“I draw significant amounts of strength, vitality, courage and inspiration during every visit.”

Jim - Participant

Anticancer Living Event
Hot Topics In Breast Cancer
Summer Family Picnic
Open Mic Night
Don't Miss Our Special Events!

SPECIAL EVENT Anticancer Living

Thursday, April 18
Hamburger University
2715 Jorie Boulevard
Oak Brook, IL 60523
6:30 p.m. Registration and Book Sales
7:00 – 8:30 p.m. Presentation
Registration Required

Friday, April 19
University of Illinois Student Center East
750 South Halsted
Chicago, IL 60607
9:30a.m. Registration and Book Sales
10:00 – 11:30 a.m. Presentation
Registration Required

Join us for a very special event with Lorenzo Cohen, PhD and Alison Jefferies, MEd. This husband and wife team, authors of Anticancer Living: Transform Your Life and Health with the Mix of Six, will discuss the current cancer epidemic and how to lower risks of cancer and improve outcomes for those touched by cancer. All of this starts with our lifestyle choices. During this event you will learn specific recommendations for anticancer living and how to put this into practice both as an individual and within a family.

Basing their recommendations on scientific evidence, Dr. Cohen and Ms. Jefferies will discuss the Mix of Six:

• the role family, friends, and community networks play in healthy living and how love and connection leads to healthy cellular function
• mind-body techniques to foster inner calm
• healthy sleep strategies
• incorporating physical activity into aspects of everyday life
• food as medicine
• strategies to detoxify your environment

People are encouraged to attend as couples or with supportive friends, as lasting change is best accomplished as a team.

Copies of Anticancer Living: Transform Your Life and Health will be available for purchase and signing.

Register at wellnesshouse.org

Please find complementary programs to our Special Event listed throughout the program guide. Look for the icon shown to the left.

Summerfest Family Picnic
Registration Required
Wednesday, June 19, 6:00 – 7:30 p.m.
Come kick off the summer with an evening of food and fun for the whole family with fellow Wellness House families. Bring along children, grandchildren, and friends to spend time together and play games. We will provide food and entertainment for all ages – all you have to do is show up! Food served may contain common allergens.

Hot Topics in Breast Cancer 2019
See Page 8 for Full Agenda and Times
Saturday, June 22, 2019
8:30 a.m. – 3:00 p.m.
Registration Required

• Updates in Breast Cancer Treatment and Research Panel
• Breast Imaging
• Updates in Medical Oncology
• Updates in Surgical Oncology
• Updates in Radiation Oncology
• Q&A with Physician Panel
• Managing the Side Effects of Breast Cancer Treatment
• Breast Cancer Survivorship
• Updates in Metastatic Breast Cancer
• Reconnecting in Relationships After Your Cancer Journey
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
9:30 – 10:30 a.m.
April 6, 13, 20, 27
May 4, 11, 18
June 1, 8, 15
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
Select Fridays
April 5, 12 & 26
May 3, 10, 24 & 31
June 7, 14, 21 & 28
12:00 – 1:00 p.m.
Registration Required
Join us for an online orientation and tour from the comfort of your own home.

This online meeting is an opportunity for newcomers to learn more about all the ways to benefit from Wellness House. After registering, you will receive 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
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.

To arrange a consultation, please contact Michael Williams, Psy.D at 630.654.5117 or mwilliams@wellnesshouse.org
Routine lab tests during my 2016 annual physical revealed an anomaly; prompt follow-up procedures detected Stage III prostate cancer. I was stunned and gripped by primal fear. I never felt more alone.

My doctors explained relevant medical issues, treatment options, statistical outcomes, risks & benefits, possible side effects, etc. Through shared decision-making, we chose surgery as the first line of treatment, to be followed (if necessary) by adjuvant radiation plus ADT. I was just beginning to understand my new reality (including cancer persistence, recurrence and survivorship), and how little I knew about the body I’d occupied my entire life! But there are limits on doctors’ time, so I was very fortunate to be introduced to Wellness House.

After attending the impressive Welcome to Wellness program on August 13, 2016, I’ve returned to Wellness House almost every day since! Through its educational programs, peer group meetings, nutrition consultations, exercise classes, mind-body movement sessions and mindfulness/meditation practices I was able to successfully complete post-op tasks in 2016; prepare for and handle radiation in 2017; cope with two years of ADT; and confidently use proven countermeasures to offset side effects. When all treatments concluded, I joined the “Meaning-Centered” program of group meetings and personal research. Each Spring I have great fun as a Wellness Warrior and a member of thecrownroyalsteam for the annual “Walk for Wellness.”

Here’s how I describe Wellness House:
Its heartwarming energy, moral support, genuine kindness, compassionate community and caring human interaction nurture hope, resilience, healing and wholeness. I start smiling whenever I enter the reception area, and that upbeat feeling stays with me all day! Wellness House was there for me at exactly the right time, and is the source of ~80% of what I now know about cancer.

"I am profoundly grateful to all of the Wellness House staff members, volunteers, participants, donors and Board members for accompanying me on my unexpected journey. I draw significant amounts of strength, vitality, courage and inspiration during every visit”

Current status. My chart now says N.E.D. ("no evidence of disease"). God has blessed me.

Jim Horn is a Wellness House Participant & Donor. He’s a retired attorney with three degrees from Northwestern University (B.Sc., MBA and J.D.)

Head and Neck Cancer Update
Tuesday, April 9
7:00 – 8:30 p.m.
Registration Required
Samer Al-Khudari, MD
Rush University Medical Center
This presentation will provide participants with a discussion of updated therapies and treatments.

Treating Cancer without Chemotherapy: The Evolution of Cancer Therapy
Registration Required
Tuesday, May 21
7:00 – 8:30 p.m.
Christopher George, MD
Director, Northwestern Medicine West Region Cancer Program
Site Leader Medical Oncology, Northwestern Medicine Cancer Center Delnor
State-of-the-art cancer treatment is ever changing. With each passing year, oncologists have new weapons to use against this disease, some of which are very different from traditional chemotherapy. This talk will focus on these non-chemotherapy treatments, including immunotherapy, hormone therapy, and radiation therapy. The concept of targeted therapy and precision medicine will also be discussed.

Breakthroughs with Immunotherapy
Tuesday, June 11
7:00 – 8:30 p.m.
Registration Required
Jay Dalal, M. D.
AMITA Health
Jason Luke, M.D.
University of Chicago
SPECIAL GUEST: Neural Regulation of the Cancer Genome
Friday, June 14
11:00 a.m. – 12:30 p.m.
Registration Required
Steve W. Cole, Ph.D.
Professor of Medicine and Psychiatry & Biobehavioral Sciences
UCLA School of Medicine
How does stress affect cancer? And what can we do about it? This talk provides an update on what we have learned over the last decade in scientific research on stress and cancer. Some common ideas turn out to be myths (stress generally does NOT cause cancer). Others appear to be true (stress CAN make existing cancers more aggressive). And a growing range of new strategies are being developed to protect the health and well-being of cancer patients from the adverse biological impacts of stress.
Reiki Share
Thursday, April 11
Tuesday, June 4
6:30 – 8:30 p.m.
Registration Required
Jane Van De Velde, DNP, RN
Gregory Zera
Reiki Master Teachers
The Reiki Share Project
This program is for Reiki practitioners of any level who have taken Reiki For You: Level 1 class or have taken Reiki class with other teachers. Reiki practitioners of all levels and experience are welcome. We will review basic concepts and hand position, 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.

Like What You See! Quick Steps to an Enhanced You
Tuesday, April 2
Thursday, May 9
Thursday, June 6
2:00 – 3:30 p.m.
Registration Required
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. This program is available for diagnosed individuals.

The Long & Winding Road: Resilient Coping Across the Illness Lifecycle
Tuesday, April 16
6:30 – 8:00 p.m.
Registration Required
Karen Skerrett, Ph.D.
A cancer diagnosis often brings shock, fear and uncertainty about what lies ahead. But the road does have markers, predictable phases and milestones. Join us to learn how you can transform the challenges of each phase into opportunities for positive coping.

