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 SurviveWell Group Lake Forest* 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.livingwellcrc.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. Music 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, 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.

SCAN ME

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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 at 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.

Northwestern Medicine

NM Lake Forest/Grayslake/Glenview Cancer Centers

SurviveWell Events

Fall 2026

American Cancer Society – Making Strides Against Breast Cancer Walk

Sunday, October 11th
9:00am – Walk begins
Independence Grove, Libertyville
Making Strides Against Breast Cancer is a celebration of courage and hope. It is uniting communities to end breast cancer as we know it for everyone.
Go to www.makingstrideswalk.org/lakecountyil to join.

Breast Cancer: Understanding and Reducing Risk

Wednesday, October 21st
5:30-6:30pm
Wellness Studio, NM Lake Forest Health and Fitness Center
1200 N. Westmoreland Road, Lake Forest, IL
Denise Monahan, MD, Medical Director, Breast Surgery
NM Catherine Gratz Griffin Hospital
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.
This program is free. Please register by calling 847.535.7060

Breathe Easy: Understanding Lung Health, Cancer Prevention and Early Detection

Wednesday, November 4th
5:30-6:30pm
Wellness Studio, NM Lake Forest Health and Fitness Center
1200 N. Westmoreland Road, Lake Forest IL
Jessica Johnson, MD, Michael Vercillo, MD, Bindiya Patel, MD
Join us for an informative session on lung health. We will have a panel of experts to discuss respiratory wellness as well as the prevention and early detection of lung cancer.
This program is free. Please register by calling 847.535.7060

Upcoming Events

Building Blocks of Protein Nutritional Seminar

Wednesday, November 18th
2:30 – 3:30pm, Banquet Room, NM Lake Forest Health and Fitness Center
Mary DiPietro, Registered Dietician, NM Catherine Gratz Griffin Lake Forest Hospital

This seminar will discuss the importance of protein in the diet and how to get enough protein from a variety of sources. This program is free but please ***register by calling 847.535.7060.***

SurviveWell Programs, sponsored by NM Cancer Centers in Lake Forest, Grayslake and Glenview, provide information, resources, and expertise in prevention, wellness and navigating survivorship for all cancer patients and families.