, Drover’s Trail Natural Farms, Foods That Heal & Improve Gut Health.
Mokena: Friday, February 14, 12-1:30 p.m.: SUPERFOODS; Goji Berries, Matcha Powder, Super Greens and more!

Food & Mood
Homewood: Wednesdays, January 15, 22 & 29; 11-12:15 p.m.
In this 3-part series, we will explore the relationship between what we eat and how we feel. We will be asking the question, does our food choices affect our hormones, can it improve mood, help us to think clearer, increase our energy, and support feelings of happiness?

Health Watchers: Shortcuts in the Kitchen
Mokena: 3rd Tuesday each month; 4-5:15 p.m. (No class Dec. 17, Jan. 21 & Feb. 18)
Health Watchers is a progressive nutrition group that meets to collaborate, encourage and support each other on our journey towards healthy eating. Learn short cuts in the kitchen to make cooking and meal planning simply.

Healing Cancer Audio Series
Mokena: Tuesdays in January & February; 11:45-1 p.m.
Come join us for all or some of these hour long audio lectures given by renowned experts from the audio series: Healing Cancer World Summit: Proven Integrative Approaches for Cancer Prevention and Recovery. Drop-in attendance is welcomed.
• Reducing Stress & Overcoming Fear: Tuesday, January 7, 14, 21
• Radical Self-Love and Acceptance: Tuesday, January 28, February 4, 11
• Spiritual Journey: Tuesday, February 18, 25
**Networking Groups**

*Drop-in monthly programs & special presentations for people to come together to discuss treatments and coping mechanisms for handling specific types of cancer. Most groups are co-facilitated by medical professionals.*

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<tbody>
<tr>
<td>Brain</td>
<td>Homewood</td>
<td>2nd Thursday</td>
<td>6-8 p.m.</td>
<td>Survivors, Caregivers, Bereaved</td>
<td>No Group</td>
<td>1/9</td>
<td>2/13</td>
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<tr>
<td>Breast</td>
<td>Homewood</td>
<td>1st Wednesday</td>
<td>6-7:30 p.m.</td>
<td>Survivors</td>
<td>12/4</td>
<td>No Group</td>
<td>2/5</td>
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<tr>
<td></td>
<td>Mokena</td>
<td>3rd Monday</td>
<td>6-7:30 p.m.</td>
<td>Survivors</td>
<td>12/16</td>
<td>1/27</td>
<td>2/24</td>
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<tr>
<td>Metastatic Breast</td>
<td>Homewood</td>
<td>1st Wednesday</td>
<td>5-6 p.m.</td>
<td>Survivors</td>
<td>12/4</td>
<td>No Group</td>
<td>2/5</td>
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<tr>
<td>Sista's of Hope Support Group</td>
<td>Homewood</td>
<td>3rd Wednesday</td>
<td>6-8 p.m.</td>
<td>African American Women</td>
<td>12/18</td>
<td>1/15</td>
<td>2/19</td>
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<tr>
<td>Blood</td>
<td>Mokena</td>
<td>Last Thursday</td>
<td>4-5:30 p.m.</td>
<td>Survivors &amp; Caregivers</td>
<td>No Group</td>
<td>1/30</td>
<td>2/27</td>
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<tr>
<td>Colorectal</td>
<td>Mokena</td>
<td>2nd Monday</td>
<td>5:30-6:30 p.m.</td>
<td>Survivors &amp; Caregivers</td>
<td>No Group</td>
<td>1/13</td>
<td>2/10</td>
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<tr>
<td>Gynecological</td>
<td>Homewood</td>
<td>3rd Wednesday</td>
<td>5-6 p.m.</td>
<td>Survivors</td>
<td>12/18</td>
<td>1/15</td>
<td>2/19</td>
</tr>
<tr>
<td>Lung</td>
<td>Mokena</td>
<td>Last Wednesday</td>
<td>2-3 p.m.</td>
<td>Survivors</td>
<td>No Group</td>
<td>1/29</td>
<td>2/26</td>
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</table>

*Survivor: anyone who has been diagnosed with cancer. *Caregiver: any family member, friend or support person.