Increasing Strength and Optimism
Saturday, April 27
11:00 a.m. – 12:30 p.m.
Registration Required
Jane S. Anderson, President
Strength-Based Living
In this interactive presentation, we will explore character strengths, a framework of 24 positive human traits based in positive psychology, the scientific study of human flourishing. You will discover how your strengths can become pathways to resilience and optimism as you or a loved one faces cancer. If you wish, take the free character strengths survey at www.VIACharacter.org and bring your unique strengths profile to the workshop.

Transcendence
Registration Required
Tuesday, April 30, 7:00 – 8:30 p.m.
Michael Williams, Psy.D.
Senior Oncology Support Counselor, Wellness House
You are bigger than your cancer. Please come to this interactive discussion to learn and share ways to transcend the challenges of cancer by installing routines in your life that give you regular, direct experience of truths larger, stronger and more stable than cancer. Everyone diagnosed with or supporting someone diagnosed with cancer is encouraged to attend.

Dinner and a Movie with Lucia Mauro: One Year Later
Thursday, April 25, 6:30 – 8:30 p.m.
Staff Registration Required
Lucia Mauro
This uplifting narrative film – shot in Chicago, and in Milan, Turin and Aosta, Italy in fall 2015 – tells the story of an American woman who takes a cathartic trip to the Italian Alps one year after completing cancer treatment. It addresses the emotional side of cancer survivorship and the process of moving on. The event begins with a light buffet at 6:30 p.m., and the film screens at 7:00 p.m and concludes with a post-show Q&A with Lucia Mauro. To register, please contact Kaitlin Wagner at kwagner@wellnesshouse.org. Space is limited.

Healthcare Choices in Retirement
Thursday, May 2
7:00 – 8:30 p.m.
Registration Required
Lori Martin
President, Envision Benefits Specialists
Gain a real understanding of how Medicare works and how to avoid the pitfalls of unknown hidden costs. All Medicare insurance options and costs are explained, and the facilitator will provide critical updates on Medicare legislation, benefit trends, and anticipated future costs.

“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
**Palliative vs. Hospice Care**
Tuesday, May 7
7:00 – 8:30 p.m.
Registration Required
Mary Mulcahy, MD, and Randy Belisomo, DBe
Life Matters Media
What are the differences between hospice and palliative care? Making healthcare plans for the future is an important step toward making sure you get the medical care you or a loved one wants. Attendees will receive personal guidance in advance care planning from Respecting Choices certified facilitators.

**Moving Forward**
Tuesdays, May 7 – June 25
5:30 – 7:30 p.m.
Thursday, May 9 – June 27
5:30 – 7:30 p.m.
Staff Registration Required
An 8- week experiential series for those who have completed treatment in the past year. Includes commitment to twice weekly exercise classes, weekly support group, and healthy cooking classes, all designed to explore the range of emotions, physical concerns and questions that may arise following cancer treatment to support participants, as they move forward. This is a committed series, and participation in all sessions is strongly encouraged. For more information or to register, contact Ellen Nieman at enieman@wellnesshouse.org or 630.654.5198.

**Resources and Updates for Multiple Myeloma**
Thursday, May 9
7:00 – 8:00 p.m.
Registration Required
International Myeloma Foundation
Participants will receive a basic overview of International Myeloma Foundation and updates on resources for individuals with multiple myeloma. This group will meet during the monthly Multiple Myeloma group on May 9.

**Health Insurance Literacy**
Thursday, May 9
7:00 – 8:30 p.m.
Registration Required
Yusuf Vidal
Young Invisibles
Health insurance can be hard to navigate. This workshop is focused on providing clarity on the topic, which includes walking through some of the terminology, myths and facts around the Affordable Care Act, how to apply for health insurance and key information around healthcare with respect to OE6, Medicaid and Medicare.

**Conscious Breathing**
Tuesday, May 14
7:00 – 8:30 p.m.
Registration Required
Delores Bjorkman, BSN, MSW, BHSP
DJB Counseling and Consultations
Most of us are not aware of our breathing; however, breathing consciously has the power to improve our health and our lives. In this program, we will learn and practice breathing techniques designed to relieve stress, reduce pain, and increase positive energy.

**Reiki for You: Level I**
Thursday, May 16
9:00 a.m. – 5:00 p.m.
Registration Required
Jane Van De Velde, DNP, RN
Gregory Zera
Reiki Master Teachers
The Reiki Share Project
Reiki is a complementary healing practice that helps 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.

**How Yoga Can Help with Cancer**
Tuesday, May 28
1:00 – 2:00 p.m.
Registration Required
Jeri Lau CSM/ACS CET, CETI CES
Oncology Exercise Specialist
Wellness House
In this presentation, participants will learn how yoga can help deal with common, and not so common, side effects of cancer, help boost your immunity, and improve recovery.

---

**The Courtyard**
You’ll treasure the experience.

A Donation/Consignment Shop of Quality Home Furnishings to benefit Wellness House.

ShopTheCourtyard.com
for weekly “featured items” as a preview of the treasures you’ll find there.

**Hours:** Tuesday through Saturday, 10 a.m. to 4:30 p.m.
The Courtyard | 63 Village Place | Hinsdale, IL 60521
Wellness House Open Mic Night
Thursday, May 30
Sign up 6:30 p.m.
Performances 7:00 – 8:30 p.m.
Registration Required
Calling all musicians, writers, poetry lovers, and more! Join us for an open mic night where we invite artists of all kinds to gather and share their work or share someone else’s work. An evening to share that poem, essay, song, or passage that you think everyone must hear. All are welcome to attend and enjoy the fun evening. Children (under 18) must attend with an adult. **Space is limited.** Participants may perform/read up to 5 minutes, depending on the length of the wait list. **We ask that the performance material be appropriate for a family-friendly setting.** Please email Kaitlin Wagner at kwagner@wellnesshouse.org with any questions.

Advocate Good Samaritan Hospital
Gardening is a great activity for maintaining joint flexibility, bone density, range of motion, and quality of life. How do we do this safely? In this presentation, we will share tips for sensible garden planning, smart digging and lifting, friendly tools, and gardening warm-ups as well as ideas on how to help prevent common injuries to the back, knees and hands as we continue to heal.

Introduction to Music Therapy
Thursday, June 6
7:00 – 8:30 p.m.
Registration Required
Victoria Storm, MM, MT-BC
Director and Music Therapist
Oak Park Music Therapy
Music therapy has been found to help reduce pain and discomfort, improve mood and diminish stress, increase quality of life, and allow individuals to better communicate their emotions. Learn the benefits of music therapy and how to use it as another tool to help navigate through one’s cancer journey.

Understanding Sleep Disturbance and How to Combat it
Tuesday, June 18
6:30 – 8:00 p.m.
Registration Required
Rebecca L. Hunter, Ph.D.
Assistant Professor, Clinical Psychologist
Rush University Medical Center
This presentation focuses on explaining insomnia and other sleep problems as it relates to cancer treatment. Participants will learn about the importance of sleep, why it can be disrupted as a result of treatment, and strategies to help one improve sleep.

Unique Boutique
Introducing Unique Boutique, a warm and welcoming salon specializing in care for your hair, skin, and body. Experience personalized salon and bodywork offerings tailored specifically for people with cancer.

Follow us on Facebook at Facebook.com/WellnesshouseHinsdale

To schedule an appointment, call 630.654.5110 or email uniqueboutique@wellnesshouse.org
Appointments are limited and provided at no cost. Register for Like What you See at wellnesshouse.org
Information & Education

Hot Topics in Breast Cancer 2019
Saturday, June 22, 2019
8:30 a.m. – 3:00 p.m.
Registration Required
This program will be recorded. For more information, please visit wellnesshouse.org.

