Spooky Spectacular
The Future, Prayers, and Lies: Finding Meaning in Uncertainty and Cancer
Hot Topics in Lung Cancer
Holiday Open House
Polar Express Pajama Party

“I'm not giving up and I'm not giving in.”
Deborah - Participant
Don't Miss Our Special Events!

The Future, Prayers, and Lies: Finding Meaning in Uncertainty and Cancer
Thursday, November 1
7:00 – 8:30 p.m.
Registration Required
Join us for an evening with Dr. Breitbart, as we explore what makes life meaningful. Through the lens of philosophical insights, Dr. Breitbart helps his patients consider how the future, while unknown, still has the capability to be unique and fulfilling. The participants of this lecture will become familiar with the common existential concerns confronting people with life threatening disease and will become familiar with existentially oriented interventions that have been found to be effective in treating despair near the end of life. In the realm of uncertainty there is an opportunity to create and hope for the future.

William S. Breitbart, MD, FAPM, DFAPA, FAPOS
Chairman, Department of Psychiatry and Behavioral Sciences
Jimmie C. Holland Chair in Psychiatric Oncology
Attending Psychiatrist, Psychiatry Service, Department of Psychiatry and Behavioral Sciences
Attending Psychiatrist, Supportive Care Service, Department of Medicine
Memorial Sloan Kettering Cancer Center
Vice Chairman and Professor of Clinical Psychiatry, Weill Cornell Medical College, Department of Psychiatry
Attending Psychiatrist, New York-Presbyterian Hospital, Department of Psychiatry

Spooky Spectacular
Wednesday, October 24
6:00 – 7:30 p.m.
Registration Required
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.

NEW! Hot Topics in Lung Cancer
ATTEND IN PERSON OR VIEW FROM HOME VIA WEBINAR
Saturday, November 17
9:00 a.m. – 12:30 p.m.
Registration Required
Join the top oncologists, surgeons, and healthcare professionals in the Chicagoland area to learn about the latest updates in the research and treatment of lung cancer. For full agenda, please visit our website at wellnesshouse.org.

NEW! Moving Forward
Tuesdays, October 16 - December 11
6:30 – 8:30 p.m.
Thursdays, October 18 - December 13
6:30 – 8:30 p.m.
(no class 11/1 or 11/22)
Staff Registration Required
An 8-week experiential series for those who have completed treatment in the past year. Includes twice weekly exercise classes, a weekly support group, and healthy cooking classes 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.

NEW! Polar Express Pajama Party
Wednesday, December 19
6:00 – 7:30 p.m.
Registration Required
Join us for our annual Polar Express Pajama Party! We will have crafts, delicious treats, entertainment, and tons of fun! Families with kids of all ages are welcome. Snacks will be served and may contain common allergens.
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 6, 13, 20, 27
November 3, 10, 17
December 1, 8, 15, 22
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

**2nd & 4th Fridays**
October 12, 26, November 9 and 23, December 14
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*
Top Doc Lecture Series

Advances in Pancreatic Cancer Research and Treatment
Thursday, October 25
7:00 – 8:30 p.m.
Registration Required
Daniel Frank, MD
Integrated Oncology, Hematology/Oncology
DuPage Medical Group
Participants will learn about the newest treatment updates, clinical trials that are available, and a look into the ongoing research of pancreatic cancer.

Clinical Trials and New Agents in Development for Breast Cancer
Saturday, October 27
11:00 a.m. – 12:30 p.m.
Registration Required
Kanesha Bryant, M.D., FACS
Medical Director, Breast Cancer
AMITA Health
Attendees will learn about the latest updates from the most recent San Antonio Breast Cancer Symposium and the American Society of Clinical Oncology conference.

Heart Disease Associated with Cancer and Cancer Treatment
Tuesday, December 4
6:30 – 8:00 p.m.
Registration Required
Tochi M. Okwuosa, DO, FACC, FAHA
Associate Professor of Medicine and Cardiology
Director, Cardio-Oncology Program
Rush University Medical Center
This presentation will discuss the new research that is uncovering the impact of cancer treatment and ones cardiovascular health.

Managing Peripheral Neuropathy
Tuesday, December 11
7:00 – 8:30 p.m.
Registration Required
Jinny Tavee, M.D.
Associate Professor
Medical Director, Neuromuscular Division
Northwestern University Feinberg School of Medicine
Peripheral neuropathy is a nerve disorder that can cause tingling, pain, numbness, and weakness throughout your body. In this presentation you will learn how peripheral neuropathy is diagnosed and managed.

Visit our Cancer Learning Resource Center!
The CLRC is available for all and houses a variety of books, CDs, videos and pamphlets. Open during regular hours. Come by and check out a book or use the library as a quiet space to read.
Information & Education

“We 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
Wednesday, October 3
Tuesday, November 6
Tuesday, December 11
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.

