

Program Guide



Your Health, Your Decisions Oct. 10
NEW! REROUTING: Choosing your course after cancer Oct. 12 – Nov. 9
Spooky Spectacular Oct. 25
Polar Express PJ Party Dec. 20

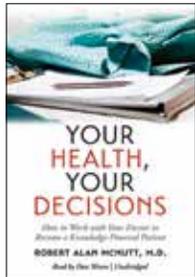
“With cancer, you learn what your priorities are and how you want to spend your energy.”

Holly and Jim Fiala

Special Events

To register online visit wellnesshouse.org or call 630.323.5150 for more information.

Your Health, Your Decisions



Registration Required

Tuesday

October 10

7:00 – 8:30 p.m.

Robert McNutt, M.D.

FACP

Dr. Robert McNutt,

Director of Outcomes

Research and Strategy

at Roji Health Intelligence, is an informed-medical-decision-making consultant who believes only patients should choose their care. He has an extensive background in clinical care, decision analysis, clinical epidemiology, health policy and medical journalism. McNutt is an adult and pediatric Oncologist/Hematologist whose experiences include private practice, serving as Medical Director of an HMO and Chairman of Medicine at the University of Wisconsin's clinical center in Milwaukee, Director of Research in Internal Medicine for Cook County Health System, and Chair of the Section of Medical Informatics and Patient Safety Research at Rush. Previously an Associate Editor at the Journal of the American Medical Association (JAMA), Bob is also an author. His most recent book is *Your Health, Your Decisions: How to Work with Your Doctor to Become a Knowledge-Powered Patient*.

NEW! REROUTING:

Choosing Your Course After Cancer

Registration Required

2nd Tuesdays

October 10, November 14, December 12

1:00 – 2:30 p.m.

1st Thursdays

October 5, November 2, December 7

7:00 – 8:30 p.m.

If you are not able to attend the 5-week program, we are also now offering a 90-minute abbreviated version of the series twice monthly. During this brief course, we will provide you with a “snapshot” of each of the categories from the full series.

NEW! REROUTING:

Choosing Your Course After Cancer 5-Week Post-Treatment Series

Registration Required

(You will receive the most benefit from attending each week in the series, though it is not required)

Thursdays

6:30 – 8:00 p.m.

October 12 – Introduction

October 19 – Social, Emotional, and Practical Aspects

October 26 – Exercise

November 2 – Nutrition

November 9 – Medical Concerns

**with Dr. Alex Hantel
of Elmhurst Hospital**

Finishing cancer treatment often elicits a full range of emotions as well as a new range of physical concerns and questions for both patients and caregivers. Many individuals who have completed treatment report a transition period in which they must learn to cope with a “new normal.” While often difficult to navigate, this transition period brings new opportunities to make healthy lifestyle changes in the way you eat, exercise, view relationships, and manage stressors. Join us for this new, interactive 5-week series that will provide you with the information that you need to create your own action plan as you choose your own course after cancer treatment.

Spooky Spectacular



Registration Required

Wednesday, October 25

6:00 – 7:30 p.m.

Our annual event is a time to come dressed in your Halloween best. Expect lots of fun, surprises, and spooky snacks! Families with kids of all ages are welcome. Snacks will be served and may contain common allergens.

Polar Express Pajama Party



Registration

Required

Wednesday

December 20

6:00 – 7:30 p.m.

Join us for a Polar Express pajama party! We will have crafts, delicious

treats, and tons of fun. Families with kids of all ages are welcome. Snacks will be served and may contain allergens.

Holiday Open House



Registration Required

Join us for our annual

Holiday Open House

Friday, December 8

4:30 – 6:30 p.m.

Join us for a very special evening!

You and your family are invited to share the holiday spirit at Wellness House.

Come enjoy the music, food and fun.

R.S.V.P. APPRECIATED

Visit www.wellnesshouse.org to register

To learn more about
our programs, visit
www.wellnesshouse.org

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“Seeing so many different types of people here at Wellness House taking charge of their own lives, that gives you hope.”

Holly and Jim Fiala

Hours of Operation

Monday – Thursday

Lobby: 8:30 a.m. – 7:30 p.m.
Programs: 7:30 a.m. – 8:30 p.m.

Friday

Lobby: 8:30 a.m. – 5:00 p.m.
Programs: 7:30 a.m. – 8:30 p.m.

Saturday

Lobby: 8:30 a.m. – 12:00 p.m.
Programs: 7:30 a.m. – 1:00 p.m.

Sunday

Closed

Closings:

Thanksgiving

Closed at 3:00 p.m. on
Wednesday, November 22

Closed November 23 – 26

Closed December 22 – 25

Open from 8:30 a.m. – 5:00 p.m.
with no programs December 26 – 29

Open from 9:00 a.m. – 1:00 p.m.
with no programs December 30

Closed Monday, January 1

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04 | Information & Education

07 | Exercise & Nutrition | Nutrition | Mind/Body Movement | Exercise

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13 | Child & Family Programs | Family Wellness | Kids & Teens | Kids & Parents

17 | Support Groups & Counseling | Weekly Support | Peer Networking | Bereavement

18 | Additional Locations | Arlington Heights | Berwyn | Chicago | Elmhurst | Hinsdale | Lisle | Maywood | Palatine

Welcome to Wellness Orientation

Mondays

12:00 – 1:00 p.m.

Tuesdays

3:30 – 4:30 p.m.

Wednesdays

9:30 – 10:30 a.m.

Thursdays

5:30 – 6:30 p.m.

Saturdays

October 7, 14, 21,

November 4, 11, 18,

December 2, 9, & 16

9:30 – 10:30 a.m.

New to Wellness House? Join us for an orientation that provides an overview of programs, a tour of the facility, and a chance to meet staff. This meeting is an opportunity for newcomers to learn more about the ways to benefit from Wellness House.

Online Welcome to Wellness Orientation

Registration Required

Fridays

12:00 – 1:00 p.m.

Join us for an online orientation and tour from the comfort of your own home. After registering, you will be provided with a link via email to join the meeting.

Individual & Family Orientation

Call 630.323.5150 to schedule an appointment.

If Welcome to Wellness is not convenient, schedule an individual or family appointment to learn more about programs and services

Whole Family Consultations

To arrange a consultation, please contact Jenna Kiel, Psy.D. at 630.654.5199 or jkiel@wellnesshouse.org.

Because a diagnosis of cancer can be an experience that affects the whole family, Wellness House encourages whole family consultations. During these sessions, you will meet with one of our counselors to learn how to better communicate and understand how cancer is impacting your family, as well as to determine how Wellness House can meet your family's specific needs. Family members of all ages and traditions are welcome.



Top Doc Lecture Series

Novel Approaches to Bladder Cancer

Registration Required
Tuesday, October 17
7:00 – 8:30 p.m.

Timothy M. Kuzel, MD, FACP
Professor of Medicine, Chief
Division of Hematology/Oncology/
Cell Therapy
Rush University Medical Center



Updates in Pancreatic Cancer

Registration Required
Thursday, November 2
7:00 – 8:30 p.m.

Donald L. Sweet, M.D., FACP
AMITA Cancer Institute



Updates in Lymphoma

Registration Required
Thursday, November 30
7:00 – 8:30 p.m.

Parameswaran Venugopal, MD
Professor of Oncology Chair,
The Samuel G. Taylor III, MD,
Professor of Oncology Chair,
Section of Hematology,
Department of Internal Medicine,
Rush Medical College
Rush University Medical Center



An Integrative Approach to the Oncology Patient

Registration Required
Tuesday, December 5
7:00 – 8:30 p.m.

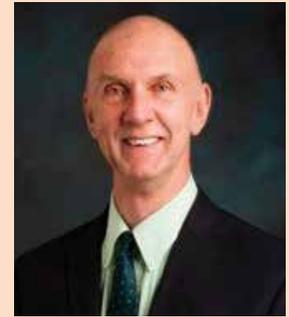
Arti Lakhani, MD
Hematology, Oncology
AMITA Health Institute



Your Health, Your Decisions

Registration Required
Tuesday, October 10
7:00 – 8:30 p.m.

Robert McNutt, M.D. FACP
Dr. Robert McNutt, Director of Outcomes Research and Strategy at Roji Health Intelligence, is an informed-medical-decision-making consultant who believes only patients should choose their care. He has an extensive background in clinical care, decision analysis, clinical epidemiology, health policy and medical journalism. Previously an Associate Editor at the Journal of the American Medical Association (JAMA), McNutt is also an author. His most recent book is *Your Health, Your Decisions: How to Work with Your Doctor to Become a Knowledge-Powered Patient*.