8:30 – 9:00 a.m.
REGISTRATION & BREAKFAST AVAILABLE

9:00 – 11:45 a.m.
Updates in Breast Cancer Treatment and Research Panel
9:00 – 9:30 Breast Imaging
Deepa Sheth, MD – University of Chicago
9:30 – 10:00 Updates in Medical Oncology
Olwen Hahn, MD – University of Chicago
10:00 – 10:30 Updates in Surgical Oncology
Rosalinda Alvarado, MD – Rush
10:30 – 11:00 Updates in Radiation Oncology
Eric Donnelly, MD – Northwestern
11:00 – 11:45 Q&A with Physician Panel

11:45 a.m. – 12:00 p.m.
BREAK

12:00 – 12:45 p.m.
Managing the Side Effects of Breast Cancer Treatment
Rachel Benecke, APN – DuPage Medical Group

12:45 – 1:15 p.m.
LUNCH

1:15 – 2:00 p.m.
Break Out Sessions
Breast Cancer Survivorship
Susan Hong, MD & Tamara Hamlish, PhD – UIC
Updates in Metastatic Breast Cancer
Lisa Flaum, MD – Northwestern
Reconnecting in Relationships After Your Cancer Journey

2:00 – 2:15 p.m.
BREAK

2:15 – 3:00 p.m.
Breast Cancer Survivorship
Susan Hong, MD & Tamara Hamlish, PhD – UIC
Updates in Metastatic Breast Cancer
Lisa Flaum, MD – Northwestern
Reconnecting in Relationships After Your Cancer Journey

Book Club

Anticancer Living: Transform Your Life and Health with the Mix of Six
Tuesdays, April 2 – May 7
2:00 – 3:00 p.m.
Registration Required
The scientific data on the link between lifestyle, environmental factors, and cancer risk has been accumulating at an accelerated rate over the past decade. Introducing the concept of the “Mix of Six,” authors Lorenzo Cohen and Alison Jeffries make an informed case that building social and emotional support; managing stress; improving sleep, exercise and diet; and minimizing exposure to environmental toxins work together to promote an optimal environment for health and well-being. This book will also be the topic of our Special Events on April 18 and April 19.

A weekly reading list will be provided. Please contact Kaitlin Wagner, at kwagner@wellnesshouse.org with any questions. Facilitated by Wellness House Staff

The book (and program content) is designed to be a preventive cancer care approach to wellness. ANDREW WEIL, MD

Anticancer Living
TRANSFORM YOUR LIFE AND HEALTH WITH THE MIX OF SIX
Lorenzo Cohen, PhD
Alison Jeffries, MEd

A weekly reading list will be provided. Please contact Kaitlin Wagner, at kwagner@wellnesshouse.org with any questions. Facilitated by Wellness House Staff
“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

Sideling Side Effects
Saturday, April 6
11:00 a.m. – 12:00 p.m.
Thursdays, April 11, June 6
6:00 – 7:00 p.m.
Monday, April 29
6:00 – 7:00 p.m.
Mondays, April 15, May 6
12:30 – 1:30 p.m.
Tuesdays, May 21, May 28
12:30 – 1:30 p.m.
Thursdays, June 13, June 20
12:30 – 1:30 p.m.
Angela Dennison, Registered Dietitian
Registration Required
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 or prevent the following side effects:
- Low Appetite or Excessive Weight Loss
- Taste Changes or Lack of Taste
- Nausea and Vomiting
- Diarrhea and Constipation
- Neuropathy

Easy Ingredient Swaps
Cooking Demonstration/Discussion
Saturday, April 6
9:00 – 10:00 a.m.
Registration Required
Katie Weir, Registered Dietitian
This hands-on learning experience in cooking plant-based foods is designed to boost your confidence and experience in the kitchen. Recipes may contain common food allergens.

Wellness in Action: Hands-On Cooking Class
Thursdays, April 11, May 30
1:00 – 2:30 p.m.
Thursday, June 20
6:00 – 7:30 p.m.
Registration Required
Angela Dennison, Registered Dietitian
This hands-on learning experience in cooking plant-based foods is designed to boost your confidence and experience in the kitchen. Recipes may contain common food allergens.

Cooking Up Wellness
Cooking Demonstration/Discussion
Saturdays, April 13, May 11, June 8
10:30 a.m. – 12:00 p.m.
Mondays, April 22, May 20, June 17
6:00 – 7:30 p.m.
Registration Required
Angela Dennison, Registered Dietitian

*Bonnie Brock, Registered Dietitian
*Katie Weir, Registered Dietitian

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 may contain common food allergens.

Food for Life with The Cancer Project
Cooking Demonstration/Discussion
Thursdays, April 18, April 25, May 9, May 23
12:30 – 2:00 p.m.
Registration Required
Adrienne Felder, MA, LCPC, Professional Chef

Week One 4/18: Introduction to How Foods Fight Cancer
Week Two 4/25: Fueling on Low-Fat Foods
Week Three 5/9: Favoring Fiber
Week Four 5/23: Replacing Meats

NEW! Plant Your Own Herb Garden
Monday, April 29
1:00 – 2:30 p.m.
Registration Required
Angela Dennison, Registered Dietitian
Join us for a fun class where you will plant a variety of herbs while discussing the health benefits of each, and how to include them into your everyday meals. Herbs not only offer a variety of flavors, they hold an abundance of health benefits, too!
Wellness Ongoing:
Nutrition Discussion Group
Thursday, May 2
6:00 – 7:00 p.m.
Tuesday, June 11
1:00 – 2:00 p.m.
Registration Required
Angela Dennison, Registered Dietitian
Maintaining a healthy lifestyle can be difficult. Join this discussion group to
connect and share ideas with one another.

Cancer Nutrition 101: Step-by-Step Program to a Cancer-Fighting Diet
Thursdays, May 9 – May 30
6:30 – 7:30 p.m.
Registration Required
Angela Dennison, Registered Dietitian
Adopting a cancer-fighting diet can be confusing and overwhelming. This
four-week series will begin a step-by-step journey to changing the way you eat.
Each week will be a building block of information to establish habit changes
while focusing on a plant-based diet. This series is for cancer survivors who
want to improve their eating habits and have not known where to begin.

Snack and Learn
Tuesday, May 14
1:00 – 1:30 p.m.
Registration Required
Angela Dennison, Registered Dietitian
Join Angela for this short but informative class while enjoying a healthy snack. Each
class will focus on one nutrition-related topic. Recipes may contain common
food allergens.

NEW! Antioxidant Favorites
Saturday, June 1
9:00 a.m. – 10:00 a.m.
Registration Required
Katie Weir, Registered Dietitian
This class will focus on specific antioxidants and the foods they are
found in. Learn how these foods can reduce the risk of cancer and
tips to include them into your everyday diet.

Healthy Grocery Store Tour
Tuesday, June 4
6:30 – 7:30 p.m.
Registration Required
Katie Weir, Registered Dietitian
Let’s take the stress out of grocery store shopping by attending a guided tour with
dietitian Katie Weir! During this one-hour tour, we will cover how to pick the right
produce, product selection, label reading and more! Class will be held at Whole
Foods Market in Hinsdale 500 E Ogden Ave. Meet Katie in the cafe prior to
gaining started.

Date Night: Couple’s Cooking Class
Wednesday, June 12
6:00 – 7:30 p.m.
(See page 15 for full details)

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 can 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.

Exercise for Getting Well
Fundamentals
Monday, 12:30 – 1:00 p.m.
Thursday, 12:45 – 1:15 p.m.
Registration Required
Gentle instructor-led, chair-based exercises for participants experiencing
physical difficulties due to cancer treatment, with focus on preparing participants for Exercise for Getting
Well classes.

Exercise for Getting Well
Mondays, 11:30 a.m. – 12:15 p.m.
Tuesdays, 11:00 – 11:45 a.m.
or 11:45 a.m. – 12:30 p.m.
Wednesdays, 11:30 a.m. – 12:15 p.m.
Thursdays, 11:00 – 11:45 a.m.
or 11:45 a.m. – 12:30 p.m.
Saturdays, 12:00 – 12:45 p.m.
Registration Required
Self-paced aerobic exercise followed by gentle chair-based and standing
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
Self-paced aerobic exercise followed by instructor-led exercises for increasing
endurance, strength, flexibility and balance.
Registration Required

Level I — appropriate for participants who can stand while exercising for at
least 60 minutes
Mondays/Wednesdays
10:30 – 11:30 a.m.
Tuesdays/Thursdays/Saturdays
10:00 – 11:00 a.m.

Level II — appropriate for participants who can complete floor exercises and
get up without assistance
Mondays
8:45 – 9:45 a.m. or
5:30 – 6:30 p.m.
Tuesdays/Thursdays/Saturdays
8:15 – 9:15 a.m.
Wednesdays/Fridays
8:45 – 9:45 a.m.
**Exercise for Living Well**
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.

**Registration Required**

**Level I** — appropriate for participants who can stand while exercising for at least 45 minutes

Mondays/Wednesdays/Fridays
9:45 – 10:30 a.m.