Exercise - One Key to Breast Cancer Recovery
Tuesday, October 2
1:00 – 2:00 p.m.
Registration Required
Jeri Lau, ACSM/ACS CET, CETI CES
Oncology Exercise Specialist
Wellness House
Exercise can help you recover from the treatments and surgeries for breast cancer. There are many benefits to exercising, even as early as upon diagnosis. Come and learn how exercise can help guide you back to health in both body and mind.

Look Good Feel Better
Mondays, 2:00 – 4:00 p.m.
October 8
November 12
Registration Required
Spent 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.

Learn about Meaning-Centered Psychotherapy – What is it?
Tuesday, October 9
7:00 – 8:30 p.m.
OR
Tuesday, October 23
1:30 – 3:00 p.m.
Registration Required
Attend this classroom-style presentation to learn about the development of MCP, an overview of the components of MCP, and why they can help those living with cancer influence their experience in powerful ways.

What Are My Insurance Options?
Thursday, October 11
7:00 – 8:30 p.m.
Registration Required
Robin Lavendar,
Client Access Coordinator, DuPage County Health Department
In this workshop, you will learn the basics about public insurance options, Marketplace, Medicare, and Medicaid, and their enrollment requirements. The presentation will include information on insurance available to DuPage residents and surrounding counties.

Renew Your Reiki
Tuesday, October 23
Thursday, December 6
6:30 – 8:30 p.m.
Registration Required
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.

Reviewed 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.

BREAST CANCER WEBINARS
In honor of Breast Cancer Awareness Month, we will be rebroadcasting the presentations from our June 23rd Hot Topics in Breast Cancer symposium. These webinars will not be shown at Wellness House but streamed online. By registering for these webinars, you will receive the link to view. If you have any questions, please contact Kaitlin Wagner at kwagner@wellnesshouse.org.
Registration Required
Breast Cancer Research and Treatment Panel
October 16, 2:00 – 4:00 p.m.
October 18, 6:30 – 8:30 p.m.
Breast Cancer and Body Image
October 22, 2:00 – 3:30 p.m.
October 23, 7:00 – 8:30 p.m.
Eating Well After Breast Cancer
October 30, 2:00 – 3:30 p.m.
November 8, 7:00 – 8:30 p.m.
Updates in Metastatic Breast Cancer
October 25, 2:00 – 3:30 p.m.
December 6, 7:00 – 8:30 p.m.
Surgical Management of Lymphedema and Breast Reconstruction
October 29, 11:00 a.m. – 12:30 p.m.
December 18, 7:00 – 8:30 p.m.
information & education

maintaining financial wellness during cancer care
Tuesday, October 30
7:00 - 8:30 p.m.
Registration Required
Barbara Derry, Carolyn Grela, Maryann Jacom, Cherylann McGovern
AMITA Health
Healthcare costs can be very confusing and distressing. AMITA Health Cancer Institute’s financial counseling and social work team will present strategies to address the financial aspects of cancer treatment. They will share tips and resources which can empower you to better understand and navigate costs. Join this presentation to gain confidence in taking charge of your healthcare financial wellbeing.

balancing work & cancer webinar: managing long-term stress
Wednesday, November 7
5:00 p.m. – 6:00 p.m.
Registration Required
Julie Larson, LCSW
Cancer and Careers
For most people, workplace stress is a given. Add cancer to the mix, and it can become debilitating. In this webinar Julie Larson from Cancer and Careers will help you think about your priorities and how you can balance your job, family, and own well-being to avoid letting stress get the best of you. This program is in partnership with Cancer and Careers.

lymphedema: what is it, and what to do about it?
Tuesday, November 13
1:00 – 2:30 p.m.
Registration Required
Andrew Nowak, PT, D.P.T., LANA C.L.T.
Supervisor, Outpatient Physical Medicine, OP Rehab. Services
Advocate Good Samaritan Hospital
Many patients experience symptoms of swelling in the extremities following cancer treatment or surgery, often associated with pain or discomfort. In this presentation, we will learn what lymphedema is and how we can lessen and manage the symptoms of it.

the importance of connection: introduction to imerman angels
Saturday, December 22
11:00 a.m. – 12:30 p.m.
Registration Required
Claire Overland
Cancer Support Specialist
Imerman Angels
Often times with a cancer diagnosis comes isolation, fear, and anxiety. Imerman Angels works to overcome these issues by pairing cancer fighters, survivors, and caregivers with Mentor Angels – trained volunteers who serve to empower and inspire strength by providing the unique perspective of someone who has actually been there themselves. Come learn more about the steps involved in this connection process and hear the true impact of one-on-one support.

understanding sleep disturbance and how to combat it
Thursday, November 29
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, especially in the context of current or past 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.

rerouting: choosing your course after cancer
October 4 and December 6
7:00 – 8:30 p.m.
Registration Required
Finishing cancer treatment often elicits a full range of emotions and questions about how to navigate life and health moving forward. This presentation provides an overview of information regarding emotional well-being, nutrition, and exercise post-treatment.

it's easy to register for classes and events.
Register now online at...

wellnesshouse.org

follow us on Facebook at
Facebook.com/WellnesshouseHinsdale
The Five Invitations: Discovering What Death Can Teach us About Living Fully by Frank Ostaseski

Tuesdays, October 23 - November 27
2:00 – 3:00 p.m.

