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Delnor Hospital
300 Randall Road
Geneva, Illinois 60134

cadencehealth.org



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Summer Programs

Delnor Hospital
2013 Health and Wellness



Always thinking. Always caring.®



The best of both worlds

Combining the resources, talent and facilities of Central DuPage Hospital (CDH) and Delnor Hospital, Cadence Health carries forward the strong community-minded focus shared by both hospitals for decades. Our wide array of public programs and classes is evidence of that commitment.

From pregnancy and childbirth classes to support groups and physician lectures, the programming you'll find in the pages ahead can help you live better and make smart, confident decisions about your health and your family's health.

Please take a moment to browse through the upcoming events and activities. Then register for those that interest you and start taking advantage of the information and education Cadence Health brings your community.



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Registration is required for all classes unless otherwise noted. To register, please call 630.208.3999. TTY for the hearing impaired 630.208.4399.

For fee programs, please pay at time of registration. If you have any special needs including, but not limited to, physical accommodations, language/sign interpretation services or financial assistance, please bring them to our attention at the time of registration.

El registro es necesario para todas las clases a menos que se indique lo contrario. Para inscribirse por favor llame al 630.208.3999. TTY para las personas con problemas auditivos 630.208.4399.

Para los programas de pago, por favor, pagar en el momento de la inscripción. Si usted tiene alguna necesidad especial, incluyendo pero no limitado a, adaptaciones físicas, idioma o regístrate servicios de interpretación, o ayuda financiera, por favor traiga a nuestra atención en el momento de la inscripción.

If you no longer wish to receive this or other health-related information from Cadence Health, kindly call 877.933.4234 to have your name removed from our list.

Class locations

- A** **Delnor Hospital**
300 Randall Road
Geneva
Complimentary valet service available at all entrances
- B** **Central DuPage Hospital**
25 North Winfield Road
Winfield
Complimentary valet service available at all entrances
- C** **Cadence Medical Offices**
7 Blanchard Circle
Wheaton
- D** **Cadence Medical Offices**
2900 Foxfield Road
St. Charles
- E** **Delnor Glen Senior Living**
975 North Fifth Avenue
St. Charles
- F** **Cadence Fitness & Health Center**
296 Randall Road
Geneva
- G** **Belmont Village at Geneva Road**
545 Belmont Lane
Carol Stream
- H** **The Abbington**
35002 South Route 53
Glen Ellyn
- I** **Danada House**
35501 Naperville Road
Wheaton
- J** **Eagle Brook Country Club**
2288 Fargo Boulevard
Geneva
- K** **LivingWell Cancer Resource Center**
442 Williamsburg Avenue
Geneva
- L** **CNS Home Health & Hospice**
690 East North Avenue
Carol Stream
- M** **Arrowhead Golf Club**
26W151 Butterfield Road
Wheaton
- N** **Wheaton Sport Center**
1000 West Prairie Avenue
Wheaton



Close to home

All Cadence Health classes are conveniently located in the western suburbs. Many are easily accessible from major thoroughfares such as Interstates 88 and 355. If you have questions about the location of a class or require more detailed directions, call us at 630.208.3999. TTY for the hearing impaired 630.208.4399.

Dinner with the Doc

Enjoy a complimentary dinner while getting the latest news and information from medical specialists on a wide variety of topics.

Solving Insomnia

Keith Warren, MD*, a sleep medicine doctor with Suburban Lung Associates, will help you discover a step-by-step, evidence-based treatment program for improving sleep quality. His discussion will cover a review of insomnia, treatment options and relaxation training.

Wednesday, June 12
6:00 – 8:00 pm Dinner Program
The Abbington, Glen Ellyn

Dermatology From A to Z

Dermatologist Kelle Berggren, MD*, with DuPage Medical Group, reviews common skin problems and treatments with a focus on skin cancer and prevention.

Wednesday, June 19
5:30 – 6:00 pm Health Information Available
6:00 – 7:30 pm Dinner Program
The Abbington, Glen Ellyn



Keith Warren, MD*



Kelle Berggren, MD*



Syed Azeem, MD



Vinai Gondi, MD*



Christopher Hampson, MD*

Management of Primary and Metastatic Brain Tumors

Syed Azeem, MD, a neurosurgeon with Cadence Physician Group and Vinai Gondi, MD*, a radiation oncologist with Radiation Oncology Consultants, Ltd. will give an overview of two treatment options for brain tumors.

Surgical options: Syed Azeem, MD
6:00 – 6:45 pm

Radiotherapy options: Vinai Gondi, MD
6:45 – 7:30 pm

Questions: both 7:30 – 8:00 pm

Wednesday, June 26
5:30 – 6:00 pm Health Information Available
6 – 8 pm Dinner Program
Danada House, Wheaton

Hearing Loss: A Discussion on Hearing Health for Adults

Christopher Hampson, MD*, an otolaryngologist with Midwest Ear, Nose, and Throat Consultants, will offer an overview of hearing health for adults. Dr. Hampson will explain hearing function and causes of hearing loss. Important prevention and screening methods will be discussed as well as other inner ear symptoms including ringing and dizziness. Treatment options will be reviewed, including the latest advances in hearing aid technology.