Tuesdays/Thursdays/Saturdays
9:15 – 10:00 a.m.

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

Mondays
8:00 – 8:45 a.m. or 4:45 – 5:30 p.m.

Tuesdays/Thursdays/Saturdays
7:30 – 8:15 a.m.

Wednesdays, 8:00 – 8:45 a.m.

Thursdays, 5:30 – 6:15 p.m.

Fridays, 8:00 – 8:45 a.m.

**Pink Ribbon Fitness**

Mondays, 6:30 – 7:30 p.m.

Saturdays, 11:00 a.m. – 12:00 p.m.

**Registration Required**

Customized exercises for breast cancer survivors. Appropriate for participants who are currently undergoing treatment or completed treatment within the past year.

**Pilates**

Wednesdays, 9:30 – 10:30 a.m.

Saturdays, 8:30 – 9:30 a.m.

**Registration Required**

Beginner mat Pilates helps develop control and endurance by putting an emphasis on alignment, breathing, and developing a strong core.

**Open Gym**

Mondays, 7:30 – 8:00 a.m.

& 1:00 – 4:45 p.m.

Tuesdays, 12:30 – 5:00 p.m.

**Mind/Body Movement**

**Beginner Mat Yoga Level I**

Mondays, 11:45 a.m. – 12:30 p.m.

Thursdays, 6:30 – 7:15 p.m.

**Registration Required**

Introduction to gentle, beginner and restorative standing and mat-based yoga postures. No prior yoga experience is needed. Appropriate for cancer survivors who are in active treatment, recently completed treatment, and/or are new to yoga.

**Beginner Mat Yoga Level II**

Mondays, 6:30 – 7:30 p.m.

Wednesdays, 10:45 – 11:45 a.m. or 5:30 – 6:30 p.m.

Thursdays, 9:15 – 10:15 a.m.

Fridays, 10:30 – 11:30 a.m.

**Drop-ins Welcome**

Beginner and restorative mat-based and standing yoga postures.

**Beginner Chair Yoga**

Tuesdays, 11:45 a.m. – 12:30 p.m.

Thursdays, 9:30 – 10:15 a.m.

Fridays, 10:45 – 11:30 a.m.

**Drop-ins Welcome**

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

**Restorative Yoga**

Staff Registration Required

Please contact Amanda Woods at 630.654.5194 or awoods@wellnesshouse.org for dates/times and to register.

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

**Mind, Body, and Soul Retreat: Restorative Yoga and Yoga Nidra**

Saturdays, April 6, May 18, June 15

11:00 a.m. – 12:30 p.m.

**Registration Required**

Join us for one hour of Restorative Yoga where poses are healing and therapeutic. Assorted props support the body to help muscles release chronic stress and deeply held tensions. The focus on the breath soothes the nervous system, quiets the mind and allows true relaxation. The class then shifts to a Yoga Nidra guided meditation that prepares you for the day, furthering relaxation and helping you to set a resolve. This practice is low impact and accessible to everyone.

**Tai Chi**

Mondays, 9:30 – 10:30 a.m.

**Drop-ins Welcome**

This ancient form of movement and exercise leads to harmony of mind and body while decreasing stress. You will learn a modified Yang form, which will help increase balance, strength and control.

**Qi Gong & Tai Chi**

Fridays, 9:00 – 10:30 a.m.

**Drop-ins Welcome**

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

**Nia®**

Tuesdays, 8:30 – 9:30 a.m.

**Registration Required**

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.
## Exercise and More

### MONDAY
- **7:30 a.m.** Open Gym (7:30 - 8:00 a.m.)
- **8:00 a.m.** Exercise for Living Well II (8:00 - 8:45 a.m.)
- **8:45 a.m.** Exercise for Staying Well II
- **9:30 a.m.** *Tai Chi
- **9:45 a.m.** Exercise for Living Well I (9:45 - 10:30 a.m.)
- **10:30 a.m.** Exercise for Staying Well I
- **11:30 a.m.** Exercise for Getting Well (11:30 a.m. - 12:15 p.m.)
- **11:45 a.m.** Beginner Mat Yoga I (11:45 a.m. - 12:30 p.m.)
- **12:30 p.m.** Exercise for Getting Well Fundamentals (12:30 - 1:00 p.m.)
- **1:00 p.m.** Open Gym (1:00 - 4:45 p.m.)
- **4:45 p.m.** Exercise for Living Well II (4:45 - 5:30 p.m.)
- **5:30 p.m.** Exercise for Staying Well II
- **6:30 p.m.** *Beginner Mat Yoga II
- **6:30 p.m.** Pink Ribbon Fitness

### TUESDAY
- **7:30 a.m.** Exercise for Living Well II (7:30 - 8:15 a.m.)
- **8:15 a.m.** Exercise for Staying Well II
- **8:30 a.m.** Nia®
- **9:15 a.m.** Exercise for Living Well I (9:15 - 10:00 a.m.)
- **10:00 a.m.** Exercise for Staying Well I
- **11:00 a.m.** Exercise for Getting Well (11:00 - 11:45 a.m.)
- **11:45 a.m.** Exercise for Getting Well (11:45 a.m. - 12:30 p.m.)
- **12:45 p.m.** Exercise for Getting Well Fundamentals (12:45 - 1:15 p.m.)
- **1:15 p.m.** Open Gym (1:15 - 5:30 p.m.)
- **5:30 p.m.** Exercise for Living Well II (5:30 - 6:15 p.m.)
- **6:30 p.m.** Beginner Mat Yoga I (6:30 - 7:15 p.m.)

### WEDNESDAY
- **7:30 a.m.** Open Gym (7:30 - 8:00 a.m.)
- **8:00 a.m.** Exercise for Living Well II (8:00 - 8:45 a.m.)
- **8:45 a.m.** Exercise for Staying Well II
- **9:30 a.m.** Pilates
- **9:45 a.m.** Exercise for Living Well I (9:45 - 10:30 a.m.)
- **10:30 a.m.** Exercise for Staying Well I
- **10:45 a.m.** *Beginner Mat Yoga II
- **11:30 a.m.** Exercise for Getting Well (11:30 a.m. - 12:15 p.m.)
- **3:30 p.m.** Open Gym (3:30 - 5:30 p.m.)
- **5:30 p.m.** *Beginner Mat Yoga II

### THURSDAY
- **7:30 a.m.** Exercise for Living Well II (7:30 - 8:15 a.m.)
- **8:15 a.m.** Exercise for Staying Well II
- **9:15 a.m.** Exercise for Living Well I (9:15 - 10:00 a.m.)
- **9:15 a.m.** *Beginner Mat Yoga II (9:15 - 10:15 a.m.)
- **9:30 a.m.** *Beginner Chair Yoga (9:30 - 10:15 a.m.)
- **10:00 a.m.** Exercise for Staying Well I
- **11:00 a.m.** Exercise for Getting Well (11:00 - 11:45 a.m.)
- **11:45 a.m.** Exercise for Getting Well (11:45 a.m. - 12:30 p.m.)
- **12:45 p.m.** Exercise for Getting Well Fundamentals (12:45 - 1:15 p.m.)
- **1:15 p.m.** Open Gym (1:15 - 5:30 p.m.)
- **5:30 p.m.** Exercise for Living Well II (5:30 - 6:15 p.m.)
- **6:30 p.m.** Beginner Mat Yoga I (6:30 - 7:15 p.m.)

### FRIDAY
- **7:30 a.m.** Open Gym (7:30 - 8:00 a.m.)
- **8:00 a.m.** Exercise for Living Well II (8:00 - 8:45 a.m.)
- **8:45 a.m.** Exercise for Staying Well II
- **9:00 a.m.** *Qi Gong and Tai Chi (9:00 - 10:30 a.m.)
- **9:45 a.m.** Exercise for Living Well I (9:45 - 10:30 a.m.)
- **10:30 a.m.** *Beginner Mat Yoga II
- **10:45 a.m.** *Beginner Chair Yoga (10:45 - 11:30 a.m.)

### SATURDAY
- **7:30 a.m.** Exercise for Living Well II (7:30 - 8:15 a.m.)
- **8:15 a.m.** Exercise for Staying Well II
- **8:30 a.m.** Pilates
- **9:15 a.m.** Exercise for Living Well I (9:15 - 10:00 a.m.)
- **10:00 a.m.** Exercise for Staying Well I
- **11:00 a.m.** Pink Ribbon Fitness
- **12:00 p.m.** Exercise for Getting Well (12:00 - 12:45 p.m.)