The Five Invitations:
- Don’t Wait
- Welcome Everything, Push Away Nothing
- Bring Your Whole Self to the Experience
- Find a Place of Rest in the Middle of Things
- Cultivate Don’t Know Mind

These Five Invitations show us how to wake up fully to our lives. They can be understood as best practices for anyone coping with loss or navigating any sort of transition or crisis; they guide us toward appreciating life’s preciousness. Awareness of death can be a valuable companion on the road to living well, forging a rich and meaningful life, and letting go of regret. The Five Invitations is a powerful and inspiring exploration of the essential wisdom dying has to impart to all of us.

A weekly reading list will be provided and can be obtained prior to class by emailing facilitator Valerie Piazza LCPC at vpiazza@wellnesshouse.org.

Vintage Book Club
Thursdays
2:00 – 3:00 p.m.
Registration Required

October 11
Finish First, by Scott Hamilton

November 8
Strength in Stillness: The Power of Transcendental Meditation, by Bob Roth

December 13
The Christmas Box by, Paul Richard Evans

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?

Facilitated by Nancee Biank, LCSW

The monthly reading assignment will be provided and can be obtained prior to class by emailing Kaitlin Wagner at kwagner@wellnesshouse.org.

American Cancer Society
Wig Boutique
To make an appointment, call Wellness House at 630.654.5150

New! Salon Services
Available to those who have or will experience hair loss as a side effect of cancer treatments.

Services available include:
- Hair cutting and shaving
- Wig styling
- Hair styling for those experiencing hair regrowth

By appointment only:
Please call Kaitlin Wagner at 630.654.5115 to book an appointment.

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
THURSDAY, NOVEMBER 1ST
7:00 pm – 8:30 pm

Registration required
Call 630-323-5150 or visit wellnesshouse.org

William S. Breitbart, MD
Chairman
Jimmie C. Holland Chair in Psychiatric Oncology
Attending Psychiatrist, Psychiatry Service
Department of Psychiatry and Behavioral Sciences
Memorial Sloan Kettering Cancer Center

Join us for an evening with Dr. Breitbart, as we explore what makes life meaningful. Through the lens of philosophical insights, Dr. Breitbart helps his patients consider how the future, while unknown, still has the capability to be unique and fulfilling.

The participants of this lecture will become familiar with the common existential concerns confronting people with life threatening disease and will become familiar with existentially oriented strategies that have been found to be effective in treating despair near the end of life. In the realm of uncertainty, there is an opportunity to create hope for the future.
“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

**Exercise & Nutrition**

**Nutrition**

**Sideling Side Effects**

**Monday, October 1**

12:30 – 1:30 p.m.

**Tuesdays, October 9, December 18**

6:30 – 7:30 p.m.

**Thursdays, October 25, December 6**

12:30 – 1:30 p.m.

**Mondays, November 19, November 26**

6:00 – 7:00 p.m.

**Saturdays, October 6, November 3**

9:00 a.m. – 12:00 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

**NEW! Easy Ingredient Swaps**

Saturdays, October 6, November 3

9:00 – 10:00 a.m.

Registration Required

Katie Weir, Registered Dietitian

Learn to modify your favorite recipes to meet your diet needs. This cooking class will focus on modifying one classic recipe to make it plant-based.

**NEW! Mindful Eating**

Wednesday, October 10

10:30 a.m. – 12:30 p.m.

Registration Required

Angela Dennison, Registered Dietitian

Eating is part of our daily routine, but how often do we practice mindful eating? Join this class to learn more about this topic and how it can improve your overall health.

**Wellness Ongoing:**

**Nutrition Discussion Group**

Thursday, October 11

6:30 – 7:30 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.

**Online Sideling Side Effects**

Monday, October 15

12:30 – 1:30 p.m.

Tuesday, November 13

12:30 – 1:30 p.m.

Monday, December 10

6:00 – 7:00 p.m.

Registration Required

Angela Dennison, Registered Dietitian

The same information and support of Sideling 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.

**Cooking Up Wellness**

Cooking Demonstration/Discussion

Saturdays, October 13, November 10

December 8

10:30 a.m. – 12:00 p.m.