Wednesday, July 10
6:00 – 7:30 pm Dinner Program
Eagle Brook Country Club, Geneva

* In the spirit of keeping you well-informed, the individuals identified are neither agents nor employees of Cadence Health or any of its affiliate organizations. These physicians have selected our facilities as the place where they want to treat and care for their private patients.



Andrew Fishman, MD



Tudor Iacob, MD



Andrew Celmer, MD*



Margo Shoup, MD



Rameez Alasadi, MD*



Bessey Geevarghese, DO*

Dizziness and Balance

Dizziness and imbalance are a very common complaint presenting among all age groups. A multidisciplinary approach includes evaluation by inner ear and neurological specialists as well as physical therapists specially trained in the field of vestibular and balance problems.

Andrew Fishman, MD, a neuro-otologist, and Tudor Iacob, MD, a neurologist, both with Cadence Physician Group will discuss the common causes of dizziness and imbalance and provide an overview of the modern management and therapy options available.

Wednesday, September 11
6:00 – 7:30 pm Dinner Program
The Abbington, Glen Ellyn

Voice Problems and How to Treat Them

Andrew Celmer, MD*, an Ear, Nose and Throat (ENT) with DuPage Medical Group will discuss when to see an ENT about your voice and what to expect from the visit. He will address common causes of voice problems, as well as throat ailments such as throat clearing and chronic cough. He will also discuss treatment options available for these conditions.

Wednesday, September 18
6:00 – 7:30 pm Dinner Program
Danada House, Wheaton

Advances in Diagnosing and Treating Esophageal Cancer

Margo Shoup, MD, director of surgical oncology with Cadence Physician Group and Rameez Alasadi, MD*, a gastroenterologist with DuPage Medical Group will provide an update on diagnosis and treatment options for esophageal cancer. Dr. Alasadi will address the signs, symptoms and early detection of esophageal cancer, including Barrett's esophagus. Dr. Shoup will discuss advances in treatment options including surgical techniques as well as chemotherapy and radiation.

Wednesday, September 25
5:30 – 6:00 pm Health Information Available
6 – 8 pm Dinner Program
Arrowhead Country Club, Wheaton

Dessert with the Doc

Recurrent Viral Illnesses

Bessey Geevarghese, DO*, a pediatric infectious disease physician who participates in the Lurie's Children's Hospital at Cadence Health Pediatric Program, will discuss children's health issues.

Her topics will include:

- Common childhood viral illnesses
- When does my child need antibiotics
- When to worry
- What can I do to prevent viral infections

This program is intended for parents and professionals working with children younger than 18.

Wednesday, July 17
7:00 – 8:30 pm Dessert & Program
Danada House, Wheaton

Find a doctor

Looking for a primary care doctor or a specialist? Visit the Cadence Health website and use our search function to find the right physician for you. Start your search at cadencehealth.org or call the information and physician referral service at 630.208.3993. TTY for the hearing impaired 630.208.4399.

* In the spirit of keeping you well-informed, the individuals identified are neither agents nor employees of Cadence Health or any of its affiliate organizations. These physicians have selected our facilities as the place where they want to treat and care for their private patients.

Get informed. Get inspired. Get well.

Cadence Health offers wellness classes to help you and your family stay healthy. From pregnancy and child care to heart health, cancer care, fitness and weight control, many topics are covered and classes are available for both children and adults.

Pregnancy and childbirth

Birthplace Tours

Even if you've already chosen Delnor for your birth experience, you'll enjoy this quick, informative tour of our NewLife Maternity Center. Includes a question-and-answer session with a registered nurse.

1st and 3rd Sunday of each month, 1pm

Delnor Hospital, Geneva

Breastfeeding Basics

Breastfeeding provides a strong nutritional and bonding foundation for your new baby and enhances your recovery experience. Learn why breastfeeding is important for both you and your baby and how to get off to a good start.

Thursdays

June 20, July 18, August 15, September 19
6:30 – 9:00 pm

Delnor Hospital, Geneva
\$30/couple



Childbirth Education

Learn what physical and emotional changes you can expect during pregnancy, labor and delivery. Labor support techniques, including relaxation and breathing exercises, as well as options for reducing pain, will be discussed. Includes a tour of the NewLife Maternity Center. This class should be taken in or near the seventh or eighth month of pregnancy. Please bring two pillows and a blanket to class.

Tuesdays

June 18 – July 16
July 30 – August 20
September 10 – October 1

Wednesdays

June 19 – July 17
July 31 – August 21
September 11 – October 2
7 – 9 pm

Delnor Hospital, Geneva
\$80/couple

Childbirth Express

Provides all the information from Childbirth Education in a streamlined, one-day session. A tour of the NewLife Maternity Center is included. We recommend taking this class in or near the seventh or eighth month of pregnancy. Please bring two pillows and a blanket to class.