*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 Wellness House 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 630.654.5110 or email UniqueBoutique@wellnesshouse.org to schedule a 45-minute session with a trained practitioner. 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
Energy-based holistic practice to help increase relaxation and inner balance.

Community Acupuncture
Mondays, April 1, May 6, June 3 1:30 – 5:30 p.m.
Bridget Juister, L.Ac. B Holistic Staff Registration Required
Join Bridget to experience the benefits of acupuncture in a community setting that allows 3 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. To register, please contact Tune-up scheduling at 630.654.5110.

Mind/Body
To register, please visit www.wellnesshouse.org or call 630.323.5150. For questions, please contact Amanda Woods at awoods@wellnesshouse.org or 630.654.5194.

Crystal Bowl Meditation
Tuesdays, April 9, May 7, June 18 1:00 – 1:45 p.m.
Registration Required
Beth Marano, Certified Yoga Instructor and Vibrational Sound Therapist
Come enjoy the beauty and vibration of Crystal Singing Bowls. During this 45-minute sound experience, you will be asked to do nothing except relax and enjoy the soothing sounds of the crystal bowls being played. Comfort is key during the sound concert—chairs, couches, or a yoga mat will be available as seating during the meditation. You can bring a blanket or pillow from home or just bring yourself.

Spring Garden Walks
Tuesdays, April 30, May 21, June 18 1:00 – 3:00 p.m.
Registration Required
Garden walks are a wonderful way to appreciate the beauty of nature while walking, relaxing, and enjoying good company. Susan Beard guides participants on the garden walks and takes you through many of Hinsdale’s finest gardens. Participants will meet at Wellness House in the reception area.

Mind Science Yoga Workshop
Saturdays, April 6, 20 May 18, June 1, 15, 29 9:30 – 11:00 a.m.
Registration Required
Attendance at the first session is required and all sessions are strongly encouraged, as this workshop is a series of classes that build on each other.
Saumen Chattopadhyay, Mind Science Researcher and Meditation Guide
Experience a unique journey on a guided path developed with ancient Vedic practices of breathing, powerful mantra meditation and ‘samadhi.’ The workshop highlights the benefits that have been studied, experimented and validated by science and practice. Mind Science Yoga techniques may bring many values to you, helping bring peace and tranquility.

Monthly Meditation
Wednesdays, April 10, May 8, June 12 6:30 – 8:00 p.m.
Registration Required
Explore and experience one’s inner peace and serenity in the stillness of meditation. Facilitate healing and harmony within your own mind, body and spirit.

Guided Meditation
Thursdays, 10:30 – 11:30 a.m.
Drop-ins Welcome
Learn to relax your body, still your mind and engage your spirit through guided meditation. No meditation experience required.

Mindfulness for Everyday Living
Tuesdays, 12:00 – 1:00 p.m.
Drop-ins Welcome
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.

Stress-Free Saturday
Saturdays, April 13, 27, May 11, June 8 9:30 – 10:30 a.m.
Registration Required
No class on June 22 due to Hot Topics in Breast Cancer Symposium or May 25 due to Memorial Day
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.

*note: No program Saturday, May 25
Wellness through Deep Hypnosis
Saturdays, April 20, May 18, June 15
10:00 a.m. – 12:00 p.m.
Registration Required
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:
April: Outsmarting Stress
May: Overcoming Fatigue
June: Hidden Acts of Kindness

Sound Meditation: Immersing Yourself in Healing Vibration
Saturday, April 27
11:30 a.m. – 12:45 p.m.
Registration Required
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 a space of peace, well-being, harmony, and balance. Participants are requested to wear loose clothing. You are welcome to bring your own yoga mat, blanket, or pillow.

The Healing Power of Storytelling Workshop
Mondays, April 8 – 29
6:00 – 8:00 p.m.
Registration Required
Storytelling is a wonderful way to find your voice and share your story. This 4-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.

Painting Collage
Mondays, April 1 – April 22
11:00 a.m. – 2:00 p.m.
Registration Required
Participants will use discarded magazines, books, or photos to create a collage. The collage will then be used as a guide to create a painted version onto a canvas. Participants are encouraged to bring their own source material, like photos. Some magazines will be made available.

Mindful Journaling
Thursdays, April 11, May 9, June 13
1:00 – 3:30 p.m.
Registration Required
Join Nancy Hill, LCSW, for mindful journaling, a practice she developed to help us notice what we notice. Learn to inhabit present moments, attend to senses, and shift awareness to help decrease anxiety.

IgniteHope Candle Workshop
Wednesdays, April 17, 2:30 – 4:30 p.m.
May 22, 3:00 – 5:00 p.m.
June 26, 3:00 – 5:00 p.m.
Registration Required
Please join IgniteHope as they teach you how to make your own IgniteHope candle. In this interactive class, you will make a unique candle with messages of inspiration hidden throughout the wax. This class will include a variety of fragrances. Games and prizes are included.

Mixed Media
Thursdays, April 18, May 16, June 20
1:00 – 3:00 p.m.
Registration Required
Join Caring Arts Foundation to explore and develop your own creative center for the purpose of healing. A different theme and use of varied artistic materials will guide each session. No prior artistic skills are required.

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.

Saturday Art
Saturday, April 20
10:00 a.m. – 12:00 p.m.
Registration Required
Create personalized greeting cards, adorned with pop-up, painted or collaged flowers.

Drawing with Pastels
Wednesdays, April 24 - May 15
6:00 – 8:00 p.m.
Registration Required
Attendance at the first session is required to continue with the series. Create colorful drawings with the portable medium of pastels.

Macramé
Mondays, April 29 – May 20
1:00 – 3:00 p.m.
Registration Required
Learn the art of knotting cord or string in patterns to make bracelets.

Spring Ceramics
Fridays, May 24 – June 7
1:00 – 3:00 p.m.
Registration Required
Join us in using traditional ceramic hand building techniques to complete individual weekly projects using wet clay. Creations will be professionally fired by a generous donor and returned to Wellness House for pick up.

Drawing Perspective Class
Wednesdays, June 19, 26
6:00 – 8:00 p.m.
Registration Required
Learn to draw one- and two-point perspective with the value of light and dark using pencil. Learn how parallel lines merge to a vanishing point on the horizon line.

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.

To register, please visit www.wellnesshouse.org or call 630.323.5150. For questions, please contact Amanda Woods at awoods@wellnesshouse.org or 630.654.5194.
Child & Family Programs

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
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.

To arrange a consultation, please contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org

Couples

NEW! Brief Couples Consultations
Just two sessions that can lead to a closer connection! Whether you are newly diagnosed or have been living with a cancer diagnosis together for longer, it is never too early or too late to look more closely at your relationship. During these two sessions, you will meet with one of our counselors who will help guide you to a deeper understanding of your strengths as a couple, as well as the challenges you are facing.

For more information, or to schedule an appointment, call Valerie Piazza, LCPC at 630.654.5118 or email at vpiiazza@wellnesshouse.org.

Date Night: Couple’s Cooking Class
Wednesday, June 12
6:00 – 7:30 p.m.
Registration Required
Limited to 10 couples
Angela Dennison, Registered Dietitian
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 body and relationship. This hands-on class will include making two recipes with your partner and enjoying your creation. Recipes may contain common food allergens. Please contact Karie Milewski-Carlson at 630.654.5114 or kmcarlson@wellnesshouse.org with questions, or to note dietary concerns.

Group 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.

Summerfest Family Picnic
Registration Required
Wednesday, June 19
6:00 – 7:30 p.m.
Come kick off the summer with an evening of food and fun for the whole family with fellow Wellness House families. Bring along children, grandchildren, and friends to spend time together and play games. We will provide food and entertainment for all ages – all you have to do is show up! Food served may contain common allergens.

COMING SOON! Kids Kamp
Registration Required
Monday, July 15 – Friday, July 19
9:00 a.m. – 12:00 p.m.
Join us for our annual Kids Kamp for ages 5 – 12. This is a great opportunity to participate in fun summer activities, meet other kids who have experienced cancer in the family, build confidence, and simply HAVE FUN!