Mondays, October 22, November 12

December 17

6:00 – 7:30 p.m.

Registration Required

Angela Dennison, 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 prepared in this class may contain common food allergens.

**Wellness in Action: Hands-On Cooking Class**

**NEW! Cooking for Prostate Cancer**

Saturday, October 27

10:30 a.m. – 12:00 p.m.

Registration Required

Angela Dennison, Registered Dietitian

This cooking class is specifically focused on healthy eating for prostate cancer. Diagnosed individuals and caregivers are both welcome to join! Recipes may contain common food allergens.

**NEW! Cooking for Side Effects**

Cooking Demonstration/Discussion

Monday, October 29

3:00 – 4:30 p.m.

Staff Registration Required

Angela Dennison, Registered Dietitian

During cancer treatment, eating can go from a pleasure to a chore. This cooking class is designed specifically for caregivers and/or diagnosed individuals experiencing treatment-related side effects and will feature recipes to combat eating difficulties. Recipes may contain common food allergens. Please contact Angela at 630.654.5196 or adennison@wellnesshouse.org to register.
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.

NEW! Snack and Learn
Tuesday, November 6
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.

Food for Life with The Cancer Project
Thursdays, November 29 – December 20
12:30 – 2:00 p.m.
Registration Required
Adrienne Felder, MA, LCPC, Professional Chef

Week One 11/29: Introduction to How Foods Fight Cancer
Week Two 12/6: Maintaining a Healthy Weight
Week Three 12/13: Discovering Dairy Alternatives
Week Four 12/20: Foods and Breast Cancer Survival

NEW! The Next Course:
Hands-On Cooking for Bereaved Spouses and Partners
Tuesday, December 11
6:00 – 7:30pm
(See page 19 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 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 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.

Balancing Act! Improve Your Balance and Help Prevent Falls
Wednesdays, October 10 - 31
2:00 – 3:00 p.m.
Staff Registration Required
Chandra Jadhwani, Physical Therapist
For more information and to register, contact Amanda Woods at 630.654.5194 or awoods@wellnesshouse.org. This 4-week series is designed to help keep you on your feet and prevent falls. Learn fall prevention tips to help keep you safe at home, and how to use those “spare moments” to enhance your balance with activities that can be done almost anywhere. A current physician medical release and health history are required.

Pink Ribbon Fitness Series:
Take Control of Your Recovery
Tuesdays, October 16 - November 20
1:00 – 2:00 p.m.
Registration Required
Jeri Lau, ACSM/ACS CET, CETI CES, 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. 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 for Getting Well Fundamentals
Monday, 12:30 – 1:00 p.m.
Thursday, 12:30 – 1:00 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 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.
Exercise & Nutrition

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

Open Gym
Mondays, 7:30 – 8:00 a.m.
& 1:00 – 1:30 p.m.
Tuesdays, 12:30 – 5:00 p.m.
Wednesdays, 7:30 – 8:00 a.m.
& 3:30 – 5:30 p.m.
Thursdays, 12:45 – 5:30 p.m.
Fridays, 7:30 – 8:00 a.m.
Drop-ins Welcome
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 release forms are required.

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, 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 – 10:45 a.m.
Fridays, 10:30 – 11:15 a.m.
Drop-ins Welcome
Gentle, beginner and restorative chair-based and standing yoga postures.

Restorative Yoga
Mondays, November 5
2:00 – 3:30 p.m.
Wednesday, December 5
12:30 – 2:00 p.m.
Registration Required
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, October 6, November 3
December 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 Fundamentals®
Thursdays, 5:30 – 6:30 p.m.
No class 11/1 or 11/22
Drop-ins Welcome
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.

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, you will discover your own joyful journey with Nia® and positively shape the way you feel, look and live.
**MONDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:30 a.m.</td>
<td>Open Gym (7:30 - 8:00 a.m.)</td>
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<tr>
<td>8:00 a.m.</td>
<td>Exercise for Living Well II (8:00 - 8:45 a.m.)</td>
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<td>Exercise for Staying Well II</td>
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<td>9:30 a.m.</td>
<td>*Tai Chi</td>
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<td>9:45 a.m.</td>
<td>Exercise for Living Well I (9:45 - 10:30 a.m.)</td>
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<td>10:30 a.m.</td>
<td>Exercise for Staying Well I</td>
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<td>11:30 a.m.</td>
<td>Exercise for Getting Well (11:30 a.m. - 12:15 p.m.)</td>
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<td>11:45 a.m.</td>
<td>*Beginner Mat Yoga I (11:45 a.m. - 12:30 p.m.)</td>
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<tr>
<td>12:30 p.m.</td>
<td>Exercise for Getting Well Fundamentals (12:30 - 1:00 p.m.)</td>
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<td>1:00 p.m.</td>
<td>Open Gym (1:00 - 4:45 p.m.)</td>
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<td>4:45 p.m.</td>
<td>Exercise for Living Well II (4:45 p.m. - 5:30 p.m.)</td>
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<td>5:30 p.m.</td>
<td>Exercise for Staying Well II</td>
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<td>6:30 p.m.</td>
<td>*Beginner Mat Yoga II</td>
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<td>Pink Ribbon Fitness</td>
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**TUESDAY**

