

Wellness Programs at Lake Forest Health & Fitness Center



Our center is committed to helping you achieve your health and wellness goals. We offer a variety of programs designed to meet your individual needs, from fitness and exercise to cancer support and nutritional guidance.

MyFitRx®

Through healthcare provider-based referrals and guided exercise, MyFitRx® is designed to help you improve your level of physical activity and feel comfortable and confident about fitness. Please ask us about our land and aqua schedule. If this program is right for you please call 847.535.6499 or email fzapata@nmhfc.com.

Massage for patients with cancer.

Complimentary therapeutic massages are available to our patients undergoing and beyond cancer treatment. An appointment is necessary. Services are offered at two locations: Northwestern Medicine Lake Forest Hospital Cancer Center – please call 847.535.7946 or email alejandra.alfaro@nm.org and Northwestern Medicine Cancer Center Grayslake – please 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. To schedule an appointment, please call 847.582.2134.

Survive Strong

This program is designed for individuals diagnosed with any stage of cancer who are experiencing fatigue, weakness or are unsure how to initiate exercise. This is an eight-week program, and a physician's approval is required. For the complete schedule and to see if this program is right for you please call 847.535.6499 or email fzapata@nmhfc.com.

Yoga for Cancer Survivors

Relieve stress and promote recovery from injury and illness. You set your own pace. For more information, class time or to register please call 847.535.7060 or email noelle.mack@nm.org.

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