

WELCOME TO

# LivingWell Cancer Resource Center

part of Northwestern Medicine

LivingWell is dedicated to providing evidence-based programs and services that encourage, empower and support patients with cancer and their families and caregivers. All of our offerings are provided at no cost because we believe that no one should face cancer alone.



LivingWell   
CANCER RESOURCE CENTER

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### Education

Medical updates and special presentations are provided by oncology physicians and other thought leaders. Learn more about advanced treatments and technology, clinical trials and managing side effects.

- ▶ Access reliable information from experts.
- ▶ Explore your treatment and after-care options.

#### Starting points

- View all upcoming medical presentations at [livingwellcrc.org](http://livingwellcrc.org).
- Follow us on Facebook at [facebook.com/livingwellcrc](https://facebook.com/livingwellcrc).

### Fitness and yoga

Designed to support you during and after cancer treatment, LivingWell fitness and yoga classes are modified by our expert instructors to meet a variety of needs and support healing.

- ▶ Boost energy, and increase strength and flexibility.
- ▶ Decrease stress and anxiety.
- ▶ Reduce the side effects of cancer treatment, including lymphedema and neuropathy.

#### Starting points

- Consult a wellness coordinator about classes tailored to your needs and abilities by emailing [info@livingwellcrc.org](mailto:info@livingwellcrc.org).
- Register for a class at [livingwellcrc.org](http://livingwellcrc.org).

### Nutrition

Learn how to cook and eat healthy meals to reduce cancer-related side effects and live well throughout a cancer journey. Services are provided by Northwestern Medicine registered dietitians.

- ▶ Make informed decisions about food and diet plans.
- ▶ Form healthy eating habits.

#### Starting points

- Consult an oncology dietitian by emailing [askadietitian@livingwellcrc.org](mailto:askadietitian@livingwellcrc.org).
- Register for a class at [livingwellcrc.org](http://livingwellcrc.org).



### Wig Boutique

LivingWell offers wigs at a reduced cost or at no cost to patients with cancer who are experiencing hair loss as a result of treatment. To schedule a wig consultation, visit [livingwellcrc.org](http://livingwellcrc.org).



### Counseling

The emotional experience of cancer treatment can be as challenging as the physical experience. Licensed clinical professional counselors can help patients and caregivers talk about their thoughts, feelings and reactions to a diagnosis.

- ▶ Manage the emotions of a cancer journey as a patient, family member or caregiver, or as someone who has lost a loved one to cancer.

#### Starting points

- Email [counseling@livingwellcrc.org](mailto:counseling@livingwellcrc.org) to set up a consultation.
- Register for a class or series at [livingwellcrc.org](http://livingwellcrc.org).

### Social work

LivingWell's licensed social workers connect patients to resources and education to help reduce stress and remove barriers to care. Resources are available to help you address logistical concerns about transportation and lodging, and manage household finances and employment challenges. Social workers are also available to help patients and caregivers cope after a diagnosis and treatment changes.

- ▶ Remove barriers to cancer care.
- ▶ Find resources to help you navigate your cancer journey.

#### Starting point

- Email [socialwork@livingwellcrc.org](mailto:socialwork@livingwellcrc.org) with any questions.

### Support groups

Connecting with others who understand your cancer journey is important, whether you have cancer or you are supporting someone through a diagnosis. LivingWell offers general, cancer-specific, caregiver and grief support groups that are facilitated by licensed mental health professionals. The LivingWell survivorship series includes educational and group-oriented opportunities.

- ▶ Share experiences with others like you.
- ▶ Improve your health outcomes by reducing isolation.
- ▶ Learn new ways to cope and handle difficult situations.

#### Starting point

- Email [counseling@livingwellcrc.org](mailto:counseling@livingwellcrc.org) to learn which groups best fit your needs and to register.

### Stress management

LivingWell's art and meditation classes offer creative ways to experience relaxation. You can learn inventive techniques for addressing stress and finding calm.

- ▶ Improve your coping skills.
- ▶ Reconnect with your inner self and move forward in the healing process.

#### Starting point

- Register for a class at [livingwellcrc.org](http://livingwellcrc.org).





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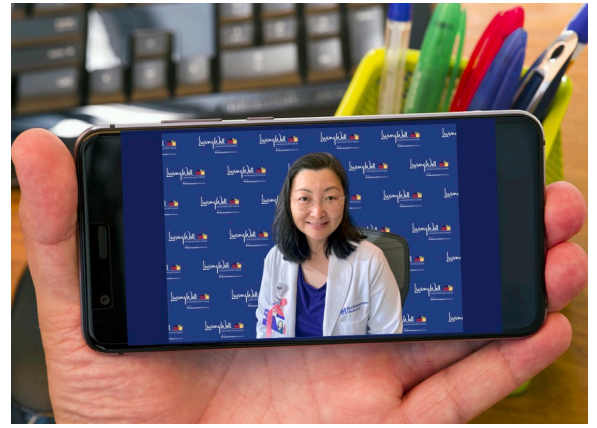
### Stay connected

 [livingwellcrc.org](http://livingwellcrc.org)

 [facebook.com/livingwellcrc](https://facebook.com/livingwellcrc)

 Channel: LivingWell

[info@livingwellcrc.org](mailto:info@livingwellcrc.org)  
630.262.1111  
TTY: 630.933.4833



### Are You New to LivingWell Cancer Resource Center?

LivingWell programs and services are free of charge and are available to anyone impacted by or living with a cancer diagnosis, regardless of where a person lives or receives medical treatment.

Visit [livingwellcrc.org](http://livingwellcrc.org) to browse a list of services and take a virtual tour of the facility.

