Health and Wellness Programs

Western Suburbs - Spring 2019
Northwestern Medicine is participating in All of Us, a national study that is part of the Precision Medicine Initiative from the National Institutes of Health. All of Us will gather lifestyle and medical data from one million or more people across the United States to provide the most diverse biomedical data resource in history. The more researchers know about what makes us unique, the more tailored health care can become.

Northwestern Medicine Delnor Hospital will serve as home to the health system’s second All of Us Research Program enrollment center. The center, located at Delnor Hospital, 302 Medical Building, Suite 209, Geneva, makes it easier for employees, physicians, patients and visitors in the western suburbs to sign up for the research program. The other Northwestern Medicine enrollment center is located on the 12th floor of Galter Pavilion at Northwestern Memorial Hospital in Chicago.

All of Us is open to people both healthy and ill, from all communities. Unlike a single research study focused on a specific disease or community, All of Us will serve as a national research resource to inform thousands of studies, covering a wide range of health conditions.

Sign up at

nm.org/joinallofus

joinallofus@northwestern.edu | 312.695.6077
Registration is required for all classes unless otherwise noted. To register, please call 630.933.4234. TTY for the hearing impaired 630.933.4833.

For fee programs, please pay at time of registration. If fees apply, a cost will be noted in the class description. If you have any special needs including, but not limited to, physical accommodations, language/sign interpretation services or financial assistance, please bring them to our attention at the time of registration. Fees subject to change.

A menos que se indique lo contrario, necesita inscribirse para asistir a cualquier clase. Para inscribirse llame al 630.933.4234. Las personas con deficiencias auditivas que usan TTY pueden marcar 630.933.4833.

Para programas con tarifas, por favor, pague al momento de inscribirse. Si hay alguna tarifa implicada, el costo se indicará en la descripción de la clase. Si tiene alguna necesidad especial, incluyendo pero no limitado a, adaptaciones físicas, servicios de interpretación, lenguaje de señas o ayuda financiera, por favor, déjenos saber en el momento en que se inscriba. Las tarifas están sujetas a cambios.

If you no longer wish to receive this or other health-related information from Northwestern Medicine Central DuPage Hospital or Northwestern Medicine Delnor Hospital, kindly call 877.933.4234 to have your name removed from our list. TTY for the hearing impaired 630.933.4833.
CLASS LOCATIONS

A  Northwestern Medicine
   Central DuPage Hospital
   25 North Winfield Road
   Winfield
   Complimentary valet service available at all entrances

B  Northwestern Medicine
   Delnor Hospital
   300 Randall Road
   Geneva
   Complimentary valet service available at select entrances

Northwestern Medicine Delnor Health & Fitness Center
   296 Randall Road
   Geneva

C  Northwestern Medicine
   Medical Offices
   7 Blanchard Circle
   Wheaton

D  Northwestern Medicine
   Medical Offices
   2900 Foxfield Road
   St. Charles

E  Northwestern Medicine
   Cancer Center Warrenville
   4405 Weaver Parkway
   Warrenville

F  Elderday Center
   328 West Wilson Street
   Batavia

G  The Abbington
   35002 Route 53
   Glen Ellyn

H  Northwestern Medicine
   Behavioral Health at St. Charles
   964 North 5th Avenue
   St. Charles

I  Belmont Village at Geneva Road
   545 Belmont Lane
   Carol Stream

J  Eagle Brook Country Club
   2288 Fargo Boulevard
   Geneva

K  HealthTrack Sports Wellness
   875 East Roosevelt Road
   Glen Ellyn

L  Keystone Building
   4525 Weaver Parkway
   Warrenville

M  LivingWell Cancer Resource Center, part of Northwestern Medicine
   442 Williamsburg Avenue
   Geneva

N  NAMI DuPage County Community Center
   115 North County Farm Road
   Wheaton

O  Wheaton Sport Center
   1000 West Prairie Avenue
   Wheaton

P  Hilton Lisle/Naperville
   3003 Corporate West Drive
   Lisle

Q  Marianjoy Rehabilitation Hospital, part of Northwestern Medicine
   26W171 Roosevelt Road
   Wheaton

R  Arrowhead Country Club
   26W151 Butterfield Road
   Wheaton
Close to home

All classes are conveniently located in the western suburbs. Many are easily accessible from major thoroughfares such as Interstates 88 and 355. If you have questions about the location of a class or require more detailed directions, call us at 630.933.4234. TTY for the hearing impaired 630.933.4833.
Enjoy a dinner while getting the latest news and information from medical specialists on a wide variety of topics.

**Breast Health**
Learn what’s new in breast cancer screening and surgery, understand how to make decisions after a diagnosis, and find out your options for everything from clinical trials to reconstruction. The program will be presented by Northwestern Medicine Regional Medical Group Breast Surgeons Mary Ahn, MD, FACS, and Batul Al-Zubeidy, MD, and Radiology Subspecialists of Northern Illinois Radiologist Sharmishtha Jayachandran, MD.*

**Wednesday, Feb. 20**
6:00–7:30 pm Dinner Program
Eagle Brook Country Club, Geneva
$5/person, non-refundable

**Colon Cancer: Empower and Inform Yourself**
Hemal Patel, MD, gastroenterologist with Northwestern Medicine Regional Medical Group, will discuss colon cancer screening guidelines, importance of colon cancer screening, colonoscopy, and findings of colon polyps and other common gastrointestinal ailments. Laura Yudys, RD, will discuss the link between nutrition and colon cancer and eating tips that can help maintain a healthy colon.

**Wednesday, Mar. 6**
6:00–7:30 pm Dinner Program
The Abbington, Glen Ellyn
$5/person, non-refundable

*In the spirit of keeping you well-informed, the physician and/or individual identified is neither an agent nor employee of Northwestern Memorial HealthCare of any of its affiliates. He or she has selected our facilities as places to treat and care for private patients.*
Proton Therapy: Improving Outcomes for Head and Neck Cancers

Preeti Parhar, MD, MPH,* a radiation oncologist with Radiation Oncology Consultants, Ltd., will explain the basics of proton therapy and photon therapy in treating head and neck cancers. The benefits of proton therapy, and risk factors for head and neck cancer, including HPV, will also be explored.

Wednesday, Mar. 13
6:00 – 7:30 pm Dinner Program
Arrowhead Golf Club, Wheaton
$5/person, non-refundable

Stroke Prevention and Treatment Options

Learn the latest stroke prevention and treatment options from Interventional Neuroradiologist Harish Shownkeen, MD, and Anne Lindstrom, APN, both with Northwestern Medicine Regional Medical Group. This program also covers risk factors and ways to recognize the signs and symptoms of stroke.