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<tr>
<td>7:30 a.m.</td>
<td>Exercise for Living Well II (7:30 - 8:15 a.m.)</td>
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<td>8:15 a.m.</td>
<td>Exercise for Staying Well II</td>
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<td>9:15 a.m.</td>
<td>Exercise for Living Well I (9:15 - 10:00 a.m.)</td>
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<td>Exercise for Staying Well I</td>
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<td>*Beginner Mat Yoga II (9:15 - 10:15 a.m.)</td>
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<td>*Beginner Chair Yoga (9:30 - 10:15 a.m.)</td>
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<tr>
<td>10:00 a.m.</td>
<td>Exercise for Staying Well I</td>
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<tr>
<td>11:00 a.m.</td>
<td>Exercise for Getting Well (11:00 - 11:45 a.m.)</td>
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<td>11:45 a.m.</td>
<td>Exercise for Getting Well (11:45 a.m. - 12:30 p.m.)</td>
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<tr>
<td>12:30 p.m.</td>
<td>Exercise for Getting Well Fundamentals (12:30 - 1:00 p.m.)</td>
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<tr>
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<td>Open Gym (1:00 - 5:30 p.m.)</td>
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<td>Exercise for Living Well II (4:45 p.m. - 5:30 p.m.)</td>
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<tr>
<td>5:30 p.m.</td>
<td>*Tai Chi Fundamentals</td>
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<tr>
<td>6:30 p.m.</td>
<td>*Beginner Mat Yoga I (6:30 - 7:15 p.m.)</td>
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**WEDNESDAY**

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<tr>
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<tr>
<td>8:45 a.m.</td>
<td>Exercise for Staying Well II</td>
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<tr>
<td>9:30 a.m.</td>
<td>Pilates</td>
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<tr>
<td>9:45 a.m.</td>
<td>Exercise for Living Well I (9:45 - 10:30 a.m.)</td>
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<tr>
<td>10:30 a.m.</td>
<td>Exercise for Staying Well I</td>
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<tr>
<td>11:30 a.m.</td>
<td>Exercise for Getting Well (11:30 a.m. - 12:15 p.m.)</td>
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<tr>
<td>3:30 p.m.</td>
<td>Open Gym (3:30 - 5:30 p.m.)</td>
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<tr>
<td>5:30 p.m.</td>
<td>*Beginner Mat Yoga II</td>
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**THURSDAY**

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<td>Exercise for Living Well I (9:15 - 10:00 a.m.)</td>
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<td>9:15 a.m.</td>
<td>*Beginner Mat Yoga II (9:15 - 10:15 a.m.)</td>
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<td>*Beginner Chair Yoga (9:30 - 10:15 a.m.)</td>
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<td>10:00 a.m.</td>
<td>Exercise for Staying Well I</td>
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<td>Exercise for Getting Well (11:00 - 11:45 a.m.)</td>
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<td>Exercise for Getting Well (11:45 a.m. - 12:30 p.m.)</td>
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<td>12:30 p.m.</td>
<td>Exercise for Getting Well Fundamentals (12:30 - 1:00 p.m.)</td>
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<td>Exercise for Living Well II (4:45 p.m. - 5:30 p.m.)</td>
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<td>*Tai Chi Fundamentals</td>
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<tr>
<td>6:30 p.m.</td>
<td>*Beginner Mat Yoga I (6:30 - 7:15 p.m.)</td>
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**FRIDAY**

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<tr>
<td>8:45 a.m.</td>
<td>Exercise for Staying Well II</td>
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<tr>
<td>9:00 a.m.</td>
<td>*Qi Gong and Tai Chi (9:00 - 10:30 a.m.)</td>
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<tr>
<td>9:45 a.m.</td>
<td>Exercise for Living Well I (9:45 - 10:30 a.m.)</td>
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<td>10:30 a.m.</td>
<td>*Beginner Mat Yoga II</td>
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<tr>
<td>10:45 a.m.</td>
<td>*Beginner Chair Yoga (10:45 - 11:30 a.m.)</td>
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**SATURDAY**

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<tr>
<td>12:00 p.m.</td>
<td>Exercise for Getting Well (12:00 - 12:45 p.m.)</td>
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*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.
Stress Management

“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 630.323.5150 x295 or email tuneup@wellnesshouse.org to schedule a 45-minute session with a trained practitioner. The scheduler will make calls twice a week to schedule appointments. 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
Mondays, October 1, November 5 December 3
1:30 – 5:30 p.m.
Bridget Juister, L.Ac. B Holistic
Staff Registration Required
30-minute time slots will be scheduled
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 630.323.5150 x295.