Advances in Lung Cancer Treatment

Registration Required
Thursday, December 14
7:00 – 8:30 p.m.

Surekha Boddipalli, MD
Hematology/Oncology
Viveka Boddipalli MD, MBA
Pulmonary Medicine
DuPage Medical Group

According to the American Cancer Society, lung cancer is the second most common cancer in men and women. In this presentation, you will learn about advances in screening and treatment for lung cancer, including immunotherapy and target treatment, as well as considerations for living with recovering from treatment.





“Wellness House offers comprehensive services for people dealing with cancer, self or loved ones. All of the people there are kind, caring, compassionate, and friendly. It is an environment of total care and acceptance.”

Wellness House Participant

Like What You See! Quick Steps to an Enhanced You

Registration Required

Monday, October 2
2:00 – 3:30 p.m.
Tuesday, November 7
2:00 – 3:30 p.m.
Tuesday, December 5
2:00 – 3:30 p.m.

Gayle Perzek & Catherine McMahon
Learn how to deal with some of the aesthetic side effects of treatment. Watch and learn how to tie scarves, quick make-up tips, and how to create eyebrows to improve your appearance and raise your confidence.

Idea Swap: Strategies to Help Avoid Regret

Registration Required

Tuesday, October 3
1:00 – 2:30 p.m.

Michael Williams, Psy.D.
Senior Oncology Support Counselor
Wellness House

Attend this program to actively connect with your peers along the cancer path to share what you have learned that has helped you avoid, or you believe will help you avoid, regrets about your life with cancer.

Look Good Feel Better

Registration Required

Monday, October 9
2:00 – 4:00 p.m.
Monday, November 13
2:00 – 4:00 p.m.
Monday, December 11
2:00 – 4:00 p.m.

Spend some time with others in active treatment learning how to manage hair, nail and skin changes due to cancer treatment.

This program is sponsored by the American Cancer Society.

Reiki for You

Registration Required

Thursdays
October 12, 19, 26
6:00 – 8:45 p.m.

Jane Van De Velde, DNP, RN,
Reiki Master Teacher

The Reiki Share Project

Reiki is a complementary healing practice that helps to promote relaxation and alleviate stress. Reiki is life force energy that works holistically to bring balance physically, emotionally, mentally and spiritually. In this class, you will learn

about working with Reiki energy and how to offer Reiki to yourself every day.

Participation in all three sessions is required.

The Divine Play

Registration Required

Saturdays
October 21 & November 18
10:00 a.m. – 1:00 p.m.
Mondays

October 30 & November 13
12:00 – 3:00 p.m.

Deviser-Facilitator Sara K. Schneider, Ph.D., is a professor at National Louis University, a yoga teacher, and a playwright.

The Divine Play is a two-hour experience intended to help you discover meaning in the twists and foibles of daily life, as well as a greater sense of belonging. The Divine Play involves drawing cards and telling stories from their prompts. Everyone is encouraged and supported in participating at their level in this safe space. Participants will be asked to provide feedback in the form of a brief evaluation.

Sidelining Side Effects with Acupuncture

Registration Required

Monday, October 23
1:00 – 2:30 p.m.

Bridget Juister, LAC, B Holistic

Join Bridget Juister from B Holistic for a presentation on how acupuncture can reduce common side effects of cancer and its treatments. She will also explain how acupuncture creates an inner balance to keep you centered through any situation, and will provide practical tips and strategies to change the way you cope with stress in your life. You may also be interested in Community Acupuncture on page 11.

Healthy Eating after Prostate Cancer

Registration Required

Wednesday, November 8
11:00 a.m. – 12:30 p.m.

Angela Dennison, RD, LDN
Oncology Dietitian, Wellness House

American Cancer Society

Wig Boutique

To make an appointment, call
Wellness House at 630.323.5150





Information & Education

We will discuss the most recent information about diet and prostate cancer to identify foods to safely include in your diet, as well as foods to limit.

Fight Fatigue with Exercise

Registration Required

Saturday, November 11

12:00 – 1:00 p.m.

Amanda Woods, MS, ACSM/ACS CET, ACSM EP-C, Oncology Exercise Coordinator, Wellness House

Fatigue is one of the most commonly reported side effects from cancer treatments. Can exercise help reduce fatigue? Yes! Learn how exercise can help reduce the severity of fatigue to help improve overall quality of life during and after cancer treatments.

Prostate Cancer Rehab: What are Kegels, and Am I Doing Them Right?

Registration Required

Tuesday, November 14

6:30 – 8:00 p.m.

*Andrew Nowak PT, D.P.T. LANA-Certified Lymphedema Therapist
Outpatient Physical Medicine,
Good Samaritan Hospital*

A clear and practical presentation regarding possible pelvic floor dysfunction after prostate surgery. The lecture will cover: what is the pelvic floor and its relationship to continence and sexual function, what can be the impact of prostate surgery to pelvic floor health as well as what you can do to enhance its function prior to and after surgery.

What You Need to Know about Preventing and Treating Oral Complications of Cancer Therapy

Registration Required

Thursday, November 16

7:00 – 8:30 p.m.

Michael Morgan, DDS, Smiles by Morgan
Dental complications and bisphosphonate-related osteonecrosis of the jaw (BRONJ) can be difficult and sometimes debilitating due to side effects of chemotherapy, radiation, and other cancer treatments.

In this session, Dr. Michael Morgan will discuss the risks, prevention, progression and treatment options for dental and periodontal complications.

Beyond Stress Care: Biobehavioral Strategies to Inhibit Cancer

Registration Required

Tuesday, November 28

7:00 – 8:30 p.m.

*Penny Block, Ph.D., Executive Director,
Block Center for Integrative Cancer
Treatment Institute for Integrative Cancer
Care Research & Education*

While we all know that chronic, unrelieved distress can impact many dimensions of our biology in unwanted ways, importantly, we now know — based on excellent research — that specific, simple daily practices can produce a change in gene expression that can inhibit cancer promoting factors. This is potent and empowering information. Join this talk and learn what you can do to help counter the consequences of understandable stress or distress that may accompany cancer and its treatments and help you to produce substantial biomedical benefits.

Renew Your Reiki

Registration Required

Tuesday, December 5

6:30 – 8:30 p.m.

*Jane Van De Velde, DNP, RN,
Reiki Master Teacher*

The Reiki Share Project

Join us to renew your Reiki practice. This program is for Reiki practitioners of any level who have taken a Reiki class at Wellness House or with other teachers. Experienced Reiki Masters will guide you through a traditional Reiki Share. We review basic concepts and hand positions, and answer questions. We will offer Reiki sessions to each other using massage tables. Join us for an evening of relaxation, renewal, and healing. You can always come back to Reiki.

This program is sponsored by The Reiki Share Project.

Healing Thoughts: Enhancing the Positive Power of the Mind

Registration Required

Thursday, December 7

7:00 – 8:30 p.m.

*Colleen M. Fairbanks, Ph.D.,
Licensed Clinical Psychologist*

We have approximately 60,000 thoughts per day. Gaining awareness of your thought process, learning how to slow down and shift your focus will lead to significant changes in your mood, relationship satisfaction, and quality of life. Participants will:

- Understand how thoughts influence their behavior and emotions
- Discuss common thinking traps
- Examine the benefit of positive thought habits
- Learn thought and behavior change techniques

The Healing Power of Storytelling: Performance & Presentation

Registration Required

Monday, December 11

6:00 – 8:00 p.m.

Storytelling is a wonderful way to find your voice and share your story. Come enjoy the work of other Wellness House participants and listen to their writings from The Healing Power of Storytelling Workshop. For more information about the workshop, please see Page 12.

“Chemo Brain” and Cognitive Rehab Strategies

Registration Required

Tuesday, December 12

7:00 – 8:30 p.m.

*Natalie E. Belling, MS, CCC-SLP
Speech Language Pathologist*

Loyola University Medical Center

Don't wander lost in the fog! Come learn about chemotherapy's very real cognitive side effects.



Exercise & Nutrition

Book Club

Option B: Facing Adversity, Building Resilience and Finding Joy by Adam Grant and Sheryl Sandberg

Registration Required

Please contact Valerie Piazza, LCPC, at 630.654.5118 or vpiazza@wellnesshouse.org for the weekly reading assignment.