When a loved one has cancer:

Kids Group
Wednesday evenings
Staff Registration Required
An eight-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.

Kids Group for Parents with Advanced Illness
Tuesday evenings
Staff Registration Required
A weekly support group for children ages 6-12 with a parent with metastatic or advanced cancer.

Teen Group
Thursday evenings
Staff Registration Required
An eight-week support group for teens ages 13-18 who have a parent with a current cancer diagnosis.
Bereavement groups for kids and teens:

**Turtles**  
*Monday afternoons*  
*Staff Registration Required*  
An eight-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.

**Turtles Transitions**  
*Tuesday evenings (every two weeks)*  
*Staff Registration Required*  
A bereavement group for children ages 6-12 who have participated in the Turtles program and/or who are experiencing the later stages of grief due to the loss of a parent.

**Bereavement Group for Siblings**  
*Monday evenings*  
*Staff Registration Required*  
A weekly bereavement support group for children ages 6-12 who have lost a sibling to cancer.

**Teen Time**  
*Thursday evenings*  
*Staff Registration Required*  
An eight-week bereavement support group for teens ages 13-18 who have experienced the loss of a parent due to cancer. The group provides teens with the opportunity to connect with other teens who are going through similar situations, discuss the impact cancer has on their family, explore the impact of loss, and learn about healthy coping strategies to manage stress and changes they are experiencing.

**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 this group prior to attending.

**NEW! Networking Group for Bereaved Dads of Young Children and Teens**  
*2nd Tuesdays, 7:00 – 8:30 p.m.*  
*April 9, May 14, June 11*  
*Drop-Ins Welcome*  
For more information, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org. Please attend this group if you are a bereaved dad of kids from newborn through college-age and would like to benefit from the opportunity to exchange experiences, single dad parenting tips and support with others in the same situation.

**Turtles Bereavement Group for Parents**  
*Monday afternoons*  
*Staff Registration Required*  
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 eight-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 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 or to schedule an appointment, please contact Carly Jokich, MS, CCLS, CEIM at 630.654.5107 or cjokich@wellnesshouse.org.

**Individual Consultations and Support for Parents and/or Caregivers**  
Consultations and short-term counseling are available to assist parents, family caregivers and couples in talking to children about cancer, addressing parenting or caregiving concerns, and processing the impact of cancer on their personal lives. For more information or to schedule an appointment, please contact Karie Milewski-Carlson, LSW at 630.654.5114 or kmcarlson@wellnesshouse.org.
Support Groups & Counseling

“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

Short-Term Counseling and Consultations

Group experience is one of the most effective ways to receive social and emotional support, so Wellness House offers a wide variety of support and networking groups to include nearly everyone affected by cancer. We also know that groups do not always meet everyone’s needs, so our support team also offers short-term counseling to address cancer-related issues for individuals, couples and families. If you feel you have a specific cancer-related need for short-term counseling, please call 630.323.5150 to arrange a consultation with one of our specialists.

Memorial Sloan-Kettering Cancer Center's Meaning-Centered Psychotherapy Program presented by Wellness House

Meaning-Centered Psychotherapy (MCP) was designed by Memorial Sloan-Kettering Cancer Center to help people with cancer create and sustain meaning in their lives. Benefits may include an improved sense of spiritual well-being and meaning, as well as decreased anxiety and sense of hopelessness.

NEW! Meaning-Centered Psychotherapy Group for the Bereaved

Tuesdays, April 23 – June 11
4:30 – 6:00 p.m.
Staff Registration Required
Please contact Karie Milewski-Carlson, LSW at 630.654.5114 or kmcarlson@wellnesshouse.org to register prior to attending.
This is an 8-week, committed group open to participants who have lost a loved one to cancer and who have regularly attended Drop-In Bereavement Group or Transitions for Spouses.

NEW! In My Own Words - Writing your narrative your way

Mondays, May 6 - June 10

2:00 – 3:30 p.m. (6 weeks)
Registration Required
Everyone who has gone through a cancer experience has a story to tell, a story that goes deeper than “My name is ___ and I [or my loved one] was diagnosed with ___ cancer.” Come and share your story with others who have either an interest in or a passion for self-exploration through writing. Stories created in this workshop can be submitted to be featured in a program guide. No writing experience or expertise required!

Meaning-Centered Psychotherapy Group

Tuesdays, May 7 – June 25
1:30 – 3:00 p.m.
Staff Registration Required
Please contact Michael Williams at 630.654.5117 or mwilliams@wellnesshouse.org to register prior to attending.
This is an 8-week, committed group open to anyone who has had a cancer diagnosis.

NEW! Meaning-Centered Psychotherapy Group for Caregivers

Tuesdays, May 28 - July 16
5:00 – 6:30 p.m.
Staff Registration Required
Please contact Karie Milewski-Carlson, LSW at 630.654.5114 or kmcarlson@wellnesshouse.org to register prior to attending.
This is an 8-week, committed group open to caregivers who are tending emotionally and/or physically to a family member or friend with a cancer diagnosis.

Cancer Support Group

Wednesdays,
3:00 – 4:30 p.m. or 7:00 – 8:30 p.m.
Staff Registration Required
Please contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org to register prior to attending.
Ongoing eight-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

Wednesdays,
3:00 – 4:30 p.m. or 7:00 – 8:30 p.m.
Staff Registration Required
Please contact Jenna Kiel, Psy.D. at 630.654.5199 or jkiel@wellnesshouse.org to register for this group prior to attending.
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 eight-week support group that meets at the same time as the Cancer Support Group.

Living with Recurrent or Metastatic Cancer Support Group

Fridays, 10:00 – 11:30 a.m.
Drop-ins Welcome
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
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.
## Support Groups & Counseling

### Monthly Peer Networking Groups

#### Meaning-Centered Psychotherapy Networking Group
1st Tuesdays, 7:00 – 8:30 p.m.
April 2, May 7, June 4
Staff Registration Required
Please contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org to register prior to attending.
Participants who have completed an eight-week Memorial Sloan-Kettering Meaning-Centered Psychotherapy (MCP) course at Wellness House are invited to participate in this monthly peer networking group, which will provide the opportunity to exchange ongoing support toward maintaining and building on the meaning-based self-care plans they achieved in the MCP course.

#### Spiritual Side of Cancer
2nd Thursdays, 5:00 – 6:30 p.m.
April 11, May 9, June 13
Drop-ins Welcome - For questions, contact Sherri Wick, LCPC at 630.654.7215 or swick@wellnesshouse.org.
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. Everyone holds certain beliefs and values about what makes life meaningful, regardless of your affiliation or practice. Wellness House does not affiliate with any one belief system; people of all faith backgrounds are encouraged to participate.

#### Young Adults with Cancer Networking Group
4th Thursdays, 7:00 – 8:30 p.m.
April 25, May 23, June 27
Drop-ins Welcome - For questions, contact Sherri Wick, LCPC at 630.654.7215 or swick@wellnesshouse.org.
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.

### 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, Gynecologic, and Prostate Groups are for individuals diagnosed with cancer only.