Wednesday, May 15
6:00 – 7:30 pm Dinner Program
The Abbington, Glen Ellyn
$5/person, non-refundable

Dermatology

Michelle Pipitone, MD, a dermatologist with Northwestern Medicine Regional Medical Group, will discuss anti-aging, cosmetic dermatology procedures, such as Botox injections and fillers. Dr. Pipitone will cover what to look for in a physician, the importance of setting goals and how to achieve your goals without blowing your budget.

Wednesday, Apr. 17
6:00 – 7:30 pm Dinner Program
The Abbington, Glen Ellyn
$5/person, non-refundable

Find a doctor: Looking for a primary care physician or a specialist? Visit nm.org and use our search function to find the physician right for you, or call physician referral and class registration at 630.933.4234. TTY for the hearing impaired 630.933.4833.
Get informed.  
Get inspired. Be well.

To help you and your family stay healthy, Northwestern Medicine offers wellness classes on a wide range of topics, from pregnancy and child care to heart health, cancer care, fitness and weight control. Classes are available for both children and adults.

**Pregnancy, childbirth, baby and parenting**

**Understanding Birth**  
Learn about the physical and emotional changes you can expect during pregnancy, labor and delivery. Labor support techniques and options for reducing pain will be discussed. This class should be taken in or near the seventh or eighth month of pregnancy.

**Call for dates and times**  
Central DuPage Hospital, Winfield  
Delnor Hospital, Geneva  
$90/couple

**Understanding Your Newborn**  
Prospective parents, grandparents and caregivers will enjoy learning the basics of infant care. We focus on parents’ expectations and questions, and assist in understanding your new baby’s needs. Taught by a prenatal educator.

**Call for dates and times**  
Central DuPage Hospital, Winfield  
Delnor Hospital, Geneva  
$35/couple

**Understanding Breastfeeding**  
Breastfeeding provides a strong nutritional and bonding foundation for your new baby and enhances your recovery. Learn how to get off to a good start. Partners are strongly encouraged to attend. Taught by a certified lactation consultant.

**Call for dates and times**  
Central DuPage Hospital, Winfield  
Delnor Hospital, Geneva  
$35/couple

**eClass Offerings**  
These programs are interactive, web-based classes that use videos, personal stories, animations, activities and games to teach essential information regarding the topic. The course link is emailed to you. Once you open the link you will have access to the course for 90 days. All courses are non-refundable.

**Call 630.933.4234 to register**  
Understanding Birth, $90/course  
Understanding Your Newborn, $35/course  
Understanding Breastfeeding, $35/course  
C-Section, $35/course
Birthplace Tours
Enjoy this quick, informative tour of our facilities. Includes a question-and-answer session with a prenatal educator. Adults only please.

Call for dates and times
Central DuPage Hospital, Winfield
Delnor Hospital, Geneva

Pregnancy and Labor Comfort
This one-time class is designed for those who would like to spend more time learning and practicing a variety of comforting techniques to use during labor. Taught by a certified childbirth educator, it can either be a complement to the Understanding Birth class or can be used as a refresher for those who have experienced childbirth.

Call for dates and times
Central DuPage Hospital, Winfield
$35/couple

Boot Camp for New Dads
Designed for new fathers, taught by experienced dads! Expectant fathers can ask questions, share concerns and seek guidance about practical and emotional issues. Facilitated by a master coach and assisted by recent boot camp graduates who bring in their babies for hands-on learning.

Call for dates
Saturdays, 9 am–12 pm
Delnor Hospital, Geneva
Northwestern Medicine Medical Offices
2900 Foxfield Road, St. Charles
$30/class (includes T-shirt and Crash Course Dads-to-Be book)
Managing Multiples: Pregnancy and Beyond
Explore the physical and emotional aspects of a multiple pregnancy, as well as strategies for taking care of your babies after birth. Taught by an experienced OB/RN. Includes a tour of the NICU.

Call for dates and times
Central DuPage Hospital, Winfield
$40/couple

Family and Friends CPR
This non-certification program teaches basic CPR techniques and demonstrates how to recognize and respond to infants, children and adults who are choking. Taught by a certified American Heart Association CPR instructor.

Call for dates and times
Central DuPage Hospital, Winfield
$15/person

Prenatal Lactation Outpatient Visits
Delnor Hospital offers prenatal lactation outpatient visits. Our international board-certified lactation consultants will teach the importance of breastfeeding for you and your baby, breastfeeding basics, latch and positioning in the early days, troubleshooting, how partners can help and strategies for returning to work while continuing to breastfeed.

For pricing information and to schedule a visit, call 630.208.4068.
Grandparenting Today
Grandparents will hear ways to support their children as they navigate the challenges and joys of becoming parents. Learn about current obstetrics practices, baby care and feeding. Includes a birthplace tour of the Labor and Delivery Unit and Mother and Baby Units.

Call for dates and times
Saturdays
Central DuPage Hospital, Winfield
$10/person

Child Car Seat Safety
It is estimated that eight out of 10 car seats are used improperly. This class is taught by a car seat safety technician and demonstrates the importance and proper use of infant, convertible, combination and booster seats for infants and young children.

Call for dates and times
Central DuPage Hospital, Winfield
Delnor Hospital, Geneva

Little Buddies
Siblings younger than 4 tour the Mother and Baby Unit and observe babies in the nursery. Children attend with parents and hear age-appropriate stories about siblings and babies.

Call for dates
9:00 – 9:30 am
Central DuPage Hospital, Winfield
$12 (includes child’s T-shirt)

Babies Need Buddies
Learn how to include your child in the birth experience, help him/her adjust to the new family member and reduce sibling rivalry. For children and parents, the class includes a tour of the Labor and Delivery Unit and Mother and Baby Units.

Call for dates and times
Central DuPage Hospital, Winfield
Delnor Hospital, Geneva
$15 (includes child’s T-shirt)

Infant Massage
Bring your baby (ages 2 weeks to pre-crawling), and enjoy the benefits of positive, nurturing touch. Infant massage connects you deeply with your baby and helps you understand your baby’s nonverbal language. Learn about the benefits of infant massage as well as specific techniques. Taught by Patti Ideran, OTR/L CEIM, a pediatric occupational therapist and a certified educator of infant massage. Please bring a baby blanket to class.

First four Fridays each month
10–11 am
Northwestern Medicine Medical Offices
Four-week session, $40/four classes

Subscribe to NM Parent Connect
NM Parent Connect weekly email is an ongoing source of information to guide you through your pregnancy, infancy and the first three years of your child’s life. Visit nm.org/westparentconnect.
Aquatic Exercise
This combined prenatal and postnatal exercise class allows expectant moms and new moms to exercise side-by-side. The last 15 minutes of class takes place in the warm therapy pool for stretching and relaxation. Taught by a certified prenatal/postnatal aquatics instructor. A physician’s referral is required for all participants. Child care is available for a fee.