**Tuesdays, October 10– November 21
2:00 – 3:00 p.m.**

Resilience comes from deep within us and from support outside of us. Even after the most devastating events, it is possible to grow by finding deeper meaning and gaining greater appreciation in our lives. Option B illuminates how to help others in crisis, develop compassion for ourselves, raise strong children, and create resilient families, communities, and workplaces. Two weeks after losing her husband, Sheryl was preparing for a father-child activity. “I want Dave,” she cried. Her friend replied, “Option A is not available,” and then promised to help her make the most of Option B. We all live some form of Option B. This book will help us all make the most of it.

Vintage Book Club

Registration Required

Please contact Kaitlin Wagner at 630.654.5115 or kwagner@wellnesshouse.org

**Thursdays, October 12,
November 9, December 14
2:00 – 3:00 p.m.**

– **October 12: Ages on Stages;
The Writer in the Family**
by E.L. Doctorow

– **November 9: Illness as Metaphor**
by Susan Sontag

– **December 14: How to Grow Old:
Ancient Wisdom for the
Second Half of Life**
by Marcus Tullius Cicero

Facilitated by Nancee Biank, LCSW

Through the reading of classic passages and books, this club will address questions and thoughts such as, how do we reconfigure a purpose for ourselves as we age and deal with cancer at the same time?

“This is a special place where you can be yourself while undergoing your treatment. You can face fear, uncertainty, laughter and hope with others who are on the same road as you.”

Wellness House Participant

Nutrition

NEW! Online Sidelining Side Effects

Registration Required

Monday, October 2

6:00 – 7:00 p.m.

Tuesday, November 7

12:30 – 1:30 p.m.

Tuesday, December 12

12:30 – 1:30 p.m.

The same information and support of Sidelining Side Effects will now be offered in the comfort of your own home. After registering, you will be provided with a link via email to join the meeting.

Eating with Side Effects

Cooking Demonstration/Discussion

Staff Registration Required

Contact Angela at

adennison@wellnesshouse.org or 630.654.5196 to register.

Thursday, October 5

6:00 – 7:30 p.m.

Angela Dennison, Registered Dietitian

During cancer treatment, eating can go from a pleasure to a chore. This cooking class is designed specifically for individuals experiencing treatment-related side effects and will feature recipes to combat eating difficulties and strategies to keep you nourished. Recipes prepared in this class may contain common food allergens.

NEW! Wellness in Action:

Hands-On Cooking Class

Staff Registration Required

Please contact Angela for details.

Monday, October 9

6:00 – 7:30 p.m.

Thursday, November 30

1:00 – 2:30 p.m.

Angela Dennison, Registered Dietitian

To register, contact Angela at 630.654.5196 or adennison@wellnesshouse.org.

Participation is limited to 10, and a registration form must be completed to be eligible for registration.

Join Angela for this hands-on learning experience in cooking your basic, but at times tricky, plant-based foods. Recipes prepared in this class may contain common food allergens.

Cooking Up Wellness

Cooking Demonstration/Discussion

Registration Required

Saturdays

**October 14, November 11, December 9
10:30 a.m. – 12:00 p.m.**

Mondays

***October 23, *November 13,
December 18**

6:00 – 7:30 p.m.

Angela Dennison, Registered Dietitian

*Adrienne Felder, Professional Chef,
The Whole Bite

Learn to appreciate real, fresh foods and simple culinary principles for cancer prevention and survivorship. This class and cooking demonstration will feature recipes to help you deliciously incorporate cancer-fighting foods into a diet for optimal health. Recipes prepared in this class may contain common food allergens.

Sidelining Side Effects

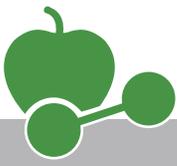
Registration Required

Mondays

**October 30, November 20
6:00 – 7:00 p.m.**

Tuesdays

**October 10, November 28
12:30 – 1:30 p.m.**



Exercise & Nutrition

Thursdays

November 16, December 7 & 21

6:00 – 7:00 p.m.

Friday, October 20

12:30 – 1:30 p.m.

Angela Dennison, Registered Dietitian

This single session class is designed specifically for individuals undergoing or about to begin treatment. It will focus on nutrition and lifestyle strategies to minimize and prevent the following side effects:

- Low Appetite or Excessive Weight Loss
- Taste Changes or Lack of Taste
- Nausea and Vomiting
- Diarrhea and Constipation
- Neuropathy

Wellness in Season

Cooking Demonstration/Discussion

Registration Required

Monday, November 6

6:00 – 7:30 p.m.

Monday, December 11

1:00 – 2:30 p.m.

Angela Dennison, Registered Dietitian

Join us for a fun class of cooking with a focus on preparing for the winter holidays. Celebrations don't have to include unhealthy food. Learn new recipes that contribute to the fun and to your health! Recipes prepared in this class may contain common food allergens.

NEW! Date Night: Couples Cooking Class

Registration Required

Tuesday, December 12

6:00 – 7:30 p.m.

Angela Dennison, RD, LDN

Karie Milewski-Carlson, LSW

Preparing food together is a great way to communicate and have fun. Join us for this cooking class to focus on nourishing your bodies and souls. This hands-on class will include making two recipes with your partner and enjoying your creation. Recipes prepared in this class may contain common food allergens. Participation is limited to 8 couples. *Please email Angela with dietary concerns at adennison@wellnesshouse.org.*

NEW! Wellness On-Going:

Plant-Based Diet Discussion Group

Staff Registration Required

To register, contact Angela Dennison

at 630.654.5196 or

adennison@wellnesshouse.org

Thursday, December 14

6:00 – 7:00 p.m.

Angela Dennison, RD, LDN

Maintaining a plant-based diet can be difficult. Join this discussion group to connect and share ideas with one another. This group is for anyone who has completed Cancer Nutrition 101/102 or Food For Life programs.

Individual Nutrition Consultations

Registration Required

To schedule an appointment, contact

Angela Dennison at 630.654.5196 or

adennison@wellnesshouse.org

Angela Dennison, Registered Dietitian, will assist you in meeting your nutrition goals by providing personalized strategies based on your specific needs. No matter where you are in your cancer journey, you will work with Angela to learn how to nourish your body, while focusing on healthy eating habits.

Exercise

A Physician's Medical Release and Health

History are required for all exercise

participants. To register or to schedule an

exercise consultation, contact

Amanda Woods at 630.654.5194 or

awoods@wellnesshouse.org.

No Exercise Class, Mind Body

Movement, or Open Gym

December 22 through January 1

Balancing Act! Improve Your Balance and Help Prevent Falls

Registration Required

For more information, contact Amanda

Woods at 630.654.5194 or

awoods@wellnesshouse.org.

Wednesdays, October 4 – October 25

12:30 – 1:30 p.m.

Chandra Jadhvani, Physical Therapist

This 4-week series is designed to help keep you on your feet and prevent falls.

You will learn how to use those "spare moments" to enhance your balance with activities that can be done almost anywhere. Chandra Jadhvani, Physical Therapist, will also share fall prevention tips to help keep you safe at home. A current physician medical release and health history are required.

Tai Chi Fundamentals®

Drop-ins welcome, join any or all classes

Saturdays, October 14 – November 18

9:00 – 10:00 a.m.

Tai Chi Fundamentals® offers a simplified introduction to traditional Yang-style Tai Chi. This gentle approach harnesses the mind-body connection while teaching participants to listen to and work with their bodies as they perform relaxed, fluid movements while cultivating a calm, alert mental state. Other benefits include increased endurance, balance, body awareness, and stress relief.

Pink Ribbon Fitness Series:

Take Control of Your Recovery

Registration Required

For more information and registration,

contact Jeri Lau at 630.654.5113

or jlau@wellnesshouse.org.

Tuesdays, October 17 – November 21

1:00 – 2:00 p.m.

Jeri Lau, ACSM/ACSCET, CETICES,

Oncology Exercise Specialist.

Learn how exercise can help you thrive following breast cancer surgery. You may be surprised to discover that you do not need to experience physical limitations after breast surgery and you can gain full mobility, control and stamina. Both educational and experiential, this 6-week series is designed for those who are newly diagnosed or who have recently completed surgery. A current physician medical release and health history are required.



Exercise & Nutrition

Exercise for Getting Well

Registration Required

Mondays/Wednesdays/Saturdays

11:30 a.m. – 12:30 p.m.