Saturdays

June 22, July 20, August 17, September 21
8:30 am – 4:30 pm

Delnor Hospital, Geneva
\$95/couple

Pregnancy and childbirth (continued)

Big Brother, Big Sister

Help your child welcome a new sibling to the family. Various activities show you how to include your child in the birth experience, help him/her adjust to the new family member and reduce sibling rivalry. Children learn where mom and baby will stay, read stories about brothers and sisters, explore changes that are happening at home, learn how to hold an infant and more. Children are encouraged to bring their own baby picture to class. All ages will receive age-appropriate information.

Saturdays

June 8, July 13, August 10, September 14
9:00 - 10:15 am (ages 2 – 8)

Delnor Hospital, Geneva
\$15/child (includes T-Shirt)

ABCs of Infant Care

While bringing your baby home for the first time is exciting, it also can be a little frightening. This class will help reduce your anxiety by addressing child care basics. Topics include safe sleep, bathing, feeding and comforting your baby. Please bring a teddy bear or doll to class. Prospective parents, grandparents or caregivers are encouraged to attend.

Tuesdays

June 4, July 23, August 27

Wednesdays

June 5, July 24, August 28
6:30 – 9:00 pm

Delnor Hospital, Geneva
\$30/couple

Mommy Fit

Mommies who keep themselves strong and healthy during pregnancy have an improved labor and delivery experience and an easier recovery time. Cadence Fitness & Health Center offers fitness classes to prepare you for your baby's arrival, as well as help you maintain those healthful habits afterward. Classes are available to Cadence Fitness & Health Center members at no charge.

Mondays, Prenatal/Postnatal Yoga Class
6:30 pm

Tuesdays, Prenatal/Postnatal Aquatic Class
7:00 pm

Thursdays, Prenatal/Postnatal Aquatic Class
6:15 pm

Saturdays, Prenatal/Postnatal Aquatic Class
9:30 am

Cadence Fitness & Health Center, Geneva
\$48/per class/month

To register, call 630.938.9000

Infant & Child CPR

Be prepared for an emergency. Performing CPR on a child or infant requires different techniques than those used on adults. In this class you will learn American Heart Association CPR tailored to children and infants. For those who do not require a course completion card for work or school.

Call for dates and times

Delnor Hospital, Geneva
\$15/person



For new parents and parents-to-be

Cadence Health is here for you and your baby with state-of-the-art facilities at our CDH and Delnor campuses, including private, spacious mother-baby suites, special care nursery and the personalized, attentive care of our highly trained mother/baby staff.

Bringing up baby

Boot Camp for New Dads

This workshop is designed for new fathers and taught by experienced dads. Expectant fathers will gain confidence by asking questions, sharing concerns and seeking guidance about practical and emotional issues. Facilitated by a master coach and assisted by recent boot camp graduates who bring in their babies for hands-on learning.

Saturdays

June 8 or August 10
9:00 am – 12:30 pm

Delnor Hospital, Geneva
\$20/per class (includes T-Shirt)

Vaccine Clinic

Bi-monthly vaccine clinics are held at Delnor Hospital. Children must meet one of the following requirements for participation: Medicaid coverage or uninsured.

Call 630.208.3999 to schedule an appointment.

Classes for kids

Girl Talk

Join a Cadence health educator in a relaxed setting for a discussion about growing up and the physical and emotional changes that girls experience during adolescence. This class is designed for mothers and daughters (girls 10–12 years old).

Wednesday, June 5

7:00–8:30 pm

Delnor Hospital, Geneva

Girl Talk & Baby Talk

In addition to the topics discussed in Girl Talk, a Cadence Health educator will include general information about reproduction. Designed for mothers and daughters (12–14 years old).

Wednesday, July 31

7–9 pm

Delnor Hospital, Geneva

Babysitting 101

Designed for kids 11–14 years old, this interactive class covers all aspects of being a great babysitter. Learn many skills to care for babies and children, including how to handle an emergency, basic first aid and safety. Plus, learn fun games, child development, discipline techniques and much more. Class includes a hands-on supervised visit to the Fit-N-Fun day care center in the Cadence Fitness & Health Center where babysitters show off their new babysitting skills. Please bring a sack lunch.

Saturday

June 1, August 3

9 am–2 pm

Sunday

July 14, August 4

9 am–2 pm

Call for location

\$30/person



Kits for Kids

Do you want to teach a class about hand-washing, but need the tools to do so? Check out our free Kits for Kids, which contain everything a parent, scout leader or teacher needs to present a lesson, including script, worksheets, interactive demonstrations and general information.

Hand-Washing: Your First Defense Against Disease

Seeing is believing! The kit includes a black light and Glo Germ™ that shows kids if they are really washing effectively. Lessons explain the importance of hand-washing. Designed for preschool through fifth grade. For kit scheduling and information, call 630.933.4234.

Ride Smart! This kit is packed with information on bicycle safety and helmet use. It includes a gelatin brain mold, helmet experiment, identification stickers, coloring books and more. Designed for preschool through second grade. For Ride Smart kit scheduling and information, please email kitsforkids@cadencehealth.org.

Cancer support programs

Cadence Health is proud to partner with LivingWell Cancer Resource Center to host several cancer support programs at the CDH Cancer Center. Appointments are required. To schedule an appointment or to register, please call LivingWell Cancer Resource Center at 630.262.1111.