Tuesdays, 7:30–8:30 pm
HealthTrack Sports Wellness, Glen Ellyn
Six-week session, $48/six classes

MommyFit (Aquatic Classes)
Expectant moms who stay strong and healthy during pregnancy may have an improved labor and delivery experience and an easier recovery time. Classes help prepare you for your baby’s arrival and help you maintain healthy habits after delivery. Available to members at no charge.

Call for dates, times and fee
Delnor Health & Fitness Center, Geneva
To register, call 630.938.9000

ThinkFirst for Your Baby
Babies benefit when parents and caregivers learn tips and techniques for keeping them happy and safe. This class discusses child-proofing and preparing a safe environment for your infant and toddler, calming a crying baby, safe sleep and much more.

Call for dates and times
Central DuPage Hospital, Winfield
Delnor Hospital, Geneva
$35/couple

Postpartum Connection: Perinatal Mood Disorder Support Group
Facilitated by a specialist in perinatal mood disorders, this open discussion group helps new mothers better understand and cope with challenges during pregnancy or any time postpartum. No registration required.

Thursdays, 1:00–2:30 pm or 6:30–8:00 pm
Women and Children’s Lower Level Conference Room 3
Central DuPage Hospital, Winfield

Tuesdays, 10:00–11:30 am
Lower Level Conference Room 3
351 Medical Office Building
Delnor Hospital, Geneva

Breastfeeding Connection Support Group
Facilitated by a lactation consultant, this informal setting is a great way for new moms to exchange information and experiences with breastfeeding. A scale will be available for you to weigh your baby. No registration is required.

Mondays, 10:00–11:30 am
Main Level Conference Room 4
351 Medical Office Building
Delnor Hospital, Geneva
Baby Connection Support Group
This weekly informal group functions as a social and support outlet for new moms and babies. Bring your baby to interact with others. Facilitated by an experienced RN and lactation specialist. No registration is required.

**Tuesdays, 10 am - 12 pm**
Lower Level Conference Room
Northwestern Medicine Medical Offices
7 Blanchard Circle, Wheaton

Car Seat Checks
Certified car seat safety technicians will inspect installed seats for safety, including checking for product recalls and proper fit for the child. Technicians instruct how to properly install your child safety seat. Each inspection takes approximately 30 minutes and is offered at no cost. No registration is required.

As weather permits
To schedule an individual appointment, call 630.208.3986

Vaccine Clinic
Participating children must be uninsured or covered by Medicaid.

**Four days a month, including one Saturday**
Delnor Hospital, Geneva
To schedule an appointment, call 630.208.3999
Parent Connection
Join us for support in navigating the challenges of parenting teens:

- Discuss tough topics affecting your teen(s) such as social media, cell phone use, avoiding substance abuse, anxiety and peer pressure
- Learn why self-care is important, and its role in parenting effectively
- Connect with other parents to discuss how to raise teens in today's challenging culture

No registration necessary

Winter schedule starts beginning January 10
Every other Thursday, 6:45 – 8:15 pm
Northwestern Medicine
Behavioral Health St. Charles
964 North 5th Avenue, St. Charles

For more information, call 630.938.6834

Pediatric offerings

Pediatric Pre-op Adventure
This tour helps prepare children and their families for a child’s surgery. Schedule as soon as you know your child is having surgery.

Central DuPage Hospital, Winfield
Delnor Hospital, Geneva

Regardless of surgery location, all tours take place at Central DuPage Hospital. To schedule a tour, call 630.933.7529 (PLAY)

Encouraging Your Child’s Language Development – Helping Your Child Understand and Communicate
Join two licensed Northwestern Medicine pediatric speech pathologists in a discussion about how you can direct your child’s daily activities to engage them in developing social and communication skills. Strategies, common misconceptions about language development, and anticipated developmental milestones will be addressed. This presentation is intended for adults only and for parents of children ages 12 to 36 months.

Monday, Mar. 4, 6:15 – 7:15 pm
Central DuPage Hospital, Winfield

Classes for kids

Babysitting 101
Designed for kids 11 to 13 years old, this one-session class covers aspects of being a great babysitter. Learn how to care for babies and children, including how to handle emergencies, basic first aid and safety. Plus, learn games, child development basics, discipline techniques and more. Please bring a snack.

Saturday, Feb. 16, Mar. 16, Apr. 20 or May 18, 1:30 – 5:30 pm
Central DuPage Hospital, Winfield
Saturday, Feb. 16, Mar. 16, Apr. 20 or May 18, 8 am – 12 pm
Delnor Health & Fitness Center, Geneva
$20/person
Kits for Kids
Do you want to teach a class about bicycle safety, nutrition and fitness, or hand-washing, but need the tools to do so? Visit nm.org/west-kits-for-kids for Kits for Kids materials, which contain lesson plans and materials for a parent, Scout leader or teacher to present a lesson. Kits include scripts, worksheets, instructions to provide interactive demonstrations and general information. Each kit is designed to be used for small or large groups.

Hand-Washing: Your First Defense Against Disease
Seeing is believing! The kit includes a curriculum guide, handouts and activity pages that emphasize the importance of hand-washing. Instructions on how to locate items to facilitate hands-on demonstrations are also available. Designed for preschool through fifth grade.

Nutrition and Fitness
The nutrition and fitness kit provides information for groups on the importance of proper nutrition and daily physical activity. The kit contains a curriculum, worksheets and additional resources. Designed for preschool through second grade.

Ride Smart
This kit is packed with information on bicycle safety and helmet use. It includes a curriculum guide, handouts, coloring pages and instructions for developing hands-on activities. Designed for preschool through second grade.

For kit information, please visit nm.org/west-kits-for-kids.

The Parent Review is an informative weekly parenting email designed to guide you through the first three years of your baby’s life. The research-based content for new parents can expand your knowledge and lessen your concerns, as well as help you understand how to support your child as he or she grows. To subscribe, visit nm.org/cdhparentreview.
Cancer activities
LivingWell Cancer Resource Center, part of Northwestern Medicine, provides programs and services to people impacted by a cancer diagnosis. LivingWell offers programming at no charge thanks to generous donations from the community. To schedule an appointment or to register, please call LivingWell Cancer Resource Center at 630.262.1111. TTY for the hearing impaired 630.933.4833. All programs are held at LivingWell Cancer Resource Center in Geneva unless otherwise noted.

Education

Medical Updates
Nationally recognized medical oncologists, radiation oncologists and other oncology-related medical providers present updates on cancer-related topics including leading-edge treatment options, screening modalities, managing the side effects of treatment, the use of immunotherapies in cancer care, the effects of chemotherapy on the brain, and much more.

