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Walk our 1-mile or 5k routes through historic downtown Homewood. Come out and celebrate The Centers 30th Anniversary this October as we walk for survivors, honor those we’ve lost, generate awareness, & raise funds to support ALL impacted by cancer!

Questions? Contact Abby at adiemer@cancersupportcenter.org or 708-365-1203
Join us at the Annual Cancer Support Center Golf Outing and make a difference in the lives of those affected by cancer! Swing into action and help us provide essential services while enjoying a fantastic day on the greens. Whether you're a passionate golfer or a business seeking meaningful exposure, this event is your chance to contribute and be recognized for your positive impact.

To learn more about sponsorship opportunities or to secure your foursome, visit birdease.com/cscgolfouting
or contact Abby Diemer at adiemer@cancersupportcenter.org
Event Highlights & Recap

JULY - SEPTEMBER 2023

Annual Spring Gala | It's Vegas Baby!

Spring Party in the Park | A Blast from the Past!
Mid-Summer's Day Vision Board Workshop

**Wednesday, July 12th | 11-12:30 p.m. | Homewood**

We will explore our hopes, dreams, and goals through the art of collage. Art therapist Milo presents this inspirational workshop at the Homewood location. On Wednesday, July 12th, from 11:00-12:30. All materials will be provided.

**Pop Art Workshop**

**Wednesday, August 9th | 11-1 p.m. | Homewood**

We will create a Pop Art piece! With vibrant colors and high energy, our pop art workshop will be fun and social. Presented by art therapist Milo at our Homewood location on Wednesday, August 9th, from 11:00-1:00 p.m. All materials will be provided.

**Themes for Monday and Tuesday Art Therapy Groups**

*July:* Mixed Media  *August:* Fiber & Textiles  *September:* Collage

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**Get Involved**

There are many methods available to support our work. You can volunteer your time during special events. You can join one of our ancillary boards as an outreach ambassador. Or you can give through your financial resources to help us help those faced with cancer.

Visit cancersupportcenter.org to learn more about ways to get involved.
Nutrition Special Programs

Sweet Treat Workshop with Gwen Giampaolo; Part II
Thursday, July 13th | 10:30-12 p.m. | Mokena
Are you finding that you are eating too many highly processed sweet treats lately but would like to explore healthier options that still taste fabulous? Let’s explore ways to cut back and overcome this love for sugar by making and preparing ‘healthier’ options. If you missed part one, no worries. Gwen will have all the recipes available, plus a simple recap. Samples and recipes will be available. Presented by Chris Rosandich, MS, and guest facilitator, Gwen Giampaolo.

Fun with Chef Lesley Shworles—Appetizers Galore!
Thursday, July 20th | 2-3:30 p.m. | Mokena
It’s time to relax and have some fun! Chef Lesley will make us her favorite appetizers, teaching us how simple they are to make and how terrific they are to eat! Presented by Chris Rosandich, MS, Nutrition Educator & Lesley Shworles.

Easy Swaps for a Healthier Diet
Wednesday, July 26th | 12-1:15 p.m. | Mokena
Don’t we all love having sweet or salty snacks at night? What if there were healthier replacements for those snacks that would satisfy you physically and emotionally and not leave you feeling lethargic or discouraged? We will explore which ingredients to substitute when making simple meals and snacks. Presented by Chris Rosandich, MS, Nutrition Educator.

Superfood Smoothie Clinic;
Summertime Smoothies
Thursday, August 3rd | 10-11:15 a.m. | Homewood
Learn to make blend-at-home smoothies that taste great and are jam-packed with pre and probiotics, protein, healthy fats, and fiber. Blending your organic fruits and veggies is the best and quickest way to reduce inflammation while hydrating your body, drenching your cells in life-giving nutrients, and even repairing your DNA. Samples are available. Presented by Chris Rosandich, MS, Nutrition Educator.

Find Your Inner Contentment
Wednesday, August 2nd | 11-12:15 p.m. | Mokena
Are you looking for ways to center yourself, reduce daily anxiety, and find more inner peace and joy? Please join us as we uncover simple but foolproof ways to find inner contentment with yourself and others, learn to appreciate yourself more, and find happiness. We will experiment by trying practices such as; Tibetan bowls (sound bath), breathing and mindfulness exercises, and poses to support emotional balance. Light snacks will be served and presented by Jayne Hayes and Chris Rosandich.