Tuesdays/Thursdays

10:30 – 11:30 a.m.

11:30 a.m. – 12:30 p.m.

Self-paced aerobic exercise followed by gentle instructor-led exercises for people experiencing physical difficulties due to cancer treatment, with focus on reducing treatment side effects, improving activities of daily living, and maintaining strength and endurance.

Exercise for Staying Well

Registration Required

Self-paced aerobic exercise followed by instructor-led exercises for increasing endurance, strength, flexibility and balance. This program is suitable for survivors interested in regaining fitness and improving health through regular exercise.

Level I — appropriate for participants who can stand while exercising for at least 30 minutes

Mondays/Wednesdays/Saturdays

10:30 – 11:30 a.m.

Tuesdays/Thursdays

8:30 – 9:30 a.m. or

9:30 a.m. – 10:30 a.m.

Fridays

9:30 – 10:30 a.m.

Level II — appropriate for participants who can complete floor exercises and get up without assistance

Mondays

9:30 – 10:30 a.m.

4:30 – 5:30 p.m.

5:30 – 6:30 p.m.

Tuesdays/Thursdays

7:30 – 8:30 a.m.

Wednesdays/Fridays/Saturdays

8:30 – 9:30 a.m.

Thursdays

5:30 – 6:30 p.m.

Exercise for Living Well

Registration Required

Mondays, 8:30 – 9:30 a.m.

Saturdays, 7:30 – 8:30 a.m.

Aerobic warm-up followed by a new resistance plan each month designed to teach independent exercise. This program is suitable for post-treatment survivors interested in learning how to exercise independently to continually advance overall fitness.

Pink Ribbon Fitness

Registration Required

Mondays, 6:30 – 7:30 p.m.

Saturdays, 9:30 – 10:30 a.m.

Customized exercises for breast cancer survivors.

Pilates

Registration Required

Wednesdays, 9:30 – 10:30 a.m.

Saturdays, 8:30 – 9:30 a.m.

Beginner Mat Pilates

Core, Balance & Flexibility

Registration Required

Thursdays, 6:30 – 7:30 p.m.

Cardio warm-up followed by exercises that use core muscles to increase strength, endurance and balance.

Open Gym

Drop-ins Welcome

Mondays

7:30 – 8:30 a.m. & 12:30 – 5:30 p.m.

Tuesdays, 12:30 – 5:00 p.m.

Wednesdays

7:30 – 8:30 a.m. & 3:30 – 5:30 p.m.

Thursdays, 12:30 – 5:30 p.m.

Fridays, 7:30 – 8:30 a.m.

Participants may use the exercise facilities for independent exercise. Staff will be available to answer exercise-related questions and instruct the proper use of exercise equipment. Current medical information and medical release forms are required.

Mind/Body Movement

Beginning Mat Yoga

Drop-ins Welcome

Mondays, 6:30 – 7:30 p.m.

Wednesdays, 5:30 – 6:30 p.m.

Thursdays, 9:30 – 10:30 a.m.

Fridays, 10:30 – 11:30 a.m.

Gentle, beginner and restorative mat-based yoga postures.

Beginning Chair Yoga

Drop-ins Welcome

Tuesdays, 11:30 a.m. – 12:30 p.m.

Thursdays, 9:30 – 10:30 a.m.

Fridays, 10:30 – 11:30 a.m.

Gentle, beginner and restorative chair-based and standing yoga postures.

Restorative Yoga

Registration Required

Wednesday, October 18

12:30 – 2:00 p.m.

Wednesday, November 8

12:00 – 1:30 p.m.

Wednesday, December 13

12:30 – 2:00 p.m.

Gentle, floor-based yoga postures that utilize props for slow, passive stretching. Registration is required and space is limited to 6 participants.

Qi Gong & Tai Chi

Drop-ins Welcome

Fridays, 9:00 – 10:30 a.m.

Learn a set of calming Qi Gong movements to enhance strength and circulation. The last 15 minutes of class will include an introduction to Tai Chi.

Nia®

Registration Required

Tuesdays, 8:30 – 9:30 a.m.

Nia® is a mind-body movement practice for all ages and levels of fitness using choreography to soul-stirring music. Inspired by elements from the martial, dance and healing arts, you will discover your own joyful journey with Nia® and positively shape the way you feel, look and live.



Exercise and More

MONDAY

7:30 a.m.	Open Gym (7:30 – 8:30 a.m.)
8:30 a.m.	Exercise for Living Well
9:30 a.m.	Exercise for Staying Well II
10:30 a.m.	Exercise for Staying Well I
11:30 a.m.	Exercise for Getting Well
12:30 p.m.	Open Gym (12:30 – 5:30 p.m.)
4:30 p.m.	Exercise for Staying Well II
5:30 p.m.	Exercise for Staying Well II
6:30 p.m.	Pink Ribbon Fitness
6:30 p.m.	*Beginning Mat Yoga

TUESDAY

7:30 a.m.	Exercise for Staying Well II
8:30 a.m.	Exercise for Staying Well I
8:30 a.m.	Nia®
9:30 a.m.	Exercise for Staying Well I
10:30 a.m.	Exercise for Getting Well
11:30 a.m.	Exercise for Getting Well
11:30 a.m.	*Chair Yoga
12:30 p.m.	Open Gym (12:30 – 5:00 p.m.)

WEDNESDAY

7:30 a.m.	Open Gym (7:30 – 8:30 a.m.)
8:30 a.m.	Exercise for Staying Well II
9:30 a.m.	Pilates
10:30 a.m.	Exercise for Staying Well I
11:30 a.m.	Exercise for Getting Well
3:30 p.m.	Open Gym (3:30 – 5:30 p.m.)
5:30 p.m.	*Beginning Mat Yoga

THURSDAY

7:30 a.m.	Exercise for Staying Well II
8:30 a.m.	Exercise for Staying Well I
9:30 a.m.	Exercise for Staying Well I
9:30 a.m.	*Beginning Mat Yoga
9:30 a.m.	*Chair Yoga
10:30 a.m.	Exercise for Getting Well
11:30 a.m.	Exercise for Getting Well
12:30 p.m.	Open Gym (12:30 – 5:30 p.m.)
5:30 p.m.	Exercise for Staying Well II
6:30 p.m.	Core, Balance & Flexibility

FRIDAY

7:30 a.m.	Open Gym (7:30 – 8:30 a.m.)
8:30 a.m.	Exercise for Staying Well II
9:00 a.m.	*Qi Gong and Tai Chi (to 10:30 a.m.)
9:30 a.m.	Exercise for Staying Well I
10:30 a.m.	*Beginning Mat Yoga
10:30 a.m.	*Chair Yoga

SATURDAY

7:30 a.m.	Exercise for Living Well
8:30 a.m.	Exercise for Staying Well II
8:30 a.m.	Pilates
9:30 a.m.	Pink Ribbon Fitness
10:30 a.m.	Exercise for Staying Well I
11:30 a.m.	Exercise for Getting Well

**All Mind-Body Movement classes are drop-in and do not require registration.*

All other classes require a Medical Release and Registration. Please contact Amanda Woods at 630.654.5194 or awoods@wellnesshouse.org.



“The programs at WH have helped me to understand the impact that stress has had on my daily life and to reduce that stress.”

Kathy, Wellness House Participant

Wellness Tune-Ups

Call 630.323.5150 to schedule a 45-minute session with a trained practitioner. The scheduler will return calls on Fridays. Appointments are limited, and priority is given to participants in active treatment or with a metastatic diagnosis.

Massage Therapy

Light, fully-clothed massage for relaxation. Physician medical release is required.

Healing Touch

Energy-based techniques to help reduce stress, pain, and fatigue.

Reiki

Japanese form of energy healing with similar results to Healing Touch.

Life Force Energy Healing

Energy therapy applied through touch to help calm, restore balance, and facilitate emotional release.

Community Acupuncture

Staff Registration Required

Mondays

November 6 & December 4

1:30 – 5:30 p.m.

30-minute time slots will be scheduled

1:30 – 5:00 p.m.

Bridget Juister, L.Ac. B Holistic

Contact Amanda Woods at 630.654.5194 or awoods@wellnesshouse.org

Join Bridget to experience the benefits of acupuncture in a community setting that allows 3-5 participants to experience acupuncture at the same time. Space is limited, and priority will be given to participants in greatest need. An updated Medical Release will be required.