**Bereavement Services**

*Anyone who has experienced a loss due to cancer is welcome to attend all of our wellness classes. We also offer individual and family bereavement counseling in addition to bereavement groups. Please call either location to schedule a Personal Planning Session (PPS) to determine what might be the best fit for you.*

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<thead>
<tr>
<th>Group</th>
<th>Location</th>
<th>Meeting Day/Time</th>
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<tr>
<td>Bereavement Support Group</td>
<td>Call for more details.</td>
<td>Call for more details.</td>
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<tr>
<td>Bereavement Networking Group</td>
<td>Mokena</td>
<td>1st Thursday of each month 5-6 p.m. Dec. 5, Jan. 2, Feb. 6</td>
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<tr>
<td>Mother’s Grief Group: Mothers who have lost an adult child to cancer.</td>
<td>Homewood</td>
<td>3rd Thursday of each month 10 a.m. - 12 p.m. Dec. 19, Jan. 16, Feb. 20</td>
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</table>
These programs offer individuals an opportunity to increase their sense of physical, mental and spiritual balance. Expert facilitation is offered in the methods of yoga, massage and other forms of exercise. Please wear appropriate fitness clothing and bring water.

**Zumba Gold**
(Homewood: No Class Dec. 24, 26 & 31 & No Classes in January; Mokena: No Class Jan 20 & Feb 17)
Zumba Gold is a lower impact, easy to follow Latin-inspired dance fitness party that keeps you in the groove of life. *Facilitated by Denise Camin & Lori Stanton, Licensed Zumba Instructors.*

**Zumba Toning**
(No Group Dec. 20)
Zumba Toning offers a new way to tone your muscles in a fun, easy to follow Latin-inspired dance cardio class. *Facilitated by Lori Stanton, Licensed Zumba Instructor.*

**Get Moving Get Fit**
(No Class Dec. 9, 25, Jan. 1, 20 & Feb. 17)
Workouts will focus on the whole body and all levels of fitness are welcome. *Facilitated by Evelyn Thies, Certified Personal Trainer.*

**Gentle Yoga**
(No Classes Dec. 24, 25, 31, Jan. 1, 20, Feb. 17)
Riverside Cancer Institute: 3rd Monday of Each Month; 2-3 p.m.
Gentle yoga classes are designed to reduce stress and address 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 certified yoga instructors.*

**Yoga for Balance & Core Strength**
Yoga poses focus on fostering core stability, body awareness, and mindfulness to perform activities of daily living well. Classes consist of breath work, yoga poses using a chair or wall or mat, relaxation, and meditation.

**Moves That Matter**
Homewood: Saturdays, Dec. 7, 21, Jan. 4, 18 & Feb. 1, 15; 9:30-10:15 a.m.
This class works on releasing tension, increasing flexibility, improving posture, coordination, injury prevention, balance and pain management. Each person works at their own pace and comfort zone. *Facilitated by Roy Alfonso, Fitness & Medical Exercise Specialist.*

**Fitness Workshop: Introduction to Progressive Exercise**
Homewood: Tuesdays in January; 3-4 p.m. (Please call 708.798.9171 to register.)
Mokena: Mondays in Dec. & Feb.; 3-4 p.m. (No class Dec. 9, 30 & Feb. 17)
Learn how the different types of exercises affect your body. We’ll go from simple to complex. Everyone can work at their own pace and comfort level. *Facilitated by Roy Alfonso, Fitness & Medical Exercise Specialist.*

**Therapeutic Touch**
- Massage Therapy (both locations)
- Cranio-Sacral Therapy (both locations)
- Reiki (Mokena)
Priority appointments for those in treatment. Thirty 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, Lydia Janacek & MaryAnn O’Donnell.

**Weekly Fitness Classes**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Location</th>
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<tbody>
<tr>
<td><strong>Monday</strong></td>
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<tr>
<td>9:30-10:15 a.m.</td>
<td>Zumba Gold (M)</td>
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<tr>
<td>4-5 p.m.</td>
<td>Gentle Yoga (H)</td>
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<tr>
<td>4-4:45 p.m.</td>
<td>Get Moving, Get Fit (M)</td>
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<td>5:30-6:30 p.m.</td>
<td>Gentle Yoga (O)</td>
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<td><strong>Tuesday</strong></td>
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<tr>
<td>9:15-10:15 a.m.</td>
<td>Gentle Yoga (M)</td>
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<tr>
<td>10:30-11:30 a.m.</td>
<td>Yoga for Core Strength (M)</td>
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<td>11 a.m. - 12 p.m.</td>
<td>Gentle Yoga (I)</td>
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<td>4-4:45 p.m.</td>
<td>Zumba Gold (H)</td>
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<td><strong>Wednesday</strong></td>
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<tr>
<td>10-11 a.m.</td>
<td>Gentle Yoga (H)</td>
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<td>4-4:45 p.m.</td>
<td>Get Moving, Get Fit (M)</td>
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<td><strong>Thursday</strong></td>
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<tr>
<td>4-4:45 p.m.</td>
<td>Zumba Gold (H)</td>
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<td>6-7 p.m.</td>
<td>Gentle Yoga (NL)</td>
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<td><strong>Friday</strong></td>
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<td>9:30-10:15</td>
<td>Zumba Toning (M)</td>
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<td>12-1 p.m.</td>
<td>Gentle Yoga (J)</td>
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**Locations**