LivingWell Yoga*

Yoga enhances well-being by relieving tension, increasing flexibility and improving balance and strength. Participants in this weekly class enjoy gentle stretches, breathing exercises and conscious relaxation. Open to all cancer survivors, caregivers and family members.

Mondays
5:45 – 6:45 pm
Tuesdays and Thursdays
9:30 – 10:30 am



LivingWell Fitness*

This upbeat class takes you through a variety of fitness techniques, including cardiovascular routines and light weight training using fitness balls and bands. Movements can be modified for all levels of fitness. Open to both men and women. Gym shoes are recommended.

Mondays
5:00 – 5:40 pm

Massage

People living with cancer can enjoy the healing touch of massage provided by licensed massage therapists. **Massage is available by appointment at LivingWell in Geneva and at the CDH Cancer Center in Warrentville. Doctor's release required.**

To register, call 630.262.1111 TTY for the hearing impaired 630.208.4399

Cadence Health Cancer Survivor Day

Join us to celebrate survivorship.

June 2013

Call 630.933.4234 for details. TTY for the hearing impaired 630.933.4833.



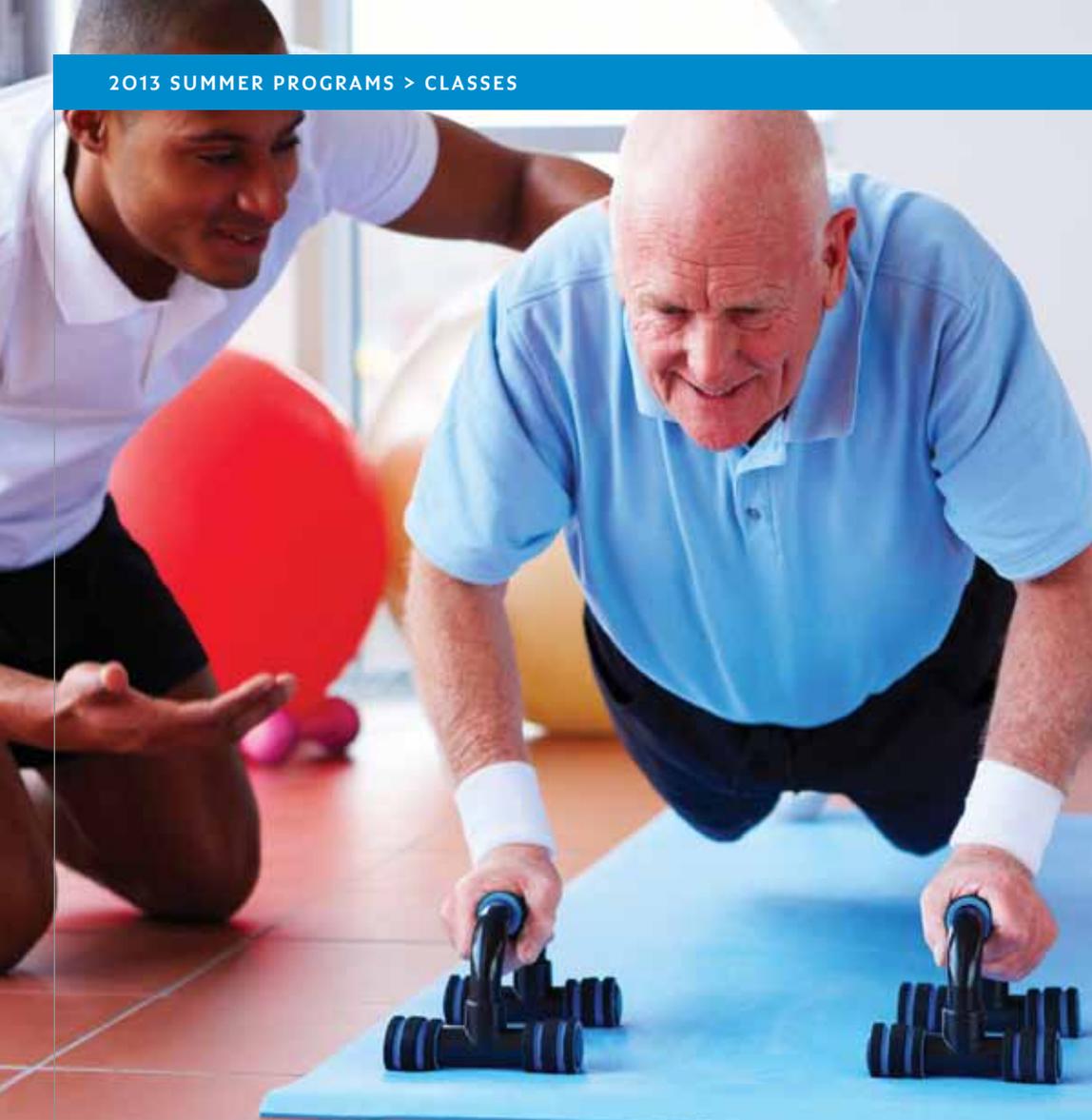
Reiki

Reiki (pronounced ray-kee) is a gentle, non-invasive energy healing system that channels energy through the hands of a trained practitioner, which are placed on or above the client's fully clothed body. Reiki supports the body's own healing process, promoting deep relaxation, well-being and inner calm. Open to those diagnosed with cancer. **Reiki is available by appointment at LivingWell in Geneva and the CDH Cancer Center in Warrentville.**