‘Recipe Re-Do’ with Gwen Giampaolo; Part I
Wednesday, September 6th | 10:30-12 p.m. | Mokena
Many of us grew up with our favorite childhood recipes, like meatloaf and mashed potatoes, that would be healthier if we substituted a few ingredients. Chris and Gwen will explore how to make our favorite childhood recipes healthier. Email Chris your favorite recipes, or bring a copy to class. Samples and recipes will be available. Presented by Chris Rosandich, MS (crosandich@cancersupportcenter.org) and guest facilitator Gwen Giampaolo.
Nutrition Special Programs Continued

**Women’s Wellness; 2-week program; Diet to Balance Hormones & Improve Mood**
Homewood, 1-2:15 p.m.

**Thursday, August 17th | Women’s Hormones**

**Thursday, August 24th | Improving Mood and Reducing Anxiety**

We know a balanced eating plan is a cornerstone for health. Since women have unique healthcare needs, one important goal is ensuring a woman’s diet includes iron-rich foods, folate, calcium, and vitamin D. Chris will review the best strategies to increase energy, discuss hormones and improve mood with diet.

**Healthy Lifestyle Program—NEW FORMAT!**

**Wednesday | 7-week program; online or in-person | Nutrition & Fitness | Mokena**

Nutrition with Chris, 12-12:30 p.m. | Fitness with Amanda, 12:30-1:30 p.m.
September 20th, 27th, October 4th, 11th, 18th, 25th, Nov. 1st

Healthy Lifestyle is a 7-week program designed to help support, empower, and challenge you toward achieving your goals. You will meet online or in-person each week with a nutrition educator (30 minutes) and one hour with a fitness instructor (following nutrition). By committing yourself weekly to this program, you will be encouraged through instruction and group support to create healthy habits and strive towards optimal health. You will learn advanced nutrition information and fitness methods to teach you safe and effective ways to improve your health and vitality. This is the perfect time to focus on a healthier you! Facilitated by Chris Rosandich, MS, Nutrition Educator, and Amanda McLaughlin, Personal Trainer.

**Cooking with Chef Marcia; Autumn is for Apples!**

**Tuesday, September 19th | 10:30-12 p.m. | Homewood**

Fall is peak apple season, and if you find yourself with a large quantity, we have plenty of ways to use them! Try using Granny Smith apples in a skillet apple-ginger crisp for dessert, whip up a baked bourbon-apple butter (using Braeburn or Fuji) to spread on biscuits or toast, and use Honeycrisp or Pink Lady apples in a simple roasted merguez sausage sheet pan dinner. Whether you’re looking for something sweet or savory, there’s an apple recipe for you. Join us as Chef Marcia surprises us with her favorite fall apple recipes.

**Fun with Chef Lesley Shworles —An Old-Fashioned Ladies Luncheon**

**Friday, September 22nd | 11-12:30 p.m. | Mokena**

Let’s gather for an old-fashioned ladies’ luncheon with elegant recipes to keep the occasion special but relaxed enough to keep the gathering fun. Chef Lesley will show off her favorite finger sandwiches, bite-size quiches, and rosemary-lemon shortbread sandwich cookies. You will love them all! Presented by Chef Lesley Shworles.

**Top Supplements for Optimal Health**

**Wednesday, September 27th | 2-3 p.m. | Mokena**

Kris Geigner, Owner of Health Nutz Natural Foods in Mokena and a 27-year industry veteran, will share her knowledge with us. Kris will discuss choosing quality natural supplements to enhance your health and support your body during treatment and share which supplements can support immune health, inflammation, pain management, and better digestive health. Q & A session at the end of the presentation to answer any questions.
Education & Networking Special Programs

Navigating Oncology Resources

Tuesday, July 18th | 4-5 p.m. | Virtual

Being diagnosed with cancer can be overwhelming. There is support and resources, but how does one find them? Many newly diagnosed patients inquire about our services because they “don't know what they don’t know.” Join us to learn more about resources that include mental-emotional support and logistical support for things like career issues. Presented by Jason Kieffer.

Understanding Common Issues with Head and Neck Cancers

Monday, August 7th | 4-5 p.m. | Virtual | Pain

Monday, August 14th | 4-5 p.m. | Virtual | Swallowing Issues

Monday, August 21st | 4-5 p.m. | Virtual | Nutrition

Head and neck cancers can be a challenging diagnosis. Treatments can lead to several complex side effects that significantly negatively impact the quality of life. On Mondays in August, we will host a variety of medical professionals from the Oncology Department of Northwestern Medicine to discuss how to cope with various issues common to an individual being treated for head and neck cancer.

A Conversation Around Geriatric Oncology

Thursday, August 24th | 4-5 p.m. | Virtual

Presented by Dr. James Wallace, MD, Cancer Program Director UChicago Medicine Ingalls, Co-Chair Geriatric Oncology Clinic at University of Chicago/Hyde Park. This program will focus on determining a course of treatment within an understanding of life expectancy, quality of life, and goals for the best care of our older patients facing cancer.