- UChicago Medicine Center for Advanced Care-Orland Park (OP)
  14290 S. La Grange Road, 1st floor Conf. Room, Orland Park, IL

- UChicago Medicine Comprehensive Cancer Center at Silver Cross Hospital-New Lenox (NL)
  1850 Silver Cross Blvd., 2nd floor Lobby, New Lenox, IL

- UChicago Medicine Ingalls Memorial Family Care Center (I)
  19550 Governors Hwy, 2nd floor Suite 2850 Flossmoor, IL

- Amita Health Cancer Institute (J)
  2614 W. Jefferson St., Joliet, IL

- Riverside Cancer Institute
  200 Riverside Dr., Main Lobby Bourbonnais, IL 60914
### December 2019

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday/Saturday</th>
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</thead>
</table>
  No Fitness workshop  No Get Moving, Get Fit  No Colorctal Cancer Networking Group Holiday Open House: 6-8 J |
| **HOMEWOOD** Art: 2:30-4:30 J  Gentle Yoga: 4-5  
  **MOKENA** Zumba Gold: 9:30-10:15 J  
  No Fitness workshop  No Get Moving, Get Fit  No Colorctal Cancer Networking Group Holiday Open House: 6-8 J | **HOMEWOOD** Gentle Yoga: 10-11 J  Open Studio: 1-3 J  
  Metastatic Breast Cancer: 5-6 J  Breast Cancer Networking: 6-7:30 J  
  **MOKENA** Get Moving, Get Fit: 4:45 J  
  Caregivers Support Group: 5-6 J | **HOMEWOOD** Gentle Yoga: 10-11 J  Holiday Stress: 11:30-12:15 J  
  Open Studio: 1-3 J  
  Back Pain Workshop: 2:4 J  
  **MOKENA** Get Moving, Get Fit: 4:45 J  
  Holiday Stress: 11:30-12:15 J  
  Men’s Discussion Group: 12:30-1:30 J  
  Art Journaling: 2-3:30 J  
  Grieving Through the Holidays: 5-6 PM J | **HOMEWOOD** Cancer-Fighting Cooking Demo: 1-3 J  
  Zumba Gold: 4:45 J  
  **MOKENA** Holiday Stress: 11:30-12:15 J  
  Men’s Discussion Group: 12:30-1:30 J  
  Art Journaling: 2-3:30 J  
  Grieving Through the Holidays: 5-6 PM J | **HOMEWOOD** Both Center Locations CLOSED for STAFF HOLIDAY PARTY  
  **Mokena** Moves that Matter 9:30-10:15 J |
| **HOMEWOOD** Art: 2:30-4:30 J  Gentle Yoga: 4-5  
  Youth Art & Support: 4-5  
  Welcome Session: 5:30-6 J  
  **MOKENA** Zumba Gold: 9:30-10:15 J  
  Fitness workshop: 3-4 J  
  Get Moving, Get Fit: 4:45 J  
  Zumba Gold: 4-4:45 J  
  **MOKENA** Gentle Yoga: 9:15-10:15 J  
  Yoga for Core Strength: 10:30-11:30 J  
  Art: 2-3:45 J  
  Youth Art & Support: 4-5 J  
  Welcome Session: 5:30-6 J | **HOMEWOOD** Gentle Yoga: 10-11 J  Feed A Cold: 11-12:30 J  
  Open Studio: 1-3 J  
  Neck and Shoulder Pain Workshop: 2-4 J  
  Gynecological Cancers Networking: 5-6 J  
  Sista’s of Hope: 6-8 J  
  **MOKENA** Get Moving, Get Fit: 4:45 J | **HOMEWOOD** Mothers Grief Group: 10-12 J  
  Zumba Gold: 4:45 J  
  **MOKENA** Tibetan sound bath: 9:30-10:30 J  
  Men’s Discussion Group: 12:30-1:30 J  
  Art Journaling: 2-3:30 J | **HOMEWOOD** Both Center Locations CLOSED for NEW YEAR'S EVE  
  **Mokena** Moves that Matter 9:30-10:15 J |
| **HOMEWOOD** Art: 2:30-4:30 J  Gentle Yoga: 4-5  
  **MOKENA** Zumba Gold: 9:30-10:15 J  
  Fitness workshop: 3-4 J  
  Get Moving, Get Fit: 4:45 J  
  **NO HEALTH WATCHERS** | **HOMEWOOD** Survivors Group: 10-11:30 J  Men’s Discussion Group: 2-3 J  
  Zumba Gold: 4-4:45 J  