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.

Crystal Bowl Meditation
Tuesday, October 2
November 20, December 11
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. Everyone is welcome.

Guided Meditation Retreat:
Finding Strength in the Storm
Thursday, October 4
8:30 – 11:30 a.m.
Drop-ins Welcome
In this 3-hour mini-retreat we will explore how various Buddhist philosophies and mindfulness practices can support us to navigate life’s difficult moments with more clarity, compassion, and ease. By turning toward our suffering, we can begin to learn what cancer has to teach us on a spiritual level. Workshop will include: instruction, discussion, journaling, and extended periods of meditation. Light snack provided. Appropriate for students with at least some meditation experience.

Monthly Meditation
Wednesday, October 10
November 14, December 12
6:30 – 8:00 p.m.
Registration Required
Experience peace and serenity in the stillness of meditation and facilitate healing of mind body and spirit.

Guided Meditation
Thursdays, 10:30 – 11:30 a.m.
Drop-ins Welcome
(no class 10/4)
Learn to relax your body, still your mind and engage your spirit through guided meditation. No meditation experience required.

Guided Meditation
Tuesdays, 12:00 – 1:00 p.m.
Drop-ins Welcome
(no class 10/4)
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.

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.

Mindfulness-Based Stress Reduction
8 week course:
Thursdays, October 11 - December 13
6:30 – 8:00 p.m.
(no class 11/01 and 11/22)
All Day Retreat:
Saturday, December 1
9:00 a.m. – 3 p.m.
Staff Registration Required
Linda Renzi, MA, LCPC
This 8-week program is designed to teach participants how to integrate and apply mindfulness in their lives and to the range of challenges arising from medical and psychological conditions. Participants will be guided in a variety of mindfulness practices and discussions aimed to enhance awareness in everyday life. Research has supported the effects of MBSR programs to relieve pain, manage
Stress Management

anxiety, cope with illness, and feel a deeper sense of peace. For more information or to register contact Tracy Lester at tlester@wellnesshouse.org or 630.654.5193.

Stress-Free Saturday
October 13, 27, November 10
December 8, 22
9:30 – 10:30 a.m.
Registration Required
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.

Wellness through Deep Hypnosis
Saturday, October 20
November 17, December 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:
October 20: Untangling Family of Origin Issues
November 17: A Deeper Intimacy
December 15: Hope for the Future

Morton Arboretum Garden Walk
Tuesday, October 23
12:00 – 2:00 p.m.
Registration Required
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.

Expressive Arts

Painting Masterpieces Galore
Mondays, October 8 - 29
11:00 a.m. – 2:00 p.m.
Registration Required
Choose from famous paintings and create your own version with acrylic paint on canvas.

Mindful Journaling
Thursday, October 11
November 8, December 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. Mindful journaling helps us deepen present moment awareness, even in difficult times. Learn to inhabit present moments, attend to senses, learn to shift awareness and decrease anxiety.

Mixed Media
Thursdays, October 18, November 15
December 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.

Clay
Fridays, October 19 - November 9 (no class 11/2)
1:00 – 3:00 p.m.
Registration Required
Join us for fun with this natural, earthy material, as we create winter lights out of decorative candle holders.

Saturday Art
Saturday, October 20
10:30 a.m. – 12:30 p.m.
Registration Required
Handbuilding with Clay: Lace Plates. Use clay and lace to create a lace plate.

Macrame
Tuesdays, November 6 - November 20
2:00 – 4:00 p.m.
Registration Required
Learn the art of knotting cord or string in patterns to make decorative articles.

Still Life Drawing
Wednesdays, November 28 - December 19
6:00 – 8:00 p.m.
Registration Required
Perspective and value drawing using pencil and your eye as the main drawing tool. Train your eye to draw what you see and not what you know. Create lightness to darkness using a regular pencil for the beginning of great still life drawings.

Drawing with Pastels
Fridays, December 7 - December 21
12:00 – 1:30 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.

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.
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
Couples: Taking Time Out Together
3rd Tuesdays, 5:30 – 7:00 p.m.
October 16, November 20, December 18
Registration Required - For questions, please contact Karie Milewski-Carlson, LSW at 630.654.5114 or kmcarlson@wellnesshouse.org.
Join us for this new program where we will practice stress management techniques and meditative activities designed to enrich your relationship. Learn how to support each other during challenging times while taking time to reflect together.