Mind Body

To register, please visit www.wellnesshouse.org or call 630.323.5150. For questions, please contact Tracy Lester at tlester@wellnesshouse.org or 630.654.5193.

Sound Meditation:

Immerse Yourself in Healing Vibration

Registration Required

Saturday, October 7

11:00 a.m. – 12:30 p.m.

Saturday, November 18

11:00 a.m. – 12:30 p.m.

Cecily Hunt, Certified Yoga Therapist

Our physical bodies are composed of atoms vibrating at various rates; illness and the stress it can create lower that rate. A sound meditation, in which you bathe your body in the healing vibrations of a variety of ancient instruments, can raise your consciousness to create a space of peace and well-being, of harmony and balance, in which you open to profound therapeutic benefits. Join us to learn about and experience this healing reconnection. Participants are requested to wear loose clothing. You are welcome to bring your own yoga mat, blanket or pillow.

Monthly Meditation

Registration Required

2nd Wednesdays

October 11, November 8, December 13

6:30 – 8:00 p.m.

Experience peace and serenity in the stillness of meditation and facilitate healing of mind body and spirit.

Stress Free Saturday

Registration Required

Saturday, October 14 & 28,

November 11, December 9

9:30 – 10:30 a.m.

Enjoy the benefits of starting your weekend stress free. Come to this class and experience a variety of stress reduction techniques including several forms of meditation.

Guided Meditation

Drop-ins Welcome

3rd Mondays

October 16, November 20, December 18

2nd Thursdays

October 12, November 9, December 14

10:30 – 11:30 a.m.

Learn to relax your body, still your mind and engage your spirit through guided meditation. No meditation experience required.

Morton Arboretum Garden Walk

Registration Required

Tuesday, October 17

12:00 – 2:00 p.m.

Meet us at the Morton Arboretum for our fall garden walk. Garden walks are a wonderful way to appreciate the beauty of nature while walking, relaxing and enjoying good company.

Make an Intention Bracelet

Registration Required

Wednesday, October 18

5:30 – 7:00 p.m.

Making jewelry is a relaxing, creative process that can be a part of your daily healing. Join Bridget Juister for this creative workshop and walk away with a beaded bracelet that not only looks great, but is woven with symbolism and intentions. Use this bracelet as a meditative tool and a daily reminder of what is most important to you during cancer treatment or recovery.



Stress Management

Mindfulness for Everyday Living

Drop-ins welcome

Tuesdays

12:00 – 1:00 p.m.

Learn through practice and discussion the benefits of Mindfulness Meditation in this group setting. Discover ways to live life more effectively in the present moment even through difficult times. No previous meditation experience required.

Wellness through Deep Hypnosis

Registration Required

Saturdays

October 21, November 18, December 16, 10:00 a.m. – 12:00 p.m.

Rev. C. Scot Giles, D.Min.

Diplomat, National Guild of Hypnotists
Heartmath® Certified Coach

Dr. Scot Giles, renowned medical hypnotherapist, guides the group through self-hypnosis designed to help release pain and facilitate healing. Space is limited.

Monthly topics:

October 21:

Overcoming an Emotional Vampire

November 18:

Compassion and Forgiveness:
How They Differ

December 16:

Festivals, Hope and Planning Forward

Expressive Arts

To register, please visit www.wellnesshouse.org or call 630.323.5150.
For questions, please contact Tracy Lester at tlester@wellnesshouse.org or 630.654.5193.

Painting: Masterpieces Galore

Registration Required

Fridays

October 13 – 27

12:00 – 3:00 p.m.

Choose from famous paintings and create your own version.

Saturday Art

Registration Required

Saturdays

October 21, December 16

10:00 a.m. – 12:00 p.m.

October 21

Painting Pottery – teapots

December 16

Painting Pottery – gift shop grab bag

Mandalas

Registration Required

Wednesdays

November 1 – 15

6:00 – 8:00 p.m.

Create self-unity and completeness with art. A fun and colorful series.

Seasonal Art

Registration Required

Saturdays

November 4 & December 2

10:00 a.m. – 12:00 p.m.

November 4: Autumn Centerpieces

December 2: Winter Centerpieces

The Healing Power of Storytelling

Registration Required

Workshop:

Mondays

November 20 – December 4

6:00 – 8:00 p.m.

Performance & Presentation:

Monday, December 11

6:00 – 8:00 p.m.

Storytelling is a wonderful way to find your voice and share your story. The 3-week workshop moves through the writing process while providing feedback, inspiration, and accountability. Maureen Muldoon, a writer, poet, published playwright, actor, and director will help you go deep, pull up core ideas, and polish your story to brilliance. These group sessions will work on style, swagger, and sharing tools to give your writing a more interesting vantage point.

Clay

Registration Required

Tuesdays

November 28 – December 19

1:00 – 3:00 p.m.

Join us for fun with this natural and earthy material. We will go over basics and add some twists.

Flute Circle

Tuesdays

10:00 – 11:00 a.m.

Drop-ins Welcome

Learn to play the Native American flute and how to express yourself through music. No experience necessary.

Visit our Cancer Learning Resource Center!

The CLRC is available for all and houses a variety of books, CD's, videos and pamphlets. Open during regular hours. Come by and check out a book or use the library as a quiet space to read.





Child & Family Programs offer comprehensive educational and supportive programs for children, teens, parents and couples. Whether it is a parent, grandparent, child, sibling, partner or loved one diagnosed, these programs provide a safe, supportive space for all members of the family.

“At first I felt strange, but I can act like a regular kid here. I fit in here.”

Wellness House Participant

Whole Family Consultations

To arrange a consultation, please contact Jenna Kiel, Psy.D. at 630.654.5199 or jkiel@wellnesshouse.org.

Because a diagnosis of cancer can be an experience that affects the whole family, Wellness House encourages whole family consultations. During these sessions, you will meet with one of our counselors to learn how to better communicate and understand how cancer is impacting your family, as well as to determine how Wellness House can meet your family's specific needs. Family members of all ages and traditions are welcome.

Couples

Couples Connecting: Monthly Networking Group

Staff Registration Required

For questions or to register, contact Valerie Piazza, RN, LCPC at 630.654.5118 or vpiazza@wellnesshouse.org.

4th Tuesdays

7:00 – 8:30 p.m.

October 24:

Newly diagnosed or in active treatment

November 28:

(No group for December)

Metastatic or recurrent disease

Please join us for this networking group that will help you and your partner better understand your emotional connection, explore your patterns of communication, and enrich and revitalize your relationship. Each month will focus on partnership through a different and unique phase of treatment; please register for the month that matches your/partner's stage of treatment.

NEW! 3-Month Couples Series with Karen Skerrett, Ph.D.

Registration Required

Dr. Karen Skerrett has been a licensed clinical psychologist for over 35 years and is also an advanced practice registered nurse. Dr. Skerrett utilizes a strength-based approach in her work with couples, which she describes in her book *Positive Couple Therapy: Using We-Stories to Enhance Resilience*. These workshops are designed to be challenging, fun and creative. They draw on your natural human capacity for storytelling and will demonstrate how creating stories can be a healing art for yourself, your partner and your relationship.

There are three parts to her series throughout the fall:

– Cultivating Couple Resilience: From Surviving to Thriving

Monday, October 23

6:00 – 8:00 p.m.

In this seminar, Dr. Skerrett will be talking about using a team approach to coping with cancer and will provide techniques for building relational strengths with your partner. She will provide time for individual partner work as well as some small group experiences.

– What's Your Story? Part I

Monday, November 13

6:00 – 8:00 p.m.

In this workshop, Dr. Skerrett will focus on the power of writing for health and healing. She will be joined by local couple Laury and Dan Hartman. In 2016, Dan published a book called *Through It All, Love: A Stem Cell Transplant Journey*

about their experience as a couple during Laury's stem cell transplant. The Hartmans will share their "we-story" while Dr. Skerrett will provide writing prompts and devote some time in the session to writing and [voluntarily] sharing. Couples are asked to continue writing by creating their "we-story" in preparation for the next segment of the series.

– What's Your Story? Part II

Monday, December 11

6:00 – 8:00 p.m.

In the second part of this workshop, Dr. Skerrett and the Hartmans will be returning to continue the discussion on creating stories together during illness. The stories couples create provide a touchstone that help the partnership thrive over a lifetime as well as provide a vision and legacy for the relationship. Couples will be invited to share stories and ideas they have created throughout the series.