Parent Consultations

LivingWell offers consultations with a member of our clinical staff for parents who have questions about talking to kids about cancer and how to best support children during the cancer experience. **Please call to set up an appointment.**

* Prior to these classes, you will need to complete participant forms and receive a medical release from your physician. Copies of participant forms can be obtained by contacting the LivingWell Cancer Resource Center at livingwellcrrc.org or by calling 630.262.1111.



Cadence Fitness & Health Center

The Cadence Fitness & Health Center provides members with everything they need to stay active and healthy. Complement your workout with an array of massage services to help you relax and renew. To learn more about our membership classes or the following programs, visit cadencefitness.org or call 630.938.9000.

To register, call 630.938.9000 TTY for the hearing impaired 630.208.4399

Medically integrated lifestyle programs

The programs at the Cadence Fitness & Health Center listed below are membership programs, not specific classes. Please call for membership pricing information at 630.938.9000.

Diabetes Exercise Care

This comprehensive program includes exercise, diet and healthful habits instruction for those with Type 1, Type 2 or pre-diabetes. The program provides an opportunity to learn safe and effective exercises and other healthful behaviors that will help participants manage this complex disease and improve their quality of life.

Survivor Care

Survivor Care is a lifestyle maintenance program that is designed for cancer patients who have completed physical therapy and would like to continue to improve on their own. Each fitness program is customized to each patient.

AfterCare

If you have been receiving rehabilitation physical therapy for an injury, post-surgery or any other condition, AfterCare will help you transition to independence. This program of strengthening and conditioning includes one-on-one supervision from a certified personal trainer.

The Right Weigh

This program provides participants with the instruction and encouragement they need to achieve their healthiest weight and be fit enough to participate in all the activities they enjoy. To help them commit to new habits, members are held accountable every step of the way. The program includes a life coach, registered dietitian, and certified and degreed personal trainer.

Cardiac Fitness

Exercise is an essential component of heart health and cardiac rehabilitation. The Cardiac Fitness program is intended for those who have completed a rehabilitation program and are ready to transition to their own self-administered plan. Using the FACT (fitness, assessments, cardio and training) system, participants learn to increase strength, lower blood pressure, relieve stress and control their weight. Cardiac Fitness includes one-on-one supervision from a certified and degreed personal trainer, registered dietitian, emotional support and tips for adopting healthful habits to reduce the risk of future heart problems.

To register, call 630.938.9000 TTY for the hearing impaired 630.208.4399

Aquatic programing

Call for date, time and costs

Therapeutic Exercise

Aquatic exercise is a great way for those with arthritis and other chronic conditions to maintain cardiovascular fitness, increase muscle strength and improve flexibility. Therapeutic Exercise is a water workout that helps you improve your mobility, lose weight and lessen pain — all without stressing your joints.

Ai Chi

This is a form of aquatic exercise that strengthens the body while promoting relaxation and fostering a healthy mind-body relationship.

OrthoKids

This is a therapeutic class designed for children with neurological and orthopaedic conditions. These children often benefit from the properties of warm water, which helps maximize movement, builds muscle strength and facilitates independence. Swimming and ambulation skills are not a prerequisite.

* In the spirit of keeping you well-informed, the individuals identified are neither agents nor employees of Cadence Health or any of its affiliate organizations. These individuals have selected our facilities as the place where they want to treat and care for their private patients.

Senior fitness programs

Seated Exercise, Seated Cardio, Seated/Standing Low Impact, Strength & Balance and Gentle Yoga

These classes will help you increase muscle strength and endurance while also improving your flexibility and balance. Gentle exercise also can increase feelings of relaxation, help manage pain and improve overall quality of life. Classes are held at the Cadence Fitness & Health Center, Salvation Army and local churches.

Call for date, time, location and cost

Nutrition counseling

Get on Track to Make Better Nutritional Choices

Nutrition and exercise go hand-in-hand to achieve and maintain a healthful lifestyle. Without proper nutrition, an exercise program can fail to achieve the results you want. Let Cadence Fitness & Health Center's registered dietitians* expertise and knowledge help you to reshape your lifestyle and increase well-being.

Call to schedule an appointment



Heartsaver AED & CPR

Learn what to do in an emergency situation. This class teaches CPR and automated external defibrillation (AED), as well as how to relieve choking. Participants will receive a CPR/AED certification card with a two-year expiration date. To register, call 630.938.9000. Registration is required.