<table>
<thead>
<tr>
<th>Cancer Type</th>
<th>Date</th>
<th>Time</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brain Tumor</td>
<td>4th Thursdays, 7:00 – 8:30 p.m.</td>
<td>April 25, May 23, June 27</td>
<td></td>
</tr>
<tr>
<td>Breast Cancer</td>
<td>4th Mondays, 7:00 – 8:30 p.m.</td>
<td>April 22, May 20*, June 24</td>
<td>*Please note that the May group will be held on the 3rd Monday of the month due to the Memorial Day holiday.</td>
</tr>
<tr>
<td>Carcinoid</td>
<td>2nd Saturdays, 10:30 a.m. – 12:30 p.m.</td>
<td>April 13, May 11, June 8</td>
<td></td>
</tr>
<tr>
<td>Colon/Rectal Cancers</td>
<td>2nd Mondays, 7:00 – 8:30 p.m.</td>
<td>April 8, May 13, June 10</td>
<td></td>
</tr>
<tr>
<td>Gynecologic Cancers</td>
<td>2nd Thursdays, 7:00 – 8:30 p.m.</td>
<td>April 11, May 9, June 13</td>
<td></td>
</tr>
<tr>
<td>Head &amp; Neck Cancers</td>
<td>3rd Tuesdays, 7:00 – 8:30 p.m.</td>
<td>April 16, May 21, June 18</td>
<td></td>
</tr>
<tr>
<td>Leukemia &amp; Lymphoma</td>
<td>2nd Thursdays, 7:00 – 8:30 p.m.</td>
<td>April 11, May 9, June 13</td>
<td></td>
</tr>
<tr>
<td>Lung Cancer</td>
<td>1st Thursdays, 7:00 – 8:30 p.m.</td>
<td>April 4, May 2, June 6</td>
<td></td>
</tr>
<tr>
<td>Melanoma</td>
<td>4th Tuesdays, 7:00 – 8:30 p.m.</td>
<td>April 23, May 28, June 25</td>
<td></td>
</tr>
<tr>
<td>Multiple Myeloma</td>
<td>2nd Thursdays, 7:00 – 8:30 p.m.</td>
<td>April 11, May 9*, June 13</td>
<td>*Please join us for a special presentation on resources and updates from the International Myeloma Foundation.</td>
</tr>
<tr>
<td>Pancreatic Cancer</td>
<td>3rd Thursdays, 7:00 – 8:30 p.m.</td>
<td>April 25,* May 16, June 20</td>
<td>This program is sponsored by the Rolfe Pancreatic Cancer Foundation</td>
</tr>
<tr>
<td>Prostate Cancer</td>
<td>2nd Wednesdays, 9:30 – 11:00 a.m.</td>
<td>April 10, May 8, June 12</td>
<td></td>
</tr>
<tr>
<td>Sarcoma Cancers</td>
<td>Saturday, May 18, 11:00 a.m. – 1:00 p.m.</td>
<td>This bi-monthly group is for anyone diagnosed with a sarcoma tumor and their caregivers.</td>
<td></td>
</tr>
</tbody>
</table>
Quarterly Networking Groups
Drop-ins Welcome

Ostomy Networking Group
Monday, June 24
7:00 – 8:30 p.m.
*Please note that this is now a quarterly group. For questions, contact Karie Milewski-Carlson, LSW at 630.654.5114 or kmcarlson@wellnesshouse.org.
Nanci Stark, Certified Wound, Ostomy and Continence Nurse (CWOCN) from Loyola University Medical Center will co-facilitate the group with a Wellness House counselor. Nanci will provide medical information about living with an ostomy. Topics will be based on participant needs and might include recent medical advancements, product choices, travel concerns and clothing choices.

GIST (Gastrointestinal Stromal Tumors)
Saturday, May 11
1:00 – 3:00 p.m.
Registration Required
Wellness House is hosting this group, organized by the Chicago-area chapter of the Life Raft Group. This group is for anyone diagnosed with GIST and their caregivers.

Bereavement Groups
For Adults:

NEW! Networking Group for Bereaved Dads of Young Children and Teens
2nd Tuesdays, 7:00 – 8:30 p.m.
April 9, May 14, June 11
Drop-Ins Welcome
For more information, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org. Please attend this group if you are a bereaved dad of kids from newborn through college-age and would like to benefit from the opportunity to exchange experiences, single dad parenting tips and support with others in the same situation.

NEW! Bereavement Networking Group for Parental Loss
1st Wednesdays, 5:30 – 7:00 p.m.
April 3, May 1, June 5
Drop-Ins Welcome
For more information, contact Karie Milewski-Carlson, LSW at 630.654.5114 or kmcarlson@wellnesshouse.org.
Join other bereaved adults (age 18 and older) who have lost a parent to cancer.

NEW! Meaning-Centered Psychotherapy Group for the Bereaved
Tuesdays, April 23 – June 11
4:30 – 6:00 p.m.
Staff Registration Required
Please contact Valerie Piazza, LCPC at 630.654.5118 or vpiazza@wellnesshouse.org to register prior to attending.
This is an 8-week, committed group open to participants who have lost a loved one to cancer(378,231),(962,249) and who have regularly attended Drop-In Bereavement Group or Transitions for Spouses.

Bereavement Drop-in
Tuesdays
5:00 – 6:30 p.m.
Drop-Ins Welcome
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.
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

Transitions for Spouses
Meets twice every month
Staff Registration Required
This is a committed bereavement support group to help spouses and partners develop coping techniques.
Please contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org to register prior to attending.

Transitions Alumni
4th Tuesdays
5:00 – 6:30 p.m.
April 23, May 28, June 25
Alumni Drop-Ins Encouraged
Join other adults who have completed the Transitions for Spouses or Turtles bereavement programs at this monthly group to continue supporting one another.
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

Turtles Parents Group
This is an eight-week, weekly bereavement support group for parents who have lost a partner. Please see full description on page 16.

For Children and Teens:

Turtles
This is an eight-week, weekly bereavement support group for children ages 6-12. Please see full description on page 16.

Turtles Transitions
A bereavement group for children ages 6-12 who have participated in the Turtles program and/or who are experiencing the later stages of grief due to the loss of a parent. Please see full description on page 16.

Bereavement Group for Siblings
A weekly bereavement support group for children ages 6-12 who have lost a sibling to cancer. Please see full description on page 16.

Teen Time
An eight-week, weekly support group for teens ages 13-18 who have a family member with cancer or who have lost a family member to cancer. Please see full description on page 16.

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

Mindful Yoga
Mondays
10:00 – 11:00 a.m.
Wheeling Township
1616 N. Arlington Heights Road
Drop-ins welcome; Informed Consent Waiver Required
Nurture your entire being with mind/body movement. Bring your own mat—all other equipment provided.

Registration required
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 may contain common food allergens.

CHICAGO

Gynecologic Cancer Support Group
4th Fridays
9:30 – 10:30 a.m.
April 26, May 17*, June 28
*May date has been adjusted to accommodate Memorial Day holiday
Mercy Hospital & Medical Center
2525 S. Michigan Avenue
12th floor Great Room
Drop-ins Welcome
An opportunity for women with gynecologic cancers to share their cancer stories, connect with others in similar circumstances and improve their coping skills.
For questions, contact Maigenete Mengesha, Ph.D. at 630.654.5111 or mmengesha@wellnesshouse.org.

Breast Cancer Support Group
4th Fridays
11:00 a.m. – 12:30 p.m.
April 26, May 17*, June 28
*May date has been adjusted to accommodate Memorial Day holiday
Mercy Hospital & Medical Center
2525 S. Michigan Avenue
6th floor Activity Room
Drop-ins Welcome
An opportunity for women with breast cancer to share their cancer stories, connect with others in similar circumstances and improve their coping skills.
For questions, contact Jenna Kiel, Psy.D. at 630.654.5199 or jkiel@wellnesshouse.org.

Additional Locations

“The stories and encouragement of other people who are going through the same thing make me feel like I’m not alone. I’m also looking forward to learning about nutrition. It’s great to get support closer to where I live.”
Wellness House Participant

BERWYN

Yoga for Cancer Survivors—Spanish language class
Saturdays
11:15 a.m. – 12:15 p.m.
Pav YMCA
2947 Oak Park Avenue
Drop-ins welcome; Informed consent waived
In partnership with ALAS-Wings, participants have the opportunity to nurture their entire being with mind/body movement. No previous experience required; all equipment provided.

Cooking Up Wellness
Wednesday, April 17
6:30 – 8:00 p.m.
OR
Thursday, April 18
8:30 – 10:00 a.m.
Pav YMCA
2947 Oak Park Avenue
Registration required
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 may contain common food allergens.

Head & Neck Cancers Support Group
2nd Tuesdays, every other month
12:00 – 1:30 p.m.
April 9, June 11
Mercy Hospital & Medical Center
2525 S. Michigan Avenue
12th floor, Conference Room 1234
Drop-ins Welcome
An opportunity for people with head and neck cancers and their caregivers to share their cancer stories, connect with others in similar circumstances and improve their coping skills.
For questions, contact Jenna Kiel, Psy.D. at 630.654.5199 or jkiel@wellnesshouse.org.

Beginner Chair Yoga
Fridays
10:00 – 11:00 a.m.
Mercy Hospital & Medical Center
2525 S. Michigan Avenue
6th floor Activity Room
Drop-ins welcome; Informed Consent Waiver Required
Gentle, beginner and restorative chair-based and standing yoga postures. No previous yoga experience required; all equipment provided.