NEW! Date Night: Couples Cooking Class

Registration Required

Tuesday, December 12

6:00 – 7:30 p.m.

Angela Dennison, RD, LDN

Karie Milewski-Carlson, LSW

Preparing food together is a great way to communicate and have fun. Join us for this cooking class to focus on nourishing your bodies and souls. This hands-on class will include making two recipes with your partner and enjoying your creation. Recipes prepared in this class may contain common food allergens. Participation is limited to 8 couples.

**To learn more about
our programs, visit
www.wellnesshouse.org**



Child & Family Programs

Family Wellness Programs

Spooky Spectacular



Registration Required
Wednesday, October 25
6:00 – 7:30 p.m.

Our annual event is a time to come dressed in your Halloween best. Expect lots of fun, surprises, and spooky snacks! Families with kids of all ages are welcome. Snacks will be served and may contain common allergens.

Relaxation for Kids

Registration Required
Thursday, November 30
5:00 – 6:30 p.m.

Kids ages 5-12 are invited to experience different forms of relaxation including yoga and art. We are never too young to start learning self-care!



Polar Express Pajama Party
Registration Required
Wednesday
December 20
6:00 – 7:30 p.m.

Join us for a Polar Express pajama party! We will have crafts,

delicious treats, and tons of fun. Families with kids of all ages are welcome. Snacks will be served and may contain common allergens.

Groups for Kids and Teens

Staff Registration Required
Please contact Carly Jokich, MS, CCLS,
CEIM at 630.654.5107 or
cjokich@wellnesshouse.org to register
for these groups prior to attending.

Kids Group

Staff Registration Required
Wednesday evenings

An 8-week group designed to support kids ages 6-12 in developing coping skills, clarifying misconceptions surrounding cancer, and promoting feelings of normalcy as they meet other children impacted by cancer. A simultaneous parent group is offered to focus on common parenting issues that arise during a family's cancer experience.

Turtles

Staff Registration Required
Monday afternoons

An 8-week bereavement group for children, ages 6-12. Through expressive arts and discussion, kids have an opportunity to connect with others in a similar situation. A simultaneous group for parents is offered, though attendance at both groups is not required.

Teen Time

Staff Registration Required
Monday evenings

A 8-week support group for teens ages 13-18 who have a family member with cancer or who have lost a family member to cancer. The group provides teens with the opportunity to connect with other teens who are going through similar situations, to discuss the impact cancer has on their family, explore the impact of loss, and to learn about healthy coping strategies to manage stress and changes they are experiencing.

Individual Support for Children and Teens

Children of all ages can benefit from individual therapeutic experiences. Our developmentally tailored support, education, and expressive play sessions provide a space for children 2-18 to express their emotions, process their experiences with cancer, and clarify any misconceptions. **For more information, please call Carly Jokich, MS, CCLS, CEIM at 630.654.5107 or cjokich@wellnesshouse.org.**

Groups for Parents and Family Caregivers

Staff Registration Required
Please contact Karie Milewski-Carlson, LSW
at 630.654.5114 or
kmcarlson@wellnesshouse.org
to register for these groups prior
to attending.

Parent and Caregiver Support Group

Staff Registration Required
Wednesday evenings

An 8-week group for parents and caregivers who are navigating through their own cancer journey while also raising and caring for their young. The instinct to protect our children is innate, but caring for ourselves might not come as naturally. This weekly support group will explore the impact cancer has on your role as a child caregiver, your personal sense of self, and the communication styles between loved ones in your family. A simultaneous group for children is offered, though attendance at both groups is not required.

Turtles Parent Group

Staff Registration Required
Monday afternoons

The loss of a spouse is a difficult time of life, especially when you are also faced with the challenges of parenting. This is an 8-week bereavement support group that will help connect you with other parents to receive support around your loss, discuss parenting concerns and find ways to help your family heal. A simultaneous group for children is offered, though attendance at both groups is not required.

Individual Consultations and Support for Parents

Consultations and short-term counseling are available to assist parents in talking to their children about cancer, addressing parenting concerns, and processing the impact of cancer on their personal lives. **Contact Karie Milewski-Carlson, LSW at 630.654.5114 or kmcarlson@wellnesshouse.org.**



“Wellness House offers a huge range of support to all of us. The people working there are amazingly knowledgeable and kind. You will feel a part of something wonderful.”

Wellness House Participant

Memorial Sloan-Kettering Cancer Center’s Meaning-Centered Psychotherapy Program Presented by Wellness House

8-Week Meaning-Centered Psychotherapy Support Group

Experiencing cancer directly can be deeply affecting, potentially shaking one’s sense of themselves and life in general, leading to distress. Meaning-Centered Psychotherapy has been designed by leading psychotherapists and researchers at Memorial Sloan-Kettering Cancer Center to help people with cancer “understand the importance and relevance of sustaining, reconnecting with, and creating meaning in their lives through common and reliable sources of meaning.” Participants in this program at Memorial Sloan-Kettering reported improved spiritual well-being and sense of meaning, and a decreased sense of anxiety and hopelessness. This group welcomes anyone who has had a cancer diagnosis and/or their caregivers. This will be an 8-week committed group, with the expectation that participants will choose either group option and commit to attending that group.

There are two options available:

Thursdays

October 5 – November 16

12:00 – 1:30 p.m.

Staff Registration Required

Please contact Michael Williams, Psy.D.

at 630.654.5117 or

mwilliams@wellnesshouse.org,

or Maigenete Mengesha, Ph.D. at

630.654.5111 or

mmengesha@wellnesshouse.org

to register for this committed group before attending.

Tuesdays

October 31 – December 19

3:30 – 5:00 p.m.

Staff Registration Required

Please Contact Valerie Piazza, RN, LCPC

at 630.654.5118 or

vpiazza@wellnesshouse.org to register for this committed group prior to attending.

Please also see the addition of a new Meaning-Centered Psychotherapy Networking Group (1st Wednesdays of the month from 11:00 a.m. – 12:30 p.m.) in the next section.

Weekly Support Groups

Cancer Support Group

Staff Registration Required

Please contact Michael Williams, Psy.D.

at 630.654.5117 or

mwilliams@wellnesshouse.org to register for this group prior to attending.

Wednesdays

3:00 – 4:30 p.m. or 7:00 – 8:30 p.m.

Ongoing 8-week support group for people with cancer to share medical information, connect with others in similar circumstances and improve their coping skills. This group meets at the same time as the Caregiver Support Group.

Caregiver Support Group

Staff Registration Required

Please contact Maigenete Mengesha,

Ph.D. at 630.654.5111 or

mmengesha@wellnesshouse.org to

register for this group prior to attending.

Wednesdays

3:00 – 4:30 p.m. or 7:00 – 8:30 p.m.

Providing emotional and often physical care to one’s family member or friend

with cancer requires energy and the need for caregivers to receive support for themselves as they continue to care for their loved ones. Network with other caregivers in this ongoing 8-week support group that meets at the same time as the Cancer Support Group.

Living with Metastatic Breast Cancer Support Group

Staff Registration Required

Please Contact Valerie Piazza, RN, LCPC at 630.654.5118 or

vpiazza@wellnesshouse.org to register for this group prior to attending.

Tuesdays

10:00 – 11:30 a.m.

Join other women facing metastasis of their breast cancer. This weekly group will focus on the ongoing challenges that arise from dealing with treatment, relationships, and facing the future.

Living with Recurrent or Metastatic Cancer Support Group

Drop-ins Welcome

For questions, contact Michael Williams,

Psy.D. at 630.654.5117 or

mwilliams@wellnesshouse.org.

Fridays

10:00 – 11:30 a.m.

This weekly group focuses on issues regarding recurrent and metastatic cancer and welcomes individuals diagnosed as well as family members supporting a loved one with cancer. Caregivers are welcome to attend with or without the individual with cancer.

Monthly Peer Networking Groups

NEW! Meaning-Centered Psychotherapy Networking Group

Staff Registration Required

Please contact Michael Williams, Psy.D.

at 630.654.5117 or

mwilliams@wellnesshouse.org to

register for this group prior to attending.

1st Wednesdays

October 4, November 1, December 6

11:00 a.m. – 12:30 p.m.



