

SurviveWell Programs

Mind and body care for those surviving cancer

SurviveWell programs, sponsored by Northwestern Medicine Lake Forest Hospital Cancer Center and Northwestern Medicine Cancer Center Grayslake, provide information, resources, and expertise in prevention, wellness and navigating survivorship for all patients and families affected by cancer.

Massage for patients with cancer

Complimentary therapeutic massages are available to our patients undergoing cancer treatment. An appointment is necessary. Services are offered at:

Northwestern Medicine Lake Forest Hospital Cancer Center

Appointments: Call 224.271.6316 or email marie.fuentes-harris@nm.org

Northwestern Medicine Cancer Center Grayslake

Appointments: Call 847.535.7441 or email noelle.mack@nm.org

Nutrition consultations

Not sure what to eat during and after cancer treatments? Losing or gaining weight and need nutritional guidance? Meet with a registered dietitian who can guide you to good eating. Call 847.535.7441 for more information.

Survive Strong

This program is designed for individuals diagnosed with any stage of cancer who are experiencing fatigue or weakness, or are unsure how to initiate exercise. This is an eight-week class, and a physician's approval is required. Call 847.535.7140 or email asimone@nm.org to see if this program is right for you.

Yoga for Cancer Survivors

Relieve stress and promote recovery from injury and illness. You set your own pace. Call 847.535.7441 or email noelle.mack@nm.org for more information and to register.

Wednesdays, 10:15-11:30 am

Northwestern Medicine Grayslake Outpatient Center Conference Center

Fridays, 11:30 am-12:45 pm

Northwestern Medicine Lake Forest Health & Fitness Center