Mixed Media
Thursday, April 11
10:00 – 11:30 a.m.
Mercy Hospital & Medical Center
2525 S. Michigan Avenue
6th floor Activity Room
Drop-ins Welcome
Join us to explore and develop your own creative center for the purpose of healing.
We will use a variety of artistic materials; no prior artistic skills are required.

**Cooking Up Wellness**  
Wednesday, May 29  
10:00 – 11:30 a.m.  
Mercy Hospital & Medical Center  
2525 S. Michigan Avenue  
6th floor Activity Room  
Drop-ins Welcome  
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 may contain common food allergens.

**Nutrition Connections**  
3rd Wednesdays  
10:00 – 11:30 a.m.  
April 17, May 15, June 19  
University of Illinois Hospital  
1740 W. Taylor Street  
Hematology Oncology Clinic  
Oncology dietitian provides individual nutrition consultations with patients and caregivers in the infusion center.  
For questions, contact Angela Dennison, RD, LDN at 630.654.5196 or adennison@wellnesshouse.org.

**Smoothie Demonstration**  
Tuesday, June 25  
10:00 – 11:00 a.m.  
Mercy Hospital & Medical Center  
2525 S. Michigan Avenue  
6th floor Activity Room  
Drop-ins Welcome  
This presentation will give you a hands-on demonstration on how to make the perfect smoothie that is easy and healthy. Learn the benefits of smoothies and what makes them different from juices.

**Cancer Connections**  
1st Wednesdays  
10:00 – 11:30 a.m.  
April 3, May 1, June 5  
University of Illinois Hospital  
1740 W. Taylor Street  
Hematology Oncology Clinic  
Infusion Center  
Monthly individual consultation and support to patients and caregivers in the infusion center.  
For questions, contact Sherri Wick, LCPC at 630.654.5125 or swick@wellnesshouse.org.

**Creative Connections**  
2nd Thursdays, 1:00 – 2:30 p.m.  
April 11, May 9, June 13  
University of Illinois Hospital  
Using a variety of artistic materials, this is an opportunity for patients and caregivers in the infusion center to explore and develop their own creative centers for the purpose of healing. No prior artistic experience required; all materials provided.  
For questions, contact Kelli Mitchell at 630.654.5197 or kmitchell@wellnesshouse.org.

**Yoga for Cancer Survivors—Spanish language class**  
Saturdays  
10:30 – 11:30 a.m.  
St. Sylvester Church,  
2157 N. Humboldt Boulevard  
Drop-ins welcome; Informed Consent Waiver required.  
In partnership with ALAS-Wings, participants have the opportunity to nurture their entire being with mind/body movement. No previous experience required; all equipment provided.

**Nutrition Connections**  
3rd Wednesdays  
10:00 – 11:30 a.m.  
April 17, May 15, June 19  
University of Illinois Hospital  
1740 W. Taylor Street  
Hematology Oncology Clinic  
Oncology dietitian provides individual nutrition consultations with patients and caregivers in the infusion center.  
For questions, contact Angela Dennison, RD, LDN at 630.654.5196 or adennison@wellnesshouse.org.

**Mile Square Health Center**  
1220 S. Wood Street  
Wellness House is now offering 40+ programs in the areas of Nutrition, Exercise, Stress Management and Support/Networking programs at Mile Square! Please see our website for complete details. To learn more about our programs, visit wellnesshouse.org.
ELMHURST
All programs take place at Elmhurst Memorial Hospital, 155 East Brush Hill Road

Cooking Up Wellness
Tuesday, April 2
10:00 – 11:30 a.m.
Lower level Arboretum Center, Elm Room
Registration Required
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 may contain common food allergens.

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:
Mondays
10:00 a.m. – 12:00 p.m. or 11:00 a.m. – 1:00 p.m.
Wednesdays
10:00 a.m. – 12:00 p.m.
Thursdays
11:00 a.m. – 1:00 p.m.
Contact Ellen Nieman at enieman@wellnesshouse.org or 630.654.5198 to schedule an appointment.

Public Benefits, Affordable Care Act and Health Reform
Thursday, May 2
10:00 – 11:30 a.m.
Lower level Arboretum Center
Elm Room 11
Registration Required
Robin Lavendar, Client Access Coordinator, DuPage County Health Department.
Our expert will provide an overview of health insurance, including a comprehensive review of options including Access DuPage, Medicaid, Medicare, private insurance and Marketplace. Join us to gain a better understanding of your eligibility for both public and private insurance, where and when to seek in-person assistance, and open enrollment periods.

Mindfulness Meditation
Wednesday, June 12
10:00 – 11:30 a.m.
Registration Required
Maple Room II
Discover ways to live life more effectively in the present moment, even through difficult times. No previous meditation experience required.

Social/Emotional Aspects + Cancer
Monday, April 8
6:00 – 7:30 p.m.
Registration required
Experiencing cancer often elicits a full range of emotions and questions about how to navigate life and health moving forward. Join us as we explore information regarding social and emotional well-being and cancer. Cancer survivors + caregivers are welcome. Light refreshments will be served.

Exercise + Cancer
Tuesday, April 16
6:00 – 7:30 p.m.
Registration required
Experiencing cancer often elicits a full range of emotions and questions about how to navigate life and health moving forward. Join us as we explore information regarding exercise and cancer. Cancer survivors + caregivers are welcome. Light refreshments will be served.

Nutrition + Cancer
Monday, April 22
6:00 – 7:30 p.m.
Registration required
Experiencing cancer often elicits a full range of emotions and questions about how to navigate life and health moving forward. Join us as we explore information regarding nutrition and cancer. Cancer survivors + caregivers are welcome. Light refreshments will be served.

For questions, contact Kelli Mitchell at 630-654-5197 or kmitchell@wellnesshouse.org

MT. PROSPECT
All programs take place at Lemons of Love, 406 W. Central Road

Stress Management + Cancer
Monday, April 1
6:00 – 7:30 p.m.
Registration required
Experiencing cancer often elicits a full range of emotions and questions about how to navigate life and health moving forward. Join us as we explore information regarding stress management and cancer. Cancer survivors + caregivers are welcome. Light refreshments will be served.

OAK PARK
Cancer Connections Group
Monday evenings
5:30 – 7:00 p.m.
Rush Oak Park Hospital, Medical Office Building
610 S. Maple Avenue, Suite 2000
Drop-ins Welcome

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

OAk parK
Cancer Connections Group
Monday evenings
5:30 – 7:00 p.m.
Rush Oak Park Hospital, Medical Office Building
610 S. Maple Avenue, Suite 2000
Drop-ins Welcome
This group provides an opportunity for people experiencing cancer to share information, connect with others in similar circumstances and improve coping skills. On 3rd Mondays, we'll focus on a specific topic and enjoy light refreshments. For questions, contact Sherri Wick, LCPC at 630.654.5125 or swick@wellnesshouse.org.

PALATINE
All programs take place at Countryside Church, 1025 N. Smith Street

Wellness Through Deep Hypnosis
1st Saturdays
April 6, May 4, June 1
10:00 a.m. – 12:00 p.m.
Rev. C. Scot Giles, D.Min.
Diplomat, National Guild of Hypnotists
Heartmath® Certified Coach
Registration Required
Dr. Scot Giles, renowned medical hypnotherapist, guides the group through self-hypnosis designed to help release pain and facilitate healing. Monthly topics:
April: Outsmarting Stress
May: Overcoming Fatigue
June: Hidden Acts of Kindness

Reiki
1st Saturdays
April 6, May 4, June 1
10:00 a.m. – 1:00 p.m.
Rev. Lindsay Bates, D.Min.
Level III Reiki Master Teacher
Staff registration and Informed Consent Waiver Required
Reiki is a complementary healing practice that helps promote relaxation and alleviate stress; it is life force energy that works holistically to bring balance physically, emotionally, mentally and spiritually. Contact Kelli Mitchell at 630.654.5197 or kmitchell@wellnesshouse.org prior to attending.

Unless otherwise indicated, please contact Kelli Mitchell at kmitchell@wellnesshouse.org or 630.654.5197 for full details about programs at our additional locations, or visit our website at wellnesshouse.org

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

Monthly donations change lives all year long.
A monthly gift of $10 or more can help people to fully live life with cancer and beyond.

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