Child and Family Wellness Programs

**In honor of Dr. William Breitbart, our special guest speaker in November, (see page 2), we will be offering an opportunity for families to create legacy videos together. This is a way for families to create lasting memories on film. To schedule a time to come in and film a family video or a message for a loved one, please contact Carly Jokich, MS, CCLS at 630.654.5107 or Karie Milewski-Carlson, M. ED., LSW at 630.654.5114.

Spooky Spectacular
Wednesday, October 24
6:00 – 7:30 p.m.
Registration Required
Please register each individual in your family separately
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
Wednesday, December 19
6:00 – 7:30 p.m.
Registration Required - Please register each individual in your family separately
Join us for our annual Polar Express Pajama Party! We will have crafts, delicious treats, entertainment, and tons of fun! Families with kids of all ages are welcome. Snacks will be served and may contain common allergens.

Stress-Free Saturdays for Kids
4th Saturdays, 9:30 – 10:30 a.m.
October 27, December 22
Registration Required
Please note that the November program will be canceled due to the holiday schedule. Registration Required
Have your kids start the weekend stress-free! Everyone experiences stress to some degree, including kids. It is never too early to start learning about stress management. We will explore a variety of kid-friendly stress reduction techniques. Join us as we embark on a journey of relaxation! *Note that this program is scheduled during Stress-Free Saturdays for adults. Come together as a family; no need for childcare!

Groups for Kids and Teens

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.

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

NEW! 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.

**NEW! 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.

**NEW! Turtles Networking**  
4th Saturdays  
11:00 a.m. – 12:00 p.m.  
*Staff Registration Required*  
A monthly opportunity for children ages 6-12 who have gone through the Turtles program to connect with each other, continue to process feelings related to grief, and do creative activities together.

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

**NEW! Teen Time**  
Monday 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.

*If you have a teen with a parent with a current cancer diagnosis and are interested in group support, please contact Carly Jokich directly.*

**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.

**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.

**Parenting with Cancer**  
Wednesday evenings  
*Staff Registration Required*  
An 8-week support group for parents and caregivers who are navigating their own cancer journey while also raising and caring for their children who are high school age or younger. The instinct to protect our children is innate, but caring for ourselves might not come as naturally. This weekly support group will explore various topics including the impact cancer has on your role as a parent, your personal sense of self, and the communication styles between family members. A simultaneous group for children ages 6-12 is offered, though attendance at both groups is not required.

**Turtles Parent Group**  
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 Consultations and Support for Parents, Family Caregivers and Couples**  
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.

Please note that we would like to add future bereavement programming for parents who have lost a child to cancer. If you are interested in more information, please contact Valerie Piazza, RN, LCPC at 630.654.5118 or vpiazza@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**

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.

**Meaning-Centered Psychotherapy – What is it?**

**Tuesday, October 9**

7:00 – 8:30 p.m. or **Tuesday, October 23**

1:30 – 3:00 p.m.

**Registration Required**

Attend this classroom-style presentation to learn about the development of MCP, an overview of the components of MCP, and why they can help those living with cancer influence their experience in powerful ways.

**Attend an MCP Group**

**Tuesdays, November 6 – December 18**

12:00 – 1:30 p.m.

**Staff Registration Required**

Please contact Michael Williams, Psy.D. at 630.654.6117 or mwilliams@wellnesshouse.org to register prior to attending.

This is a seven-week, committed group open to anyone who has had a cancer diagnosis and/or their caregiver. Attending the informational program in October is encouraged but not required.

**Weekly Support Groups**

**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 Metastatic Breast Cancer Support Group**

**Tuesdays,** 10:00 – 11:30 a.m.

**Staff Registration Required**

Please contact Valerie Piazza, RN, LCPC at 630.654.5118 or vpiazza@wellnesshouse.org to register prior to attending.

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**

**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.

**Monthly Peer Networking Groups**

**Post-Treatment Networking Group**

3rd Thursdays, 7:00 – 8:30 p.m.

October 18, November 15, December 20

Drop-ins Welcome

For questions, contact Jenna Kiel, Psy.D. at 630.654.5199 or jkiel@wellnesshouse.org.

This group provides an opportunity to connect with other participants who have finished treatment and are navigating the question of “what now?” Please join us if you have completed treatment within the past two years. Caregivers are welcome.

**Meaning-Centered Psychotherapy Networking Group**

1st Wednesdays, 9:30 – 11:00 a.m.

October 3, November 7, December 5

**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.
October 11, November 8, December 13
Drop-ins Welcome - For questions, contact Sherri Wick, LPC at 630.654.5125 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.
October 25, November 29*
*Please note that the November group will be held on the 5th Thursday and the December group will be canceled due to the holiday schedule.
Drop-ins Welcome
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.
For questions, contact Sherri Wick, LPC at 630.654.5125 or swick@wellnesshouse.org.