Support Groups & Counseling

Participants who have completed an 8-week Memorial Sloan-Kettering Meaning-Centered Psychotherapy course at Wellness House are invited to participate in this monthly peer networking group. This group will provide participants the opportunity to exchange ongoing support toward maintaining and building on the meaning-based self-care plans they achieved in the 8-week MCP course.

Spiritual Side of Cancer

Drop-ins Welcome

For questions, contact Maigenete Mengesha, Ph.D. at 630.654.5111 or mmengesha@wellnesshouse.org.

2nd Thursdays

**October 12, November 9, December 14
5:00 – 6:00 p.m.**

When you or your loved one develops cancer, you may find yourself clinging to your faith for hope or questioning your faith altogether. The focus of this monthly group is to create an environment in which people feel free to discuss the challenges and joys found in the spiritual side of the cancer journey. Whether or not you attend a church, synagogue, mosque or temple, or you draw spiritual understanding from nature, philosophy, or the arts, everyone holds certain beliefs and values about what makes life meaningful. Wellness House does not affiliate with any one religious group; therefore, people of all faith backgrounds are encouraged to participate in this support group.

NEW! Ostomy Networking Group

Drop-ins Welcome

4th Mondays

**October 23, November 27, December 18*
7:00 – 8:30 p.m.**

**Please note: The December group will be held on the 3rd Monday due to holiday closures the following week.*

Living with an ostomy can be life-changing but does not have to be debilitating. In this new networking group, we invite participants with all cancer-related ostomy types to share support and information so that you can continue to live life to its fullest. Once per quarter, an

ostomy-trained healthcare professional will co-facilitate the group to provide topic-specific information about living with an ostomy. Topics might include recent medical advancements, product choices, travel concerns, and clothing choices. *Wellness House acknowledges and appreciates the assistance of DuPage Medical Group and the Ostomy Association of Greater Chicago in starting this group.*

Couples Connecting: Monthly Networking Group

Staff Registration Required

Please Contact Valerie Piazza, RN, LCPC at 630.654.5118 or vpiazza@wellnesshouse.org to register for this group prior to attending.

4th Tuesdays

7:00 – 8:30 p.m.

October 24:

Newly diagnosed or in active treatment

November 28:

Metastatic or recurrent disease

(No group for December)

Please join us for this networking group that will help you and your partner better understand your emotional connection, explore your patterns of communication, and enrich and revitalize your relationship. Each month will focus on partnership through a different and unique phase of treatment; please register for the month that matches your/your partner's stage of treatment.

Veterans Networking Group

Drop-ins Welcome

or questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

4th Wednesdays

October 25, November 22

9:30 – 11:00 a.m.

Please note: The December group will be canceled due to the holiday schedule.

The comradery shared among veterans and their families can lend itself well to combining forces during a cancer experience. All military veterans diagnosed with cancer, and their adult family members, are invited to participate in our new drop-in networking group.

Young Adults with Cancer Networking Group

Drop-ins Welcome

For questions, contact Maigenete Mengesha, Ph.D. at 630.654.5111 or mmengesha@wellnesshouse.org.

4th Thursdays

October 26, November 30*

7:00 – 8:30 p.m.

**Please note: November's group will be held on the 5th Thursday of the month and December's group will be canceled due to the holiday schedule.*

Young adults with cancer face very different challenges than patients who were diagnosed earlier in childhood or later in adulthood. This group is part of an international initiative to recognize and address the unique circumstances related to lifestyle, work, school, family life, and emotional development that young adults face when living with cancer. This group provides emotional support and an opportunity to meet other young adults receiving treatment.

Diagnosis-Specific Monthly Peer Networking Groups

Drop-ins welcome

Individual networking groups give people an opportunity to meet with others experiencing the same type of cancer as well as their caregivers. The purpose is to exchange information and strategies for making decisions and navigating the cancer experience.

Please note the Breast, Gynecological, and Prostate Groups are for individuals diagnosed with cancer only.

Kidney Cancer

1st Tuesdays

**October 3, November 7, December 5
7 p.m. – 8:30 p.m.**

Lung Cancer

1st Thursdays

**October 5, November 2, December 7
7:00 – 8:30 p.m.**

Bladder Cancer

2nd Tuesdays

October 9, November 14, December 12



Support Groups & Counseling

7:00 – 8:30 p.m.

Colon/Rectal Cancers

2nd Mondays

October 9, November 13, December 11

7:00 – 8:30 p.m.

Prostate Cancer

2nd Wednesdays

October 11, November 8, December 13

9:30 – 11:00 a.m.

Gynecologic Cancers

2nd Thursdays

October 12, November 9, December 14

7:00 – 8:30 p.m.

Leukemia & Lymphoma

2nd Thursdays

October 12, November 9, December 14

7:00 – 8:30 p.m.

Multiple Myeloma

2nd Thursdays

October 12, November 9, December 14

7:00 – 8:30 p.m.

Carcinoid

2nd Saturdays

October 14, November 11, December 9

10:30 a.m. – 12:30 p.m.

Head & Neck Cancers

3rd Tuesdays

October 17, November 21, December 19

7:00 – 8:30 p.m.

Pancreatic Cancer

3rd Thursdays

October 19, November 16, December 21

7:00 – 8:30 p.m.

This program is sponsored by the Rolfe Pancreatic Cancer Foundation

Breast Cancer

4th Mondays

October 23, November 27, December 18

7:00 – 8:30 p.m.

Please note: The December group will be held on the 3rd Monday due to holiday closures the following week.

Melanoma

4th Tuesdays

October 24, November 28

7:00 – 8:30 p.m.

Please note: The December group will be canceled due to the holiday schedule.

Brain Tumor

4th Thursdays

October 26, November 16, December 21

7:00 – 8:30 p.m.

Please note: The November and December groups will be held on the 3rd Thursdays due to holiday closures the following weeks.

Thyroid Cancer

3rd Wednesdays

October 18, November 15, December 20

9:30 a.m. – 11:00 a.m.

Bereavement Groups

Bereavement Drop-in

Drop-ins welcome

For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

Tuesdays

5:00 – 6:30 p.m.

For recently bereaved adults who have had a cancer-related loss. Losing someone you love can feel overwhelming, but you are not alone. Find others who can relate in this supportive environment.

Transitions for Spouses

Staff Registration Required

Meets twice every month

Please contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org to register for this group prior to attending.

This is a committed bereavement support group to help spouses and partners develop coping techniques.

Transitions Networking

Alumni drop-ins encouraged.

For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

4th Tuesdays

October 24, November 28

5:00 – 6:30 p.m.

Join other adults who have completed the Transitions for spouses or Turtles bereavement programs at this monthly group to continue supporting one another.

Turtles

Staff Registration Required

Monday afternoons

Please contact Carly Jokich, MS, CCLS, CEIM at 630.654.5107 or cjokich@wellnesshouse.org to register for this group prior to attending.

This is an 8-week, weekly bereavement support group for children, ages 6-12. Through expressive arts and discussion, kids have an opportunity to connect with others in a similar situation. A simultaneous group for parents is offered, though attendance at both groups is not required.

Turtles Parent Group

Staff Registration Required

Monday afternoons

Please contact Karie Milewski-Carlson, LSW at 630.654.5114 or kmcarlson@wellnesshouse.org to register for this group prior to attending.

The loss of a spouse is a difficult time of life, especially when you are also faced with the challenges of parenting. This is an 8-week, weekly bereavement support group that will help connect you with other parents to receive support around your loss, discuss parenting concerns and find ways to help your family heal. A simultaneous group for children is offered, though attendance at both groups is not required.

Teen Time

Staff Registration Required

Monday evenings

Please contact Carly Jokich, MS, CCLS, CEIM at 630.654.5107 or cjokich@wellnesshouse.org to register for this group prior to attending.

A support group for teens ages 13-18 who have a family member with cancer or who have lost a family member to cancer. The group provides teens with the opportunity to connect with other teens who are going through similar situations, to discuss the impact cancer has on their family, explore the impact of loss, and to learn about healthy coping strategies to manage stress and changes they are experiencing.

Additional Locations

Classes do not meet at Wellness House's main location in Hinsdale but at the hospitals, medical practices and/or partner locations listed below

ARLINGTON HEIGHTS

Mindful Yoga

Mondays

10:00 – 11:00 a.m.

Wheeling Township

1616 North Arlington Heights Road

Informed Consent Waiver Required

Lung Cancer Support Group

Staff Registration Required; contact Ellen Nieman at enieman@wellnesshouse.org or 630.654.5198

Second Wednesdays

6:30 – 8:00 p.m.