Fitness/Physical Wellness Programs

‘Corrective Movements’ to Reduce Pain

Presenter- Roy Alfonso

Monday, September 18th | 2-3 p.m. | Homewood (in-person only)

In a small group setting, Roy works with each person individually, instructing on which ‘corrective movements’ can help reduce pain and increase flexibility and balance. This program is an excellent opportunity to learn what exercises can help ease chronic pain. Walk-ins are welcome. No registration is necessary.
Recurring Programs

Education & Networking Groups

- **Bereavement Group | Virtual**
The 1st and 3rd Thursday of the month from 5 to 6 p.m.

- **Blood Cancer Networking Group | Virtual**
The final Thursday of the month from 4 to 5 p.m.

- **Brain Tumor Networking Group | Mokena**
The 2nd Thursday of the month from 6 to 7:30 p.m. Call 708-798-9171 to register.

- **Breast Cancer Networking Group | Virtual**
The 1st Wednesday of the month from 6 to 7:30 p.m.

- **Caregivers Networking Group | Virtual**
The 3rd Tuesday of the month from 5 to 6 p.m.

- **Colorectal Cancers Group | Virtual**
The 2nd Monday of the month from 12 to 1 p.m.

- **Gynecological Cancer Networking Group | Virtual**
The 3rd Wednesday of each month from 12 to 1 p.m.

- **(NEW!) Head and Neck Cancers Networking Group | Virtual**
The final Monday of every month from 4 to 5 p.m.

- **LGBTQ+ Networking Group NEW | Virtual**
The first Tuesday of each month from 6 to 7 p.m.

Join us for our new LGBTQ+ networking group! The LGBTQ+ networking group is intended to build intersectional support for LGBTQ+ individuals at any stage of the cancer journey, whether currently in treatment or post-treatment. Networking groups provide opportunities to build community, identify coping strategies, and find new resources. *For IL residents only. Please feel free to reach out to us with any questions or concerns.*

- **(NEW!) Lunchtime Support and Networking Group | Homewood**
The last Tuesday of every month, 12 to 1 p.m.

Being diagnosed with cancer can be a very isolating experience. Groups are a place where patients can receive support from others who truly get it and learn more about resources and coping skills by networking with others. Unfortunately, there isn’t a group for every type of cancer, so we want to provide a space for all cancer types. While virtual groups are convenient for many, we are happy to offer an in-person option starting this summer!

- **Lung Cancer Networking Group | Virtual**
The final Wednesday of each month from 12 to 1 p.m.

- **Men’s Discussion Group | Virtual**
Every Thursday from 12:30 to 1:30 p.m.

- **Metastatic Breast Cancer Networking Group | Virtual**
The 1st Wednesday of each month from 5 to 6 p.m.

- **Mother’s Grief Group | Virtual**
The last Thursday of each month from 3 to 4 p.m.

- **(NEW!) Prostate Cancer Networking Group | Virtual**
*Starting in September: The last Thursday of every month from 5 to 6 p.m.*

- **Sista’s of Hope Networking Group | Hybrid**
The third Wednesday of every month from 6 to 7 p.m.

- **Young Adult Breast Cancer Networking Group | Virtual**
The fourth Tuesday of each month from 5 to 6 p.m.

- **Young Adult Networking Group | Virtual**
The second Tuesday of each month from 5 to 6 p.m.
For those between 18-40ish years of age.
Recurring Programs

Counseling & Stress Management

- Individual, Family, and Couples Counseling

In-Person or Virtually

Contact Jason Kieffer for more information.
jkieffer@cancersupportcenter.org
*Counseling sessions must take place in Illinois.
Please call 708-995-0368 if you have any questions.

- Art Journaling | Virtual
  Email Kathleen to receive a prompt each Thursday in your inbox.

- Art Open Studio | Homewood
  Every Wednesday from 1 to 2:30 p.m.
  In-person only for the Summer.

- Art Therapy | Homewood
  Every Monday from 1:30 to 3 p.m.

- Art Therapy | Mokena
  Every Tuesday from 2 to 3:30 p.m.

- Journeying Inward: Deep Relaxation for Well-Being & Stress Relief | Virtual
  The third Wednesday of each month from 3 to 4 p.m.

- Monday Meditation with Cecily Virtual
  Every Monday from 1 to 1:30 p.m.

For individual nutrition consultations please contact Chris Rosandich at 708-995-0367

Fitness & Physical Wellness

- Chair Yoga with Cecily | Virtual
  Every Monday from 12 to 1 p.m.

