

SurviveWell Events

Spring 2024

Chair Yoga and Guided Relaxation for Stress Relief

Wednesdays

11:15am-noon

Virtual

Science has now identified that stress causes us to age more quickly. Learn stress reduction methods in this fully guided practice of seated yoga postures followed by a guided relaxation practice.

Register at livingwell.nm.org



Radiation Basics

Thursday, May 30th

6:00 – 7:00pm

Virtual discussion via Microsoft Teams

Amish Bajaj, MD, Radiation Oncologist, Northwestern Medicine Proton Center

This medical discussion covers the fundamentals of radiation treatment, exploring its principles, applications and impact in cancer treatment. Topics include radiation sources, dosage considerations and the integration of technology in treatment planning.

Register at livingwell.nm.org.

Fertility and Cancer

Tuesday, June 18

6:00-7:00pm

Virtual discussion via Microsoft Teams

Kristin Smith, Program Manager for Fertility Preservation, Northwestern Medicine Center for Fertility and Reproductive Medicine

This program delves into the complexities of fertility in cancer treatment. Participants will explore strategies to preserve fertility, the impact of various treatments on reproductive health and the evolving field of oncofertility to enhance the quality of life for cancer survivors.

Register at livingwell.nm.org



Upcoming

Events

Mixed Media Art Class - Virtual

Thursdays, May 2-August29

6:00-8:00pm

Relax and let your imagination guide you in expressing your creativity through mixed media: collage, abstract art, decoupage, layering, stenciling and a fun use of ephemera. After you register, we will send you an email with a list of the supplies you will need. 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.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 Cancer Center 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

Ask your cancer care team about making an appointment with the 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.

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. **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.