Call for topics, dates and times

Men and Cancer Breakfast
Guest speakers present on various cancer-related topics, and connections are made over a home-cooked meal. This group is open to men who have experienced cancer as well as men who have a spouse, family member or a friend with cancer.

Third Saturday of each month 8–10 am

Back on Track: Surviving Survivorship
Transitioning from cancer treatment to survival can be challenging. Educational topics alternate with discussion groups. Topics may include the pressure to thrive, fear of recurrence, managing moods, stress and feeling stuck.

Call for dates
7:00–8:30 pm

The Emotional Rollercoaster of Cancer
Facing cancer can be an isolating and complicated experience. Discuss topics including coping with stress, feelings of isolation and depression, and managing anger.

Call for dates
Mondays, 6:30–8:00 pm

Please note
LivingWell classes are for cancer patients, their families and caregivers.
Look Good, Feel Better
Learn how to use accessories after hair loss, as well as approaches for nail care, skin care and makeup. Offered in partnership with the American Cancer Society (ACS) and includes a complimentary cosmetic kit provided by the ACS.

Call for dates and times
Keystone Building/Multipurpose Room
4525 Weaver Parkway, Warrenville
To register, call 630.262.1111

Call for times
LivingWell Cancer Resource Center, Geneva
To register, call 630.262.1111

Call for dates and times
10 Health Services Drive, DeKalb
To register, call 815.748.2958

Living Well After Loss

Good Grief
This group provides emotional support and connection for participants who have experienced the loss of an adult loved one from a cancer diagnosis within the last 12 months.

First three Thursdays of each month
6:30 – 8:00 pm

Good Grief Transitions
This group provides emotional support and connection for participants who experienced the loss of an adult loved one from a cancer diagnosis more than one year ago.

Second Monday of the month
6:30 – 8:00 pm

Mindful Grieving: Expressing Grief Through Yoga and Mindfulness
Spend the evening focused on mindful practices including yoga, meditation and discussion centered around supporting your grieving heart. This group is open to anyone who has lost a loved one to cancer. This class will include yoga movements. Please wear comfortable clothing.

Fourth Thursday of each month
6:30 – 8:00 pm

Nutrition

Culinary Comforts
Learn how to manage your diet and get reliable information on many of today’s nutritional hot topics while you enjoy a delicious meal prepared by LivingWell dietitians. Food may contain allergens.

Call for dates
6:00 – 7:30 pm

Eating Well
Eating Well is an interactive cooking class focused on how to incorporate a plant-based diet into your meal pattern. Food may contain allergens.

Call for dates and times

Being Well
A new class that will focus on wellness! This class will include a participative demonstration of recipes that promote good health — in mind, body and spirit. Limit 10 participants per class. Meets once a month.

Call for dates and times
Growing Well: Gardening
Fresh produce adds a lot of nutrition to your eating pattern. Try this class to see how to grow some healthy additions to soups, salads and other dishes.

Call for dates and times

Transitions: Nutrition During Survivorship
This 8-week class series focuses on recommendations for healthy nutrition and healthy weight management, lifestyle changes and exercise to help participants achieve overall health during survivorship.

Call for dates, times and locations

Nutrition After Cancer Treatment
Learn nutrition’s role in the risk of cancer recurrence. Join a licensed dietitian to create personalized wellness goals and nutrition plans, and review common questions about nutrition after cancer.

Call LivingWell at 630.262.1111 to set up an appointment for an individual consultation at Northwestern Medicine Cancer Center Delnor or Northwestern Medicine Cancer Center Warrenville.

NEW! Hot Topic!
There is a lot of confusion about nutrition and what is fact versus fiction. Each hot topic will focus on one of these more controversial topics to provide evidence-based information. Come and find out what’s right for you and your meal pattern to eat for health.

Call for dates and times

Stress Management

Massage Therapy*
A light, relaxing massage can be safely given to people at all stages of cancer to reduce stress, calm anxiety and depression, increase circulation, boost the immune system, decrease pain and fatigue, and improve sleep.

Monday - Saturday
Call to schedule an appointment

Reflexology*
Applying pressure to points on the feet supports overall well-being and can reduce stress and anxiety.

Monday - Friday
Call to schedule an appointment

Oncology Facials for Skin Health*
Cancer treatment can leave skin sensitive and dry. Experience the benefit of a gentle, hydrating facial.

Monday - Friday
Call to schedule an appointment

Journaling and Altered Art
Learn strategies to help put your thoughts and feelings on paper in word and art.

Call for class dates and times

Please note
LivingWell classes are for cancer patients, their families and caregivers.

*Prior to this class or service, you must submit a medical release from your physician. Participant forms can be obtained at LivingWell Cancer Resource Center, at livingwellcrc.org or by calling 630.262.1111. TTY for the hearing impaired 630.933.4833.
Mindful Movement and Fitness

Balance and Core Fitness*
Improve balance core strength and develop strong and supportive hip stabilizer and abdominal muscles.

Call, 630.262.1111 for class dates and times

Tai Chi Movement for Stress Relief*
Focus on using breath in combination with tai chi movements to release physical stressors and anxiety.

Call, 630.262.1111 for class dates and times

Gentle and Restorative Yoga*
Mat-based yoga and restorative poses can reduce stress, increase flexibility and support healing.

Call, 630.262.1111 for class dates and times

Diabetes education programs

Fitness Made for You
Fitness expert Amy Staszewski, PTA, Delnor Hospital, and Jay Gilson, DPT, MBA, OCS, Central DuPage Hospital, will present how to get started on an exercise program for people with diabetes. They will also help you challenge yourself to improve your fitness, strength and independence.

Friday, May 3, 1:30–2:30 pm
308 Medical Office Building,
Conference Rooms 1 and 2
Delnor Hospital, Geneva

Monday, Apr. 29, 1–2 pm
Tuesday, May 14, 3–4 pm
Central DuPage Hospital Hospital, Winfield
To register, call 630.933.4234

Sensors – What? Fewer Finger Pokes!
Diabetes Clinical Nurse Specialist Sarah Ferguson, APN, CDE, will review the four sensors that are on the market. Come learn how you can know what your blood sugar is without a finger poke!

Tuesday, May 21, 4–5 pm
Diabetes Education Office
HealthTrack Sports & Wellness Center
Northwestern Medicine Entrance
875 Roosevelt Road, Suite 3, Glen Ellyn

Wednesday, May 29, 5:30–6:30 pm
Diabetes Education Office
308 Medical Office Building, Suite B
Delnor Hospital, Geneva
To register, call 630.933.4234

Learn How to Prevent Diabetes

The Diabetes Prevention Program helps you lead a healthier life. Learn about food choices, exercise and weight loss. A trained lifestyle coach leads small group sessions over the course of one year. The program was started by the Centers for Disease Control and Prevention and offers proven results.