Wednesday
September 11
6 – 8:30 pm

Cadence Fitness & Health Center, Geneva
\$30/participant

Group Heartsaver AED/CPR Classes

Does your company, group or facility need training? Our trained instructor will come to your location to run an American Heart Association certification class based on your training needs. Contact Ginny Schwartz for fees and scheduling.

gschwartz@powerwellness.com
630.938.9409

Weight management

The following programs are designed to aid in weight loss and to provide support to bariatric patients. If you are a surgical or medical weight management patient new to the Cadence Health weight management services, please call 630.933.2613 to learn about participation and eligibility. A physician's exercise clearance is required for all participants.

Weight Management Informational Meetings at CDH

These programs focus on general information for those seeking possible treatment for obesity and include a question-and-answer session with the bariatric nurse clinician or dietitian* associated with Central DuPage Hospital's weight management services.

Mondays
June 3 & 10, July 1 & 8, August 5 & 12
September 9
6:30 – 7:30 pm

Fridays
June 28, July 26, August 23, September 27
11 am – noon

Central DuPage Hospital, Winfield

Weight Management Aquatic Exercise

Appropriate for all ages and fitness levels, aquatic exercise is a great way to improve cardiovascular conditioning, strength and flexibility while putting less stress on your joints.

Call for dates and fees

Mondays and Wednesdays
7:30 – 8:15 pm

Wheaton Sport Center, Wheaton

Weight Management Informational Meetings at Delnor

These programs focus on general information for those seeking possible treatment for obesity and include a question-and-answer session with the bariatric nurse clinician or dietitian* associated with Delnor Hospital's weight management services.

Thursdays
June 6 & 20, July 18, August 1 & 15,
September 5 & 19
7 – 8 pm

Delnor Hospital, Geneva

Weight Management Cardio/Circuit Conditioning

This class offers exercises for cardiovascular endurance, fat burning, strength training and stretching.

Call for dates and fees

Tuesdays and Thursdays
5:15 – 6:45 pm

Cadence Medical Offices, Lower Level,
Wheaton

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General health and wellness

Smoking Cessation

Looking for help stopping smoking? Try one of our smoking cessation classes or check out the Illinois Tobacco QuitLine at 866.QUIT.YES (784.8937) from 7 am – 7 pm Monday through Friday.

Freedom from Smoking

This Freedom from Smoking program is a step-by-step plan for quitting smoking. Common pitfalls to stopping smoking and staying smoke free are all part of the plan to successfully help you stop smoking for good.

Tuesdays
July 30, August 6, August 13, August 20,
September 3

Thursdays
August 1, August 8
7:00 – 8:30 pm

Cadence Fitness & Health Center, Geneva

Diabetes Cooking Demonstration

Join registered dietitian Maribell Alchin, MBA, RD, LDN, Meijer Healthy Living Advisor, for a discussion and cooking demonstration on using whole grains in diabetes care. You will learn how to cook with alternative whole grains for a healthier meal plan. During the cooking demonstration she will also showcase the "Easy Meals, Healthy Families" workbook which has easy meal solutions and information on diabetes. Space is limited, so sign up early!

Thursday
September 19
6 – 7 pm

Cadence Fitness & Health Center
To register call 630.208.3999

Medicare Counseling

Make an individual appointment with a counselor from the Senior Health Insurance Program (SHIP).

Call to schedule an appointment



Behavioral health

The Best Years of Their Lives?

Today's teens often face overwhelming schedules, high performance expectations and magnified social stress. Is your child exhibiting signs of anxiety while trying to balance it all?

Learn what to watch for to determine if your adolescent is on anxiety overload:

- Excessive fears and worries, or increased irritability
- Tendency to be excessively wary and vigilant
- Continual nervousness, restlessness or extreme stress
- Dependent, withdrawn or avoiding social situations
- Physical symptoms: stomachaches, headaches, fatigue or muscle tension
- Increased absenteeism from school
- Evidence of self-harming behaviors

Visit cadencehealth.org/bestyears for a full description of these events.

Monday, June 10

6:30 – 8:30 pm

Delnor Hospital, Geneva

Wednesday, June 12

6:30 – 8:30 pm

Central DuPage Hospital, Winfield

To register, call 630.933.4234 TTY for the hearing impaired 630.933.4833

Diabetes Education Services are now available in two locations.

Both locations offer support for Type 1, Type 2 and Gestational Diabetes patients.

To schedule an appointment, please call: 630.208.3345. TTY for the hearing

impaired 630.208.4399.

Cadence Convenient Care

offers services for many urgent but non-emergency health needs



Services provided at a Cadence Convenient Care:

- Care of injuries such as sprains, fractures, minor cuts and burns
- Diagnosis and treatment of non-chronic illnesses such as flu, strep throat, asthma, and conjunctivitis
- Physicals for school, sports and camp
- Lab tests ordered by physicians
- Pre-admission testing to prepare for a scheduled surgery or hospital procedure
- X-ray
- Mammograms
- Health screenings

Conditions that should be treated in the emergency department:

- Chest pain
- Uncontrollable bleeding
- Shortness of breath
- Major trauma

If time permits, call your primary care physician to discuss symptoms. Physicians can help determine whether emergency, convenient care or an office visit is best. When in doubt, go to the ED immediately.

Cadence Convenient Care locations:

Bartlett

Naperville

Bloomington

St. Charles

Glen Ellyn

Wheaton

For locations and hours, please visit cadencehealth.org.