  Caregivers Support Group: 5-6 J  
  **MOKENA** Gentle Yoga: 9:15-10:15 J  
  Yoga for Core Strength: 10:30-11:30 J  
  Art: 2-3:45 J  
  **NO HEALTH WATCHERS** | **HOMEWOOD** No Zumba Gold  
  **MOKENA** Men’s Discussion Group: 12:30-1:30 J  
  **NO ART JOURNALING** | **HOMEWOOD** Annie’s Knit: Crochet: 10-11:30 J  
  MOKENA Zumba Toning: 9:30-10:15 J  
  Healthy Changes: 12-1:30 J  
  **HOMEWOOD** Moves that Matter 9:30-10:15 J | **HOMEWOOD** Both Center Locations CLOSED for NEW YEAR'S EVE  
  **MOKENA** Moves that Matter 9:30-10:15 J |
| **HOMEWOOD** Art: 2:30-4:30 J  Gentle Yoga: 4-5  
  **MOKENA** Zumba Gold: 9:30-10:15 J  
  **NO FITNESS WORKSHOP** | **HOMEWOOD** Mothers Grief Group: 10-12 J  
  **MOKENA** Tibetan sound bath: 9:30-10:30 J  
  **HOMEWOOD** Men’s Discussion Group: 12:30-1:30 J  
  **MOKENA** Art Journaling: 2-3:30 J  
  **HOMEWOOD** Annie’s Knit: Crochet: 10-11:30 J  
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| **HOMEWOOD** Art: 2:30-4:30 J  Gentle Yoga: 4-5  
  **MOKENA** Zumba Gold: 9:30-10:15 J  
  **NO FITNESS WORKSHOP** Get Moving, Get Fit: 4:45 J | **HOMEWOOD** Both Center Locations CLOSED for NEW YEAR'S EVE  
  **MOKENA** Both Center Locations CLOSED for NEW YEAR'S EVE | | | |
| **HOMEWOOD** Art: 2:30-4:30 J  Gentle Yoga: 4-5  
  **MOKENA** Zumba Gold: 9:30-10:15 J  
  **NO FITNESS WORKSHOP** Get Moving, Get Fit: 4:45 J | **HOMEWOOD** Both Center Locations CLOSED for CHRISTMAS DAY  
  **MOKENA** Both Center Locations CLOSED for CHRISTMAS DAY | | | |

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*Means Call to Register... Homewood: (708) 798-9171  Mokena: (708) 478-3529*

Homewood Programs are in Black  Mokena Programs are in Blue

For more information on programs, please visit www.cancersupportcenter.org
January 2020

**January** is Cervical Cancer Awareness Month. Please contact The Cancer Support Center if you or your loved ones are dealing with a diagnosis.

*Let’s walk this journey together!*

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<tbody>
<tr>
<td><strong>HOMEWOOD</strong></td>
<td><strong>MOKENA</strong></td>
<td><strong>BOTH CENTER LOCATIONS CLOSED FOR NEW YEAR'S DAY</strong></td>
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<tr>
<td>Gentle Yoga: 4-5</td>
<td>Get Moving, Get Fit: 4-4:45</td>
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<td>Mokena Men's Discussion Group: 12:30-1:30</td>
<td>Annie's Knit &amp; Crochet: 10-11:30</td>
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<td>Yoga for Core Strength: 10:30-11:30</td>
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<td>Brain Tumor: 6-6</td>
<td>Zumba Toning: 9:30-10:15</td>
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<tr>
<td>Welcome Session: 5:30-6</td>
<td>Healing Cancer Series: Reducing Stress: 11:45-1</td>
<td>Gentle Yoga: 10-11</td>
<td>Tibetan Sound Bath: 9:30-10:30</td>
<td>Homeless: 9:30-10:15</td>
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*J* Means Call to Register... **Homewood:** (708) 798-9171  **Mokena:** (708) 478-3529