Call 630.262.6076 for dates, times and fee.
Mental health classes

Mental Health First Aid for Adults
Discover more about mental health and how to help an adult who may be experiencing a mental health problem.

Wednesday, Feb. 20, 8:00 am – 4:30 pm
Saturday, May 4, 8:30 am – 5:00 pm
Central DuPage Hospital, Winfield
Saturday, Feb. 23, 8:30 am – 5:00 pm
Friday, April 26, 8:00 am – 4:30 pm
Delnor Hospital, Geneva

Mental Health First Aid for Youth
Discover more about mental health and how to help a youth (ages 12 to 18) who may be experiencing a mental health problem.

Saturday, Mar 2, 8:30 am – 5:00 pm
Central DuPage Hospital, Winfield
Friday, May 17, 8:00 am – 4:30 pm
Delnor Hospital, Geneva

Neuroscience groups

Brain Aneurysm
Education and support for people diagnosed with a brain aneurysm. Explore opportunities to raise public awareness.

First Wednesday of every other month
6:30 – 7:30 pm
Winfield Room
Central DuPage Hospital, Winfield
630.933.2113

Memory Loss Caregiver
Get help navigating the complexity of caring for someone with memory loss, and find encouragement and support from others on a similar journey.

First Thursday of each month
10 – 11 am
Women and Children’s Lower Level Conference Rooms 1 and 2
Central DuPage Hospital, Winfield
630.933.4234
Parkinson’s/Movement Disorders
Education and support for people living with Parkinson’s disease or other movement disorders.

Meets monthly, call for day
10:00 – 11:30 am
Central DuPage Hospital, Winfield
630.933.4234

Resilient Rhythms
This neurologic music therapy group can enhance your quality of life. For patients and caregivers affected by stroke; traumatic brain injury; or Parkinson’s, Huntington’s or Alzheimer’s disease.

Second Tuesday of each month
4 – 5 pm
Women and Children’s Conference Room 3
Central DuPage Hospital, Winfield
630.933.4234

Seizure and Epilepsy
Support for adults and for parents of children who have epilepsy or another seizure disorder.

Second Wednesday of each month
7 – 9 pm
Central DuPage Hospital, Winfield
630.289.5577

Orthopaedic classes
Joint Adventures: The Pre-op Class
This is a pre-operative class highly recommended for patients (and a coach/support person) scheduled to have hip or knee replacement surgery at Central DuPage Hospital or Delnor Hospital. Topics include what to expect, how to optimize recovery, rehabilitation therapy, nursing care, discharge planning and tips on preparing your home. Schedule your class two to six weeks prior to surgery. Adults only please.

Central DuPage Hospital, Winfield
Delnor Hospital, Geneva
To register, call 630.933.4234

Stroke Prevention and Response — Become a Stroke Superhero
Stroke is the No. 1 cause of disability and No. 5 cause of death in the country. Someone experiences a stroke every 40 seconds. Become a stroke superhero by arming yourself with the knowledge and skills to protect yourself and others from stroke.

Tuesdays, Feb. 12, Mar. 12, Apr. 9, and May 14
6:30 – 7:30 pm
Central DuPage Hospital, Winfield
630.933.4234

To register, call 630.933.4234  TTY for the hearing impaired 630.933.4833
Rehabilitation classes

Bowel and Bladder Health: Developing Good Habits
A licensed Northwestern Medicine physical therapist will help you understand how to develop good bowel and bladder habits, expand your anatomy knowledge, and teach you pelvic floor therapy concepts to help you manage bladder and bowel dysfunction.

Tuesday, Mar. 19, 6:30 – 7:30 pm
Central DuPage Hospital, Winfield

A Proactive Approach to Reducing Your Risk of Falls
A licensed Northwestern Medicine physical therapist will discuss balance, fall prevention and the treatment of vestibular dysfunction. A brief balance screening will be offered.

Thursday, Apr. 25, 6:30 – 7:30 pm
Central DuPage Hospital, Winfield

Smoking cessation

Stop Smoking, Clear the Air
This workshop can help you quit smoking, whether it’s your first attempt or your fifth. Learn strategies and tools that have helped others kick the habit.

Call for dates and times
Central DuPage Hospital, Winfield
Delnor Hospital, Geneva

Stop Smoking Now (10-week program)
It is estimated that 10 years of life expectancy is lost by smoking. This six-session class includes tactics to stop smoking, education on nutrition and fitness provided by a registered dietitian and an athletic trainer, stress management tips, and a massage performed by a certified massage therapist on your “Quit Day.” A few weeks after the last class, you will attend a meeting to celebrate your success, and the $75 fee will be returned to you, along with those 10 years of life expectancy!

Call for dates and times
Central DuPage Hospital, Winfield
Delnor Hospital, Geneva

Interested in volunteering?
To learn about opportunities at Northwestern Medicine, please call:

Central DuPage Hospital.......................... 630.933.2252
Delnor Hospital................................. 630.208.4264
Marianjoy Rehabilitation Hospital ................. 630.909.7400
Northwestern Medicine Hospice .................. 630.933.7830
TTY for the hearing impaired ................... 630.933.4833

Why Quit?
Within minutes of quitting, your blood pressure and heart rate improve. Within 12 hours, carbon monoxide blood levels drop to normal, allowing more oxygen to get to your lungs. For more health benefits as well as cessation strategies and resources, sign up for our smoking cessation classes or visit nm.org/westquitsmoking.
Marianjoy Rehabilitation Hospital, part of Northwestern Medicine

26W171 Roosevelt Road, Wheaton

Marianjoy’s Continuing Care Program classes provide additional therapy services to children as they work towards their functional goals. Developed and led by Marianjoy pediatric therapists, classes are offered every eight weeks to address a variety of conditions. For a full list of pediatric classes, please visit marianjoy.org. For pricing, registration and more information, please call 630.909.7155. TTY for the hearing impaired 630.909.8015.

**Pediatric classes**

**Motor Skills**
Focus is on motor-skill development, including flexibility, strength, coordination, hand skills and visual-motor function.

**Language and Social Interaction Groups**
Children develop their speaking and social skills while meeting new friends and interacting with family members and the world around them.

**Fitness Classes**
Classes led by our fitness trainer help improve strength, balance and flexibility in children who have had therapy and are learning to be more independent with their exercise. Most of our fitness equipment can be adapted for those who use a wheelchair or other mobility device.

**Aquatic Exercise Groups**
For children who have medical conditions requiring aquatic exercise, these classes focus on improving endurance, strength, balance and respiration. Specialized pool classes for children with sensory integration or sensory regulation needs are also available.

**Parent and Child Swim**
Parents join their child, age 5 and older, in the pool and are guided by a therapist to focus on improving the child’s movement, balance, strength and respiration exercises.