Support groups

Please refer to the phone numbers listed below for more information about each support group.

Addiction

Location: Behavioral Health Services at Central DuPage Hospital, Winfield

Alanon & Alateen

For family and friends affected by alcoholism, substance abuse and other addictions.

Thursdays, 7:30 – 8:30 pm
630.627.4441

Alcoholics Anonymous

For individuals struggling with alcohol abuse/dependence.

Various days, times and locations each week
630.653.6556

Cocaine Anonymous

For individuals struggling with cocaine abuse/dependence.

Sundays, 8:30 – 9:45 pm
773.202.8898

Families Anonymous

For families and friends concerned about drug abuse or related problems.

Thursdays, 8 – 9 pm
773.777.4442

Narcotics Anonymous

For individuals struggling with narcotics addictions.

Mondays, 7 – 8 pm
Saturdays, 6:30 – 7:30 pm
708.848.4884

Overeaters Anonymous

For individuals struggling with overeating.

Saturdays, 9 – 10 am
708.346.0000

Sexaholics Anonymous

For individuals struggling with sex addictions.

Saturdays, 7:30 – 8:30 pm
630.415.0341

Bereavement

Footprints Perinatal and Pregnancy After Loss

The group provides support for bereaved men and women who have experienced early pregnancy loss, stillbirth or the death of an infant during the first few months of life.

Call for time and location
630.232.2233

Life After Loss

For individuals who have lost a spouse, parent or sibling.

Semimonthly on Tuesdays, 10:00 – 11:30 am
Semimonthly on Thursdays, 6:30 – 8:00 pm

Contact coordinator for information and location
630.933.7888

The Daughter's Circle

For women coping with the loss of a mother.

Semimonthly on Thursday, 6:30 – 8:00 pm

Contact coordinator for information and location
630.933.7888

Share Pregnancy and Infant Loss

This group offers support for bereaved men and women who have experienced early pregnancy loss, stillbirth or the death of an infant during the first few months of life.

Every fourth Monday, 7:00 – 8:30 pm

Central DuPage Hospital, Winfield
630.933.4234

Cancer

Breast Cancer Networking Group

This group provides an opportunity to network, share information and concerns and exchange information with others facing a breast cancer diagnosis. Caregivers welcome.

First Monday of each month, 7:00 – 8:30 pm

Central DuPage Hospital, Winfield
630.933.4224

Third Monday of each month, 7:00 – 8:30 pm

LivingWell Cancer Resource Center, Geneva
630.262.1111

Caregivers

A 12-week support group for individuals whose loved ones are facing cancer.

Tuesdays, 6:30 – 8:00 pm

LivingWell Cancer Resource Center, Geneva
630.262.1111

Club Courageous

Weekly support group designed for children ages 6–17 with a cancer diagnosis or with cancer in the family.

Thursdays, 4:30 – 5:30 pm

LivingWell Cancer Resource Center, Geneva
630.262.1111

Facing Cancer Together (FACT)

A 12-week evening support group for individuals with all types and stages of cancer.

Tuesdays, 6:30 – 8:00 pm

LivingWell Cancer Resource Center, Geneva
630.262.1111

Every effort has been made to ensure the accuracy of contact information pertaining to the Support Groups. If you find an inaccuracy, please contact us at 630.933.4234. TTY for the hearing impaired 630.933.4833.

Good Grief

For those who have lost someone to cancer.

Thursdays, 6:00 – 7:30 pm

LivingWell Cancer Resource Center, Geneva
630.262.1111

Gynecological Cancer Networking Group

Open to individuals with ovarian, cervical, uterine and other gynecological cancers.

First Monday of each month, 7:00 – 8:30 pm

LivingWell Cancer Resource Center, Geneva
630.262.1111

Leukemia, Lymphoma and Multiple Myeloma Networking Group

For those impacted by leukemia, lymphoma or multiple myeloma.

Third Monday of each month
7:00 – 8:30 pm

LivingWell Cancer Resource Center, Geneva
630.262.1111

Mastectomy Networking Group

For women who have had a mastectomy. This group focuses on the emotional, physical and psychological impact of a mastectomy.

Second and fourth Wednesday of each month, 7:30 – 9:00 pm

LivingWell Cancer Resource Center, Geneva
630.262.1111

Men and Cancer Breakfast

An informal gathering to provide fellowship and encourage sharing over a home-cooked meal. This group is open to cancer survivors, as well as those men who have a spouse, other family members or a friend with cancer.

Third Saturday of each month
8:00 – 9:15 am

LivingWell Cancer Resource Center, Geneva
630.262.1111

Teen Support

Open to teens ages 13–17 who have been impacted by cancer.

Call for meeting dates

LivingWell Cancer Resource Center, Geneva
630.262.1111

Us TOO Prostate Cancer Support Group

This educational support group is open to all newly diagnosed males, spouses and loved ones. Topics covered include prostate cancer treatment options, surgery, radiation, medication, nutrition and psychology.

