

SurviveWell Events

Fall 2025

Breast Cancer: Understanding and Reducing Risk

Tuesday, October 7th, 2025

11am-noon

NM Lake Forest Health and Fitness Center

1200 N. Westmoreland Road, Lake Forest, IL

Join us for an informative session with Dr. Denise Monahan on understanding and reducing the risk for breast cancer. Learn from her 15 years of experience and engage in a Q & A session.

Event is complimentary but registration is required. For more information or to register, please call 847.535.7060 or visit the Member Services Desk.



American Cancer Society – Making Strides Against Breast Cancer Walk

Sunday, October 12th, 2025

9:00am – Walk begins

Independence Grove, Libertyville

Making Strides Against Breast Cancer is a celebration of courage and hope. It is a movement uniting communities to end breast cancer as we know it for everyone.

Go to www.makingstrideswalk.org/lakecountyil to join.



Lung Cancer: Understanding and Reducing Risk

Tuesday, November 18th, 2025

11am-noon

NM Lake Forest Health and Fitness Center

1200 N. Westmoreland Road, Lake Forest, IL

Join us for an informative session with Dr. Bindiya Patel on understanding and reducing the risk for lung cancer. This program is an excellent opportunity to gain knowledge from a trusted expert and asks questions in a safe and supportive environment.

Event is complimentary but registration is required. For more information or to register, please call 847.535.7060 or visit the Member Services Desk.



Upcoming Events

I've Finished Cancer Treatment, Now What? Survivorship 101

Monday, October 27th, 6:00-7:15pm

Virtual discussion via Microsoft Teams

Cancer treatment can require your full attention and energy for months or even years. After treatment, you may feel emotionally and physically drained; you may even feel disoriented as you try to adjust to life after treatment. Join Dr. Christopher George as he talks about what to expect as a cancer survivor and how to work with your care team as you recover from treatment.

Register at livingwell.nm.org

Cancer Survivor Facebook Group

Do you enjoy social media and groups on Facebook? We have a Cancer Survivor Facebook Group for those who have been treated at NM Lake Forest Hospital, Grayslake, and/or the Glenview Cancer Centers. If you are interested in joining this group, please ask to join at *Northwestern Medicine Lake Forest Hospital SurviveWell* on Facebook.

Caregiver Support Group

Second and Third Tuesdays of each month, 6:30-7:30pm
This virtual support group embraces the importance of those dedicated to caring for loved ones who are living with cancer and provides opportunities to network with other caregivers facing similar challenges. *To register and receive a link to the virtual discussion and support groups, go to www.livingwellcnc.org.*

Financial Assistance

Northwestern Medicine has a financial assistance program to help cancer patients with their medical bills from Northwestern Medicine Providers. Applications are at NM.org or see your social worker for a copy. Your social worker/nurse navigator may be aware of other programs available to you, should you need assistance with co-pays for medications or assistance with living expenses.

Find us Online.

SurviveWell Programs – www.nm.org/NorthsurviveWell
Breast Health Information - www.nm.org/conditions-and-care-areas/cancer-care/breast-health-program

Garment Fitter and Lymphedema Sleeve Provider

Certified garment fitters from Benchmark Atlantic will meet with you in the NM Lake Forest and Grayslake Cancer Centers to discuss your needs. Call **815.578.0304** to schedule an appointment.

Lung Cancer Screening Program

Early detection of lung cancer is vital for effective treatment. You may be eligible for a low-dose CT scan if you have an increased risk for developing lung cancer. Call **847.535.7442** for more information.

Lurie Cancer Center Tobacco Cessation Program

To schedule a consultation with one of our tobacco treatment specialists or for more information, please call **312-921-QUIT (7848)**.

Managing Cancer and Stress

Oncology social workers at Northwestern Lake Forest Hospital/Grayslake/Glenview Cancer Centers are available to help you manage your stress and find resources to assist you during and beyond treatment for cancer. Call **847.535.7441** for a complimentary appointment in Grayslake, **847.535.7946** for Lake Forest or **847-535-6523** for Glenview.

Music Therapy

Music therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals. This can assist with relaxation, anxiety reduction, coping and pain management. Please call **224.271.7767** for more information and to schedule an appointment.

Nutrition Services

Not sure what to eat during and after cancer treatments? Schedule a complimentary appointment with a Registered Dietician who can guide you in meeting your nutrition needs during your cancer journey. Call **847.582.2134** to schedule an appointment.

Physical Therapy and Lymphedema Evaluation and Treatment

A physician's order is required. Please call 847.535.6516 for questions or **630-933-1500** to schedule an appointment.

Resource Guide for Supportive Cancer Care

Getting help to manage symptoms and side effects during your cancer journey is just a click away. Use the QR codes to access the guide in English and Spanish.



Survive Strong & MyFitRx

The NM Lake Forest Health & Fitness Center has designed programs for individuals diagnosed with any stage of cancer who are experiencing fatigue or weakness or are unsure how to initiate exercise. An evaluation and/or referral is required to determine ability to participate in these programs. Call **847.535.7060** for more information.

Therapeutic Massage for Cancer Patients

Complimentary massages are available at the NM Lake Forest Hospital and Grayslake Cancer Centers. Please call **847.535.7441** to schedule in Grayslake or **847.535.7946** to schedule at Lake Forest.

Therapeutic Yoga for Cancer Survivors

A yoga class is currently being held at the NM Lake Forest Health and Fitness Center on **Fridays, 12:30-1:30pm**. Please call the Fitness Center for questions and to reserve your space at **847.535.7060**.

Virtual Wig Fittings

NM Living Well Cancer Resource Center offers free online wig fittings for cancer patients. Please call **630.933.7860** for more information and to schedule an appointment.