**Aquatic Fitness for Kids**
Children age 5 and older who are independent in the pool will focus on improving endurance, balance and strength.

**Water Wonders**
Parents accompany their child, age 6 months and older, in the pool as a therapist helps them work towards improving balance, strength, respiration and endurance to support a child’s land-based therapy goals.

**Sensory Pool**
This pool class—designed for children 6 years and older with identified sensory integration or sensory regulation needs—focuses on self-regulation strategies, tactile and vestibular stimulation exercises, balance and aerobics for general health and wellness, and cooperative and social interactions with peers.
Northwestern Medicine
Delnor Health & Fitness Center

296 Randall Road, Geneva

It’s time to commit to a healthy lifestyle. Whether you are just getting started or are an experienced athlete, membership at Delnor Health & Fitness Center (Delnor HFC) offers access to a variety of classes, pools and equipment to help keep you active and motivated. Programs are open to members (at no cost) and non-members (for a fee). To learn more, call 630.938.9000 or visit delnorhfc.com. TTY for the hearing impaired 630.933.4833.

MommyFit
Stay active during pregnancy with this low-/no-impact pool workout.

Little Learners (ages 6 to 35 months)
Offers parents and grandparents information and techniques to create safer aquatic experiences and habits for young children. Participants will be in the therapy pool with their child/grandchild playing games, singing songs and helping to create a positive experience for their little one.

OrthoKids
A therapeutic aquatic program designed for children with neurological and orthopaedic conditions who would benefit from warm water to maximize movement abilities and independence. Sessions run for 6 weeks throughout the school year. Swimming and ambulation skills are not required.

Community Exercise
Exercise classes designed to help develop and/or maintain an active lifestyle. Classes are held at Delnor HFC and various locations in the community.

Small Group Personal Training
Two levels of motivating and cost-effective training programs are designed to encourage and promote a healthy fitness regime in a fun, small group setting.

Small Group Nutrition Coaching and Nutrition Counseling
Learn new food skills and form healthy nutrition habits. Individual nutrition counseling sessions are available to meet your needs. Small group Nutrition Coaching, Fresh Start Nutrition and Nutrition Advantage programs each offer four classes on various topics.
Medically Integrated Lifestyle Program
Our eight-week Next Steps fitness programs are designed to provide additional support for individuals transitioning from an illness or managing a chronic medical condition.

This program may be appropriate for you if you are:

• Completing physical therapy, diabetes education, cardiac rehabilitation or pulmonary rehabilitation
• Recovering from a recent surgery or preparing for surgery
• Suffering from arthritis, fibromyalgia, lupus or other autoimmune conditions
• Wanting to lose weight and keep it off

Programs include:
Cancer Fitness, Cardiac Fitness, Diabetes Fitness, Functional Fitness, Orthopaedic Fitness, Fit for Surgery, Pulmonary Fitness, Transitional Care and Weight Management

Get started by calling the Delnor Health & Fitness Center Membership Department at 630.938.9100.

Heartsaver CPR and AED
Learn CPR skills, how to use an AED (automated external defibrillator) and how to relieve choking. Participants receive a Heartsaver CPR/AED eCard from the American Heart Association that is valid for two years.

Call 630.938.9000 for dates and times
$55/participant for adult only class
$75/participant for adult/child/infant class
All participants must have an email address. Delnor Health & Fitness Center, Geneva
To register, call 630.938.9000

American Red Cross Lifeguarding
ARC Lifeguarding is a Blended Learning Certification Class in which lifeguard candidates complete 7.5 hours of online training before mastering in-water rescue skills. The in-water skill sessions will be held over three days – March 8, 9, 10 – for the completion of the certification process.

$275/participant for in-water training
$100/participant for currently certified ARC Lifeguards to recertify for a two-year period

Contact Ginny Schwartz of Power Wellness at 630.785.5110 or gschwartz@powerwellness.com for directions on accessing the online class.
Delnor Health & Fitness Center, Geneva

Massage Therapy
Massage therapy is used for pain management and may provide effective relief for a variety of conditions. For pricing information and to schedule a massage, call 630.938.9000.
Weight management

The following programs are designed to aid in healthy lifestyles, weight loss management and fitness.

**Weight Management Information Session**
Learn about surgical and non-surgical options for treatment of obesity. Includes a question-and-answer session with a board-certified bariatric surgeon, bariatric nurse practitioner or dietitian.

- **Monday, Feb. 4, Mar. 4, Apr. 1 or May 6, 6 – 7 pm**
  Central DuPage Hospital, Winfield
- **Friday, Feb. 22, Mar. 22, Apr. 26 or May 24, 11 am – 12 pm**
  Central DuPage Hospital, Winfield

To register for a session at Central DuPage Hospital, call 630.933.4234.

**Weight Management Fitness Programs at Delnor Hospital**
Exercise specialists will provide individualized consultations and help develop your fitness plan. For additional information call 630.938.8266.

- **Wednesday, Feb. 6 or 20, Mar. 6 or 20, Apr. 3 or 17, or May 1 or 15 5:30 – 6:30 pm**
  Delnor Hospital, Geneva
- **Wednesday, Feb. 13, Mar. 13, Apr. 10 or May 8, 9 – 10 am**
  Delnor Hospital, Geneva

To register for a session at Delnor Hospital, call 630.938.8266.

**Weight Management Fitness Programs at Central DuPage Hospital**
Call 630.933.2613 or email christine.cornell@nm.org for dates and fees.

**Cardio/Circuit Conditioning**
This class offers exercises for cardiovascular endurance, fat burning, strength training and stretching.

- **Tuesdays and Thursdays 5:15 – 6:45 pm (must be 18 or older)**
  Northwestern Medicine Medical Offices
  7 Blanchard Circle, Wheaton

**Aquatic Exercise**
Improve cardiovascular conditioning, strength and flexibility while putting less stress on joints.

- **Mondays and Wednesdays 7:30 – 8:15 pm (must be 18 or older)**
  Wheaton Sport Center, Wheaton
Hungry for Health

The Delnor Community Kitchen is a place for people to learn about nutrition in a fun and engaging environment. Discover how to eat healthy by increasing your consumption of vegetables, fruits, whole grains, healthy fats and protein. Plan to be working with a Delnor Hospital dietitian to experience this fun cooking opportunity. Previous cooking experience is not required. Classes are at Delnor Hospital, and are for adults only unless otherwise noted. To register, call 630.933.4234. TTY for the hearing impaired 639.933.4833.

Adult classes

Dark Chocolate Desserts
Celebrate February sweet treats for your Valentine, made with dark chocolate for American Heart Healthy Month.

Wednesday, Feb. 6, 6-7 pm

Inspiralized Meals
Spiralizing “how-to’s” using vegetables instead of pasta.