NCH Wellness Center

900 West Central Road

BERWYN

Getting Through the Stress of the Holidays

Tuesday, December 19

5:30 – 7:00 p.m.

MacNeal Hospital, 3249 Oak Park Avenue

Lower level conference room

Drop-ins welcome. For questions,

contact Kelli Mitchell at 630.654.5197 or kmitchell@wellnesshouse.org

Receiving a cancer diagnosis can have a huge emotional impact on patients, families and caregivers. Increased feelings of anxiety and depression are common responses to a cancer experience, and can be difficult to manage. Many people experience these feelings even more acutely during the holidays. Join us as we share effective tips and strategies to identify and cope with these feelings.

Yoga for Breast Cancer Survivors

Saturdays

11:15 a.m. – 12:15 p.m.

Pav YMCA, 2947 Oak Park Avenue

Classes are taught in English and Spanish;

Informed Consent Waiver Required

Ornament Making

Registration Required

Tuesday, December 12

6:00 – 8:00 p.m.

Pav YMCA, 2947 Oak Park Avenue

All materials provided.

Join the festivities as we craft handmade holiday ornaments. Make one to bring home and one to decorate the YMCA.

CHICAGO

Gynecologic Cancer Support Group

Fourth Fridays

9:30 – 10:30 a.m.

Mercy Hospital & Medical Center

2525 South Michigan Avenue

Drop-ins welcome. For questions,

contact Maigenete Mengesha, Ph.D.

at 630.654.5111 or mmengesha@wellnesshouse.org

Breast Cancer Support Group

Fourth Fridays

11:00 a.m. – 12:30 p.m.

Mercy Hospital & Medical Center

2525 South Michigan Avenue

Drop-ins welcome. For questions, contact

Maigenete Mengesha, Ph.D. at 630.654.5111

or mmengesha@wellnesshouse.org

Cancer Connection Group

First Wednesdays

10:00 – 11:00 a.m.

September 6, October 4, November 1,

December 6

University of Illinois Hospital

1740 West Taylor Street

Hematology Oncology Clinic

Conference Room

Drop-ins welcome. For questions, contact

Maigenete Mengesha, Ph.D. at 630.654.5111

or mmengesha@wellnesshouse.org

An opportunity for people with cancer to share their cancer stories, connect with others in similar circumstances and improve their coping skills.

Nutrition Connection

Third Wednesdays

10:00 – 11:00 a.m.

September 20, November 15,

December 20

University of Illinois Hospital

1740 West Taylor Street

Hematology Oncology Clinic

Hematology Oncology Clinic Waiting Area

Drop-ins welcome. For questions, contact

Angela Dennison at 630.654.5196 or

adennison@wellnesshouse.org

During cancer treatment, eating can go

from a pleasure to a chore. This cooking

workshop is designed specifically for

people experiencing side effects interfering

with overall food intake and will feature

recipes to combat eating difficulties and

strategies to keep you nourished.

ELMHURST

All programs take place at Elmhurst

Memorial Hospital, 155 East Brush

Hill Road

Eating with Side Effects

Registration Required

Wednesday, October 4

10:00 – 11:30 a.m.

Birch Room, lower level Arboretum,

East Entrance, Green Parking

During cancer treatment, eating can go from a pleasure to a chore. This cooking class is designed specifically for individuals experiencing side effects interfering with overall food intake. This class will feature recipes to combat eating difficulties and strategies to keep you nourished.

Caregiving, Nutrition and Cancer

Registration Required

Thursday, November 9

2:00 – 3:30 p.m.

Magnolia Room, lower level Arboretum,

East Entrance, Green Parking

Cancer and the side effects of treatment can make maintaining good nutrition a challenge. As a caregiver, how you prepare meals and what you serve may depend on where your loved one is in their treatment process, and nourishing yourself may feel like an afterthought. All of this can feel overwhelming. Please come together with other caregivers during National Caregiver Month to discuss practical ways to manage nutrition without adding strain or tension to your relationship.

Additional Locations

Getting Through the Stress of the Holidays

Registration Required

Wednesday, November 15

10:00 – 11:00 a.m.

Cancer Center Conference Room

Receiving a cancer diagnosis can have a huge emotional impact on patients, families and caregivers. Increased feelings of anxiety and depression are common responses to a cancer experience, and can be difficult to manage. Many people experience these feelings even more acutely during the holidays. Join us as we share effective tips and strategies to identify and cope with these feelings.

Ornament Making

Registration Required

Wednesday, December 6

10:00 a.m. – 12:00 p.m.

Cancer Center Infusion Area

All materials provided.

Join the festivities as we craft handmade holiday ornaments. Make one to bring home and one to decorate the hospital.

HINSDALE

AMITA Health Cancer Institute 1 Salt Creek Lane

Wellness House staff are available for more information about Wellness House, connection to Wellness House programs, and general support during the following office hours:

Thursdays

11:00 a.m. – 1:00 p.m.

Additional hours may be available.

Please contact Ellen Nieman at

enieman@wellnesshouse.org or

630.654.5198 to schedule an appointment.

Dr. Sharma, M.D.

Individual consultations are available for patients of Dr. Sharma on

Mondays between 1:30 – 3:30 p.m.

Tuesdays between 9:00 – 11:00 a.m.

Please contact Ellen Nieman at

enieman@wellnesshouse.org or

630.654.5198 to schedule.

LISLE

All program take place at DuPage

Medical Group, 430 Warrenville Road

Mason Jar Luminaries

Fridays

October 13 & 27

11:00 a.m. – 1:00 p.m.

3rd floor conference room

Registration required.

Join us for a 2-part workshop to create beautiful, fall-themed mason jar luminaries. Make one for you and one to gift away to celebrate autumn and warm up the room!

Eating with Side Effects

Registration Required

Wednesday, October 18

6:00 – 7:30 p.m.

3rd floor conference room

During cancer treatment, eating can go from a pleasure to a chore. This cooking class is designed specifically for individuals experiencing side effects interfering with overall food intake. This class will feature recipes to combat eating difficulties and strategies to keep you nourished.

MAYWOOD

Beyond Cancer Wellness Program

Registration Required

Mondays

October 9 – November 6

5:00 – 6:30 p.m.

Cardinal Bernardin Cancer Center

Auditorium at Loyola Medical Center

2160 South First Avenue

This 5-week program was created to help cancer survivors who have completed chemotherapy and/or radiation therapy between the past three months to two years transition to life after treatment.

Post-treatment participants will receive the most benefit from attending each week in the series, though it is not required. Please join us as experts in psychology, nutrition, fitness, and social & emotional support will discuss techniques, personalized tools and plans to help you manage stress, practice self-care and learn to enjoy life as a cancer survivor.

Oct. 9 — Introduction

Oct. 16 — Social, Emotional and Practical Aspects

Oct. 23 — Exercise

Oct. 30 — Nutrition

Nov. 6 — Medical Concerns with Dr. Patricia Robinson of Loyola

PALATINE

All programs take place at Countryside Church, 1025 North Smith Street

Wellness Through Deep Hypnosis

First Saturdays, 10:00 a.m. – 12:00 p.m.

Reiki

Staff Registration Required

First Saturdays, 11:00 a.m. – 1:00 p.m.

Informed Consent Waiver Required

To register, please contact Kelli Mitchell

at kmitchell@wellnesshouse.org or

630.654.5197.

For more details about programs at our additional locations, contact Wellness House Community Relations Manager, Kelli Mitchell, at 630.654.5197 or kmitchell@wellnesshouse.org

Please note that participants need not be patients of these hospitals in order to attend the groups and classes.





You'll feel better inside.

Wellness House | Main Location
The Kay & Mike Birck Home of Hope
131 North County Line Road
Hinsdale, Illinois 60521

Our Mission

Wellness House envisions a community where all people affected by cancer thrive. Offered at no cost, and as a complement to medical treatment, our programs educate, support, and empower participants so they will improve their physical and emotional well-being.

Thank you to our generous grantors:

Bears Care
Chicago Board of Trade Foundation
DuPage Medical Group Charitable Fund
of the DuPage Foundation
Michael Rolfe Pancreatic Cancer Foundation
The Coleman Foundation
The Greer Foundation
The Grover Hermann Foundation
The Kara Foundation
The Perlman Family Foundation
Edmond and Alice Opler Foundation

Visit our website at www.wellnesshouse.org