PROGRAMS OFFERED FREE OF CHARGE
At The University of Chicago Medicine
Comprehensive Cancer Center at Silver Cross Hospital
1850 Silver Cross Blvd., New Lenox

The Facts About Fat
Silver Cross: Friday, March 28, 10-11:15
Fat is not all bad! Your body needs the right type of fat to function properly. Learn about which fats are recom-
mended and which fats promote toxins. Learn ways to decrease fat in your diet with low-fat snacks and meal ideas.
Presented by Chris Rosandich, Certified Nutrition & Wellness Consultant, B.A.
Please call 708-478-3529 to register

Fight Back with a Cancer Prevention Diet
Silver Cross: Thursday, April 3, 10-11:15 a.m.
Nutrition is a key component of staying healthy and fighting cancer cells. Join us for a workshop to learn about what
you can do to improve your daily eating habits and use food to harness optimal health.
Presented by Chris Rosandich, Certified Nutrition & Wellness Consultant, B.A. Please call 708-478-3529 to register

Caregiver Burnout Workshop: Care for Yourself so You Can Care for Your
Loved One
Silver Cross: March 25 & April 8, 10:30-12 p.m.
Come join us for a discussion on caregiver burnout. Being a caregiver for a loved one can be overwhelming and lead
to physical and emotional exhaustion. Learn what burnout is, how to identify early signs of burnout, and how you
can prevent it from happening to you. In addition, we will teach you relaxation techniques including deep breathing,
progressive muscle relaxation, and guided imagery to help you through this time. Facilitated by Marybeth Karnstedt,
MA. Please call 708-478-3529 to register

Breaking Through the Wall of Fear
Silver Cross: Friday, May 16, 10-11:15 a.m.
Many times as we navigate a cancer diagnosis we experience overwhelming fear. Learn strategies and techniques to
help cope with intense emotions to help you feel more in control.
Facilitated by Luke Fairless, PsyD. Please call 708-478-3529 to register

Break the Salt, Fat & Sugar Habit
Silver Cross: Thursday, May 22, 10-11:15
Did you know that eating large amounts of fat, sugar and salty foods alter the brain’s chemistry which in turn can
increase cravings? If you are compelled to eat these foods, you are not alone. We will examine how to break this
cycle by learning to replace fat, sugar and salt with foods that do not trigger the brain/body in a negative way. You
will love the way you feel! Presented by Chris Rosandich, Certified Nutrition & Wellness Consultant, B.A.
Please call 708-478-3529 to register

The Cancer Support Center gives strength, guidance and support to anyone living
with a cancer diagnosis, as well as to their loved ones.