Thursday, Feb. 7, 10-11 am

Vegan Fare
An introduction to what vegan eating is. Learn to make a simple vegan meal focusing on plant-based foods.

Tuesday, Feb. 12, 10-11 am

Soups and Stews
Warm up to flavorful goodness.

Wednesday, Feb. 13, 10:00-11:30 am
Heart Healthy Cooking
Learn how to prepare meals following the DASH (Dietary Approaches to Stop Hypertension) diet, emphasizing the use of plant-based ingredients for the prevention and treatment of heart disease. This Valentine’s Day class will help you fall in love with eating healthy!
Thursday, Feb. 14, 10:00 – 11:30 am

Healthy Gluten-Free Pizza
Learn to make healthy gluten-free pizza from scratch. We will be making 2 different varieties of crust.
Tuesday, Feb. 26, 10:00 - 11:30 am

Menu Planning 101
Learn simple tips on weekly planning for your family.
Wednesday, Feb. 27, 1 – 2 pm

Mediterranean Meals
Learn how to incorporate a plant-based diet into your healthy lifestyle. New recipe for each class.
Wednesday, Mar. 6 and May 1, 1 – 2 pm

Vegetarian Eating
Learn about becoming a vegetarian or just eating a more plant-based diet. Prepare and sample healthy, delicious vegetarian food.
Thursday, Mar. 7, 10 -11 am; or Tuesday, Apr. 9 or May 21, 2 – 3 pm

Gluten-Free Breakfast Favorites
Learn to make gluten-free versions of breakfast favorites for your slow weekend mornings.
Wednesday, Mar. 13, 10 – 11 am

Salad Dressings
Learn how to make homemade salad dressings, including favorites such as Italian, and create your own dressing. We’ll also discuss how to pair dressings with specific lettuces and how homemade dressings compare with store-bought dressings.
Thursday, Mar. 14, 10 – 11 am

Lean and Green
This class reviews basic cooking concepts and applies these techniques to preparing healthy meals for those who want to maintain weight loss. The emphasis will be on preparing tasty dishes featuring lean proteins and vegetables.
Friday, Mar. 15 or May 10, 10-11 am

Nutritious Fermented Foods
Learn about the benefits of consuming probiotics naturally from foods and the art of making homemade yogurt, kefir, kombucha tea and vegetables.
Tuesday, Mar. 19, 2 – 3 pm

Stir-Fry Meals
Make it fast and healthy with stir-fry!
Wednesday, Mar. 20, 10:00 - 11:30 am

Healthy Soul Food
Reinvent some favorite Southern meals with more heart-healthy versions.
Thursday, Mar. 21, 10 – 11 am
Take Out IN! 
Enjoy creating some of your favorite take-out items at home in a quick, healthier and tastier way!

**Tuesday, Mar. 26, 10–11 am**

**Basic Flatbreads**
Introduction to making simple, homemade flatbreads that can be served alone or with soup, salad or some of your favorite entrées.

**Thursday, Mar. 28, 10–11 am**

**Healthy Pizzas**
New ideas for making healthy pizzas at home.

**Wednesday, Apr. 3, 1–2 pm**

**Fueling Athletes**
Meals and snacks for optimal performance.

**Thursday, Apr. 4, 10–11 am**

**Knife Skills 101**
“Sharpen” your culinary skills in this hands-on class.

**Wednesday, Apr. 10, 6–7 pm**

**Skewered Foods**
Fun to make and fun to eat!

**Wednesday, Apr. 17, 10:00–11:30 am**

**Diabetes and Enjoying a Burger**
Let’s cook up a better burger for blood sugar control and heart health.

**Thursday, Apr. 18, 6–7 pm**

**Popular Milk Comparisons**
Is drinking milk bad for you?

**Wednesday, Apr. 24, 4:30–5:30 pm**

**Heart Healthy Desserts**
Learn how to prepare desserts following the DASH (Dietary Approaches to Stop Hypertension) diet, emphasizing plant-based ingredients for the prevention and treatment of heart disease.

**Thursday, Apr. 25, 10–11 am**
It’s a Fish Dish
Join us for an omega-3-rich heart healthy class to help keep your cholesterol in check.
Thursday, May 2, 6 – 7 pm

Spiralized/Zoodled Vegetables
Spiral down and zoodle up with oodles of vegetables.
Wednesday, May 8, 10:00 – 11:30 am

Ancient Grains to Help Lower Cholesterol
Learn new recipes to add grains to your diet while lowering your cholesterol.
Wednesday, May 15, 4:30 – 5:30 pm

No-Salt Seasoning Blends
Seasoning food with herbs and spices instead of salt is good for your health. Sample some seasoning blends in action and take home recipes to use in your own kitchen.
Wednesday, May 22, 6 – 7 pm

Diabetes and Desserts
Together we will create a fruit-based and chocolate-based dessert.
Wednesday, May 29, 6 – 7 pm

Fun With Fondue
Dip into goodness with savory cheese and chocolate fondue.
Thursday, May 30, 10:00 – 11:30 am

Child-friendly classes

Food Allergy Foodies: Breakfast and Basics
If you missed the first class, join us for a repeat of Breakfast and Basics! This course will review the basics of food allergies while participants learn to make some tasty breakfast items. Inform registration staff of your child’s food allergies at the time of sign-up if they wish to participate. We try our best to accommodate dietary needs but may not be able to accommodate all requests. For children 6 and above with parent.
Tuesday, Feb. 5, 4:30 – 5:30 pm

Healthy Breakfasts
Does your breakfast have enough protein to help your brain function at school? Learn simple tips for healthy breakfasts, including on-the-go options. For children 6-17 years old. Parent must attend with 6-10 year olds.
Tuesday, Feb. 19, 4:30 – 5:30 pm

Emmi® online patient education programs
Northwestern Medicine provides you access to Emmi — online programs that use animated graphics and easy-to-read text to help you understand and manage your health. If you have any questions or concerns after viewing an Emmi program, please contact your primary care provider.

Self-register for an Emmi program at goemmi.com, and use access code NMWellness to log in.
Food Allergy Foodies: Lunch and Labels
If you missed the first class, join us for a repeat of Lunch and Labels! This course allows participants to learn about reading food labels while preparing simple lunch items. Please inform registration staff of your child’s food allergies at the time of sign-up if they wish to participate. We try our best to accommodate dietary needs, but may not be able to accommodate all requests. For children 6 and above with parent.

Tuesday, Mar. 5, 4:30–5:30 pm

Grab ‘n Go Lunches
Children are more likely to eat their lunch when they have helped plan and prepare it. Learn how parents and kids can work together to pack a lunch that everyone will enjoy. For children ages 6-17 years old. Parent must attend with 6-10 year olds.