Homewood Programs are in **Black**  Mokena Programs are in **Blue**

For more information on programs, please visit www.cancersupportcenter.org
# February 2020

**February** is Gallbladder & Bile Duct Cancer Awareness Month & National Cancer Prevention Awareness Month. Please contact The Cancer Support Center if you or your loved ones are dealing with a diagnosis. *Let’s walk this journey together!*

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** примечание:** Значок в верхнем правом углу означает, что это телеграфное сообщение. Монастырь: (708) 798-9171 Монастырь: (708) 478-3529

Для получения более подробной информации о программах, пожалуйста, посетите www.cancersupportcenter.org.
Thank You!

Marie Prutsman & the amazing men and women of MNM RC

Walkers at our Annual Fall Walk of Hope

Bob Feldman & the Nothing Bundt Cakes in Mokena

Golfers at our 28th Annual Golf Outing & Tailgate Party. Special thank you to White Sox Hall of Famer, Carlton Fisk

Village of Homewood Police Officer Justin Blackburn

Homewood Community Board’s Red SOLO Cup event

Junior Board’s Raising Spirits Halloween Party

Thanks to our Corporate and Community Partners for their generosity:

Advocate South Suburban Hospital
Affiliated Oncologists
Assurance Caring Together Foundation
Bears Care
Fifth Generation Inc (Tito’s)
Flossmoor Service League
Genentech
Homewood Disposal Service
Joliet Oncology and Hematology Associates
Meany Inc, Electrical Contractors Since 1955
Midlothian Country Club
MNM Riding Club
O’Hern Traffic Accident Consultants, Inc
Olympia Fields Country Club
Richardson Products, Inc
Sandbox
Schiller, DuCanto, & Fleck
The Alexander Family Foundation
The Greer Foundation
United Way of Will County
Wells Fargo Advisors, LLC
Ways to support CSC this Holiday

We raise 1.2 million dollars every year to provide FREE programs and services to anyone battling cancer.

We can’t do it without your help.

20/20 Challenge!

Take the 20/20 Challenge!
Grab a donation can from The Center and ask 20 friends and family members to donate $20 to The Cancer Support Center.

Holiday Shopping!

If your shopping online this holiday season, there are two easy ways to shop for a cause.

1. When shopping Amazon, choose The Cancer Support Center as your Amazon Smiles charity. A portion of each sale will be donated The Center.

2. You can also shop through iGive.com to shop your favorite retailers and have a percentage of each purchase benefit us.

The Village Door
consignment shop of “Fine Things”
2019 Ridge Road
Homewood, IL 60430
(708) 798-8665

• Open Tuesday - Saturday •

Don’t forget to shop The Village door for your holiday shopping needs. A great way to support The Center! See the latest furniture on our CSC Facebook page.

Holiday Spirits
Kick-off the Holiday Season with Cocktails, gourmet appetizers, live music, and raffles!

Wiley’s Grill
800 Kedzie Avenue
Flossmoor, Illinois

Thursday, December 5, 2019
6:30 P.M. - 9:00 P.M.

For more information call (708) 798-9171

The Cancer Support Center cordially invites you to

Visit us at www.cancersupportcenter.org to make your year end donation and meet CSC participant, Roscoe T. Hear his story and learn why he gives to The Center.

THIS IS WHY I GIVE . . .
2019 Annual Appeal

WE NEED YOU!
If you are interested in hosting a community event with proceeds to benefit The Center, please contact Paula Pate at ppate@cancersupportcenter.org or call 708-478-3529.
A cancer journey affects the way we feel both inside and out. These programs are designed to boost your spirit and self-confidence.

The Wig Boutique: We have wigs for you!

Before making a financial commitment to an expensive wig, visit our wig boutique. 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. Wig fittings are by appointment only.

Call (708) 798-9171 (Homewood) and (708) 478-3529 (Mokena) to schedule your private appointment.

(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.)