Third Tuesday of each month,
10:30 – 11:30 am

LivingWell Cancer Resource Center, Geneva
630.262.1111

Medical conditions

Alzheimer’s

For individuals affected by Alzheimer’s and their family members.

Fourth Tuesday of each month, 7 pm

Call for location
630.443.8220

Amputee

For individuals who have experienced an amputation.

Last Wednesday of each month, 9 am

Call for location
630.208.4460

Brain Aneurysm

Provides education and support for people diagnosed with a brain aneurysm while exploring opportunities to raise public awareness.

Select Mondays, 6:00 – 7:30 pm

Central DuPage Hospital
630.933.2191

Brain Tumor Resource and Support

For individuals affected by brain tumors and their family members. Caregivers welcome.

First and third Wednesdays, 7:30 – 9:00 pm

LivingWell Cancer Resource Center, Geneva
630.262.1111

Fibromyalgia

For individuals affected by fibromyalgia.

Second Sunday of each month, 6:30 pm
Fourth Wednesday of each month, 1 pm

Call for location
630.641.6942

Huntington’s Disease

For individuals affected by Huntington’s disease.

Every other fourth Sunday, 2 pm

Call for location
630.761.8596

Insulin Pump

For individuals who use insulin pumps. Call for dates, times and location

630.262.6078

Low Vision

For individuals who are visually impaired. The support group teaches useful skills for adapting to visual impairment.

Second Sunday of each month,
1:45 – 3:30 pm

Belmont Village, Carol Stream
630.690.7115

Lupus

Provides emotional support and useful insights for adults living with lupus.

Second Thursday of each month (no June, July, August)
10 am – noon

Cadence Medical Offices, Wheaton
630.416.6878

Mended Hearts

A recovery support group for anyone with heart-related issues.

Third Monday of each month (no June, July, August)
7:30 – 9:00 pm

Central DuPage Hospital, Winfield
630.933.2252

Mended Little Hearts

Provides hope and support to children, families and caregivers impacted by congenital heart defects in order to extend and improve quality of life.

Call for dates and times, 7–9 pm

Pediatric Outpatient Waiting Area
Central DuPage Hospital, Winfield
630.933.4234

Myasthenia Gravis

Provides information and support for individuals living with this disorder.

May 19, 1–3 pm

Central DuPage Hospital, Winfield
630.897.0185

Ostomy

Provides education and support for people living with intestinal illness.

Fourth Wednesday of each month
7:00–8:30 pm

Advocate Good Samaritan Hospital
Downers Grove, 630.275.5900

Second Wednesday of each month, 10 am

Call for location
630.208.4460

Parkinson's Disease

Provides education and support for people living with Parkinson's disease.

Third Saturday of each month, 10:30 am

Call for location
630.761.9750

Parkinson's/Movement Disorders

Provides education and support for people living with Parkinson's disease or other movement disorders.

Third Thursday of each month
10:00–11:30 am

Call for location
630.933.6488

Seizure and Epilepsy

For parents of children and adults living with epilepsy and other seizure disorders.

Second Wednesday of each month, 7–9 pm

Central DuPage Hospital, Winfield
630.289.5577

Stroke

For individuals who have experienced a stroke and their family members. Call for dates, location and times.

630.933.3278

Mental health

Location: Behavioral Health Services at
Central DuPage Hospital, Winfield

Adult Survivors of Child Abuse (ASCA)

For individuals working through the long-term effects of abuse in their childhood.

Mondays, 7–9 pm
Chiwestsub.asca@gmail.com

Depression and Bipolar Support Alliance

For individuals and their family affected by clinical depression or bipolar disorder.

Second and fourth Tuesdays
7:30–9:00 pm

630.466.4851

NAMI Connections

A recovery support group for people living with mental illness.

Wednesdays, 7:00–8:30 pm

630.752.0066

New moms

Breastfeeding

New moms can exchange information and experiences about breastfeeding.

Mondays
10 am – noon

Delnor Hospital, Geneva
630.208.4070

FYI Moms

This weekly group functions both as a social and support outlet. It helps new moms meet other new moms and is facilitated by a registered nurse. Bring your babies to interact with others.

Tuesdays, 10 am – noon
Cadence Medical Offices, Wheaton

Tuesdays, 1–3 pm
Cadence Medical Offices, St. Charles
630.933.4234

Postpartum Connection:

This group for women with Perinatal Mood Disorder (PMD) helps new mothers better understand and cope with the challenges that can follow birth. Led by a specialist in perinatal mood disorders. Bring your babies to interact with others.

Wednesdays, 11:00 am – 12:30 pm
Thursdays, 6:30 – 8:00 pm

Central DuPage Hospital, Winfield
630.933.4234

Women in Need (WIN)

For women affected by postpartum depression.

Tuesdays, 10 am

Call for location
630.232.1070

Weight management

Call for location: 630.933.6745

Nutrition

Focuses on the nutrition and behavioral aspects of weight-loss surgery for successful long-term weight management.

Third Wednesday of each month
6:30–8:00 pm

Lap-Band®

Focuses on the needs of individuals who have had or are preparing for laparoscopic obesity surgery.

Fourth Monday of each month
6:30–8:00 pm