Tuesday, Mar. 12, 4:30–5:30 pm

Food Allergy Foodies: Supper and Safety
If you missed the first class, join us for a repeat of supper and safety! This course allows participants to learn tips for staying safe at restaurants and social events while preparing simple dinner items. Inform registration staff of your child’s food allergies at the time of sign-up if they wish to participate. We try our best to accommodate dietary needs but may not be able to accommodate all requests. For children 6 and above with parent.

Tuesday, April 2, 4:30–5:30 pm

Simple Dinners
School-year schedules are busy without much time for cooking. Try these healthy dinner ideas that are both simple to make and delicious! For children 6-17 years old. Parent must attend with 6-10 year olds.

Tuesday, Apr. 16, 4:30–5:30 pm

Food Allergy Foodies: Sweets and Safety
This course allows participants to learn tips for staying safe at school while preparing allergy-friendly treats! Inform registration staff of your child’s food allergies at the time of sign-up if they wish to participate. We try our best to accommodate dietary needs, but may not be able to accommodate all requests. For children 6 and above with parent.

Tuesday, May 7, 4:30–5:30 pm

Garden to Table Quick Meal Ideas
Healthy eating starts with fresh herbs and vegetables and can be incorporated into sandwiches, salads or other fun snacks. Youngsters can create simple meals using garden harvests from your garden or a local farmers’ market. For children ages 6-17 years old. Parent must attend with 6-10 year olds.

Tuesday, May 14, 4:30–5:30 pm
Seniors Connect and Cook
Learn cooking techniques and recipes in a relaxing morning full of education, social interaction, cooking and fun. Recipes and tastings provided.
Instructors: Jo Cessna and Peggy Marchini
Wednesday, Feb. 6, Mar. 6, Apr. 3 or May 1, 10 am–12 pm
$10/person

Creative Uses for Chocolate
During this one-hour demonstration, learn how to creatively use chocolate in a variety of ways, from savory to sweet.
Instructor: Jo Cessna
Tuesday, Feb. 12, 10–11 am
$10/person

Eat to Beat: Heart Disease
Explore the top-researched foods that can reduce your risk of heart disease and how this information applies to daily choices.
Instructors: Jo Cessna and Peggy Marchini
Thursday, Feb. 28
10–11 am
$10/person

Managing Your Blood Pressure With the DASH Eating Plan
Maintaining a normal blood pressure is vital to good health. Learn how to manage your blood pressure with the DASH Eating Plan. During this 4-week class, participants will identify their individual risk factors for high blood pressure and learn dietary strategies to increase fruits and vegetables, and reduce sodium intake. The weekly sessions will include a blood pressure screening along with interactive educational activities focused on lifestyle changes.
Tuesdays, Mar. 5–26
10:00–11:30 am
Kishwaukee Health & Wellness Center, DeKalb

Wednesdays, Feb. 6–27, 9–10 am
Valley West Hospital, Sandwich
815.786.3962
$20/person
Healthy Cooking Bootcamp
During this two-session class, learn about the pillars of health with a focus on simple cooking for optimal nutrition. Prepare simple recipes for breakfast, lunch and dinner. Instructor: Jo Cessna
Tuesday and Wednesday, Mar. 12 and 13, 10 am - 12 pm
$40/person

Healthy Mom, Healthy Baby
Learn how food can fuel you as a new mom while helping to prevent diabetes and aiding in building your milk supply. Instructors: Jo Cessna and Peggy Marchini
Thursday, Apr. 11
6 - 7 pm
$10/person

Eat to Beat: Arthritis Pain
Learn what foods can lower your arthritis pain levels by reducing inflammation. Instructors: Jo Cessna and Peggy Marchini
Wednesday, May 8, 6 - 7 pm
$10/person
Support groups

The following support groups are held at Central DuPage Hospital, Delnor Hospital or other locations. Please call the phone numbers listed for dates, times and locations. For more information, visit www.nm.org/westclasses or call 630.933.4324. TTY for the hearing impaired 630.933.4833.

Addictions

**Adult Children of Alcoholics**
630.258.1887

**Al-Anon**
630.627.4441

**Alcoholics Anonymous**
630.653.6556

**Cocaine Anonymous**
773.202.8898

**Heroin Anonymous**
331.240.0780

**Narcotics Anonymous**
708.848.4884

**Sexaholics Anonymous**
630.415.0341

**Young Adult Recovery Group**
630.933.4000

Cancer

**For more information, call 630.262.1111.**

**Brain Tumor Resource and Support**

**Breast Cancer**

**Club Courageous**
*(for children ages 7 to 12)*

**Grief Support**

**Gynecological Cancer**

**Head and Neck**

**Lymphoma**

**Lymphedema**

**Us TOO Prostate Cancer**

Share Pregnancy and Infant Loss
630.933.4234

Bereavement

**Gathering Together, Grieving Together**
630.933.6634

**Footprints Perinatal and Pregnancy After Loss**
630.232.2233

Every effort has been made to ensure the accuracy of contact information pertaining to the support groups. If you find an inaccuracy, please contact us at 630.933.4234. TTY for the hearing impaired 630.933.4833.
Medical conditions

- Amputation
  630.909.8410
- Caregiver
  630.510.2521
- Family Caregiver
  630.784.4876
- Fibromyalgia
  630.641.6942
- Low Vision
  630.690.7115
- Lupus
  630.247.2795
- Myasthenia Gravis
  800.888.6208
- Ostomy
  Delnor Hospital, Geneva
  630.208.4460
  Advocate Good Samaritan Hospital, Downers Grove
  630.479.3101
  Advocate Sherman Hospital, Elgin
  847.741.6513
  Fox Valley, Aurora
  630.898.4049
- Pediatric Congenital Heart Defects
  630.933.4234
- Spinal Cord Injury
  630.909.8410

Neuroscience

- ALS
  630.909.8439
- Aphasia Conversation
  630.909.8562
- Caregiver
  630.761.9750
- Essential Tremor
  630.497.2142
- High Hopes Brain Injury
  630.909.8033
- Huntington’s Disease
  847.505.3933
- Multiple Sclerosis
  630.909.8410
- Parkinson’s Disease
  Marianjoy Rehabilitation Hospital, Wheaton
  630.909.8410
  Belmont Village, Carol Stream
  630.510.2521
- Stroke
  Northwestern Medicine Medical Office Building, 2900 Foxfield Road, St. Charles
  630.933.3278 (FAST)
  Marianjoy Rehabilitation Hospital, Wheaton
  630.909.8410
- Teen and Young Adult Brain Injury
  630.909.6360

Mental health

- NAMI Connection
  630.752.0066
- NAMI Family
  630.752.0066

Weight management

- Bariatric Surgery
  630.938.8266
- Gastric Bypass and Gastric Sleeve Surgery
  630.933.6745
- Lap-Band® Surgery
  630.933.4234