- Gentle Floor Yoga Nidra with Karen Hybrid | Mokena or Virtual
  Every Tuesday from 11 a.m. to 12 p.m.

- Gentle Yoga with Marcela Homewood
  Every Tuesday from 12 to 1 p.m.

- Moves That Matter Personal Training NEW FORMAT ~ Presenter-Roy Alfonso | Homewood
  Every Tuesday from 2 to 2:45 p.m.

- Yoga Relax and Restore with Marcela; Chair/Floor | Mokena
  Every Thursday from 12 to 1 p.m.
  Call 708-478-3529 to register.

- Zumba Toning ® with Lori Hybrid | Mokena or Virtual
  Every Monday from 9 to 9:45 a.m.

- Zumba Gold with Denise Homewood
  Every Monday and Wednesday from 11 a.m. to 12 p.m.
  Call 708-798-9171 to register.

- Tibetan Bowls | Mokena
  Please call 708-478-3529 for more information.

- Soundbath | Homewood
  Every Thursday of each month from 12 to 1 p.m.
  Registration is required. For more information, please call 708-798-9171.

Body Image Programs

The Cancer Support Center wig boutique provides high-quality wigs in a wide range of styles, colors, and textures to those undergoing chemo and experiencing hair loss. Contact us via email or by phone at 708-798-9171 or 708-478-3529 to schedule a fitting.
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<td>11-12p: Zumba Gold 11-12p: Gentle Floor Yoga w/ Nidra</td>
<td>11-12p: Yoga for Healthy Movement 1-2:30p: Open Studio</td>
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**CENTERS CLOSED FOR STAFF DEVELOPMENT**
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td><strong>CENTERS CLOSED FOR LABOR DAY</strong></td>
<td>9-10:15a: Zumba Gold w/ Cecily</td>
<td>10:30-12p: ‘Recipe Re-Do’ with Gwen Giampaolo; Part I</td>
<td>All Day: Art Journaling</td>
<td>11-12p: Yoga Relax &amp; Restore w/ Marcela; Chair/Floor</td>
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<tr>
<td>11-12p: Zumba Gold</td>
<td>11-12p: Gentle Floor Yoga w/ Nidra</td>
<td>11-12p: Zumba Gold</td>
<td>11-12p: Sound Bath</td>
<td>5-6p: Bereavement</td>
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<tr>
<td>12-1p: Gentle Chair Yoga w/ Cecily</td>
<td>12-1p: Yoga for Healthy Movement</td>
<td>1-2:30p: Open Studio</td>
<td>12-1p: Sound Bath</td>
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<tr>
<td>1-1:30p: Monday Meditation w/ Cecily</td>
<td>2-3:30p: Art Therapy Collage</td>
<td>6-7:30p: Breast Cancer Networking Group</td>
<td>12-1p: Yoga Relax &amp; Restore w/ Marcela; Chair/Floor</td>
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<tr>
<td>1:30-3p: Art Therapy Collage</td>
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<td>12-1p: Men’s Discussion Group</td>
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<tr>
<td>4-5p: Head &amp; Neck Cancers Networking Group</td>
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<td>5-6p: Brain Tumor Networking</td>
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<tr>
<td><strong>9-9:45a: Zumba Toning w/ Lori</strong></td>
<td>10:30-10:15a: Tibetan Bowls</td>
<td>12-1p: Gynecological Networking Group</td>
<td>All Day: Art Journaling</td>
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<tr>
<td>11-12p: Gentle Floor Yoga w/ Cecily</td>
<td>11-12p: Gentle Floor Yoga w/ Nidra</td>
<td>12-1p: Lung Cancer Networking Group</td>
<td>11-12p: Yoga Relax &amp; Restore w/ Marcela; Chair/Floor</td>
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<td>12-1p: Yoga for Healthy Movement</td>
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<td>12-1p: Men’s Discussion Group</td>
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<td>2-3:30p: Moves that Matter</td>
<td>2-3:30p: Art Therapy Collage</td>
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<td>3-4p: Mother’s Grief Group</td>
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<td>2-3:30p: Art Therapy Collage</td>
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<td>4-5p: Blood Cancers Networking Group</td>
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<td>5-6p: Young Adult Group</td>
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<td>5-6p: Prostate Cancer Networking Group</td>
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Donor Acknowledgements

Donors, Sponsors, and Foundations who have made a gift to the Center:

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Mokena, IL 60448
708-478-3529

Hours of Onsite Operation
Monday-Thursday | 10 a.m. to 4 p.m
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