**Diagnosis-Specific Monthly Peer Networking Groups**

**Brain Tumor**
4th Thursdays,
7:00 – 8:30 p.m.
October 25, November 29*
*Please note that November’s group will meet on the 5th Thursday and December’s group will be canceled due to the holiday schedule.

**Breast Cancer**
4th Mondays,
7:00 – 8:30 p.m.
October 22, November 26, December 17
Please note: The December group will be held on the 3rd Monday due to holiday closures the following week.

**Carcinoid**
2nd Saturdays,
10:30 a.m. – 12:30 p.m.
October 13, November 10, December 8

**Colon/Rectal Cancers**
2nd Mondays,
7:00 – 8:30 p.m.
October 8, November 12, December 10

**Gynecologic Cancers**
2nd Thursdays,
7:00 – 8:30 p.m.
October 11, November 8, December 13

**Head & Neck Cancers**
3rd Tuesdays,
7:00 – 8:30 p.m.
October 16, November 20, December 18

**Leukemia & Lymphoma**
2nd Thursdays,
7:00 – 8:30 p.m.
October 11, November 8, December 13

**Lung Cancer**
1st Thursdays,
7:00 – 8:30 p.m.
October 4, December 6
*Please note that the November group will be canceled due to a Wellness House special event (see page 2)

**Melanoma**
4th Tuesdays,
7:00 – 8:30 p.m.
October 23, November 27
Please note that December’s group will be canceled due to the holiday schedule.

**Multiple Myeloma**
2nd Thursdays,
7:00 – 8:30 p.m.
October 11, November 8, December 13

**Pancreatic Cancer**
3rd Thursdays,
7:00 – 8:30 p.m.
October 18, November 15, December 20
This program is sponsored by the Rolfe Pancreatic Cancer Foundation

**Prostate Cancer**
2nd Wednesdays,
9:30 – 11:00 a.m.
October 10, November 14, December 12
Networking Groups  
Drop-ins Welcome

Ostomy Networking Group
Monday, November 26
7:00 – 8:30 p.m.
*Please note that this is now a quarterly group (rather than monthly, as previously offered). For questions, contact Karie Milewski-Carlson, LSW at 630.654.5114 or kmcarlson@wellnesshouse.org.
Nanci Stark, Certified Wound, Ostomy and Continence Nurse (CWOCN) at 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)
*Please note that this group will not meet during the fall quarter but will resume next quarter.
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.

Sarcoma Cancers
Saturday, November 17
11:00 a.m. – 1:00 p.m.
This group began at Mercy Hospital and will now be hosted and facilitated by Wellness House. This group is for anyone diagnosed with sarcoma and their caregivers.

Bereavement Groups  
For Adults:

NEW! The Next Course: Hands-On Cooking for Bereaved Spouses and Partners
Tuesday, December 11
6:00 – 7:30 p.m.
Registration Required
Angela Dennison, RD, LDN and Karie Milewski-Carlson, LSW
Cooking can feel overwhelming after losing a spouse or partner to cancer. Join other bereaved adults who are also navigating the loss of their spouse or partner in creating and sharing a meal together. This hands-on cooking class will include easy-to-make recipes in a supportive environment.
Recipes may contain common food allergens.

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.
October 23, November 27
*Please note that the December group will be canceled due to the holiday schedule
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.

For Children and Teens:

Turtles Parent Group
This is an eight-week, weekly bereavement support group for parents who have lost a partner. Please see full description on page 14.

Turtles
This is an eight-week, weekly bereavement support group for children, ages 6-12. Please see full description on page 14.

NEW! Turtles Transitions
Wednesday 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. Please see full description on page 14.

NEW! Turtles Networking
4th Saturdays
11:00 a.m. - 12:00 p.m.
Staff Registration Required
A monthly opportunity for children ages 6-12 who have gone through the Turtles program. Please see full description on page 14.

NEW! Bereavement Group for Siblings
Thursday evenings
Staff Registration Required
A weekly bereavement support group for children ages 6-12 who have lost a sibling to cancer. Please see full description on page 14.

NEW! Teen Time
This is 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 14.

The following groups have been placed on hold.
For more information, or if this is a group you are interested in attending, please contact Michael Williams Psy.D. at 630-654-5117 or mwilliams@wellnesshouse.org.
- Veterans Networking Group
- Bladder Cancer Networking Group
- Kidney Cancer Networking Group
- Thyroid Cancer Networking Group
Additional Locations

“...”

Wellness House Participant

**ARLINGTON HEIGHTS**

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**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.

**Lung Cancer Support Group**
2nd Wednesdays
6:30 – 8:00 p.m.
October 10 - Maintaining a sense of humor
November 14 - Holiday eating and stress
December 12 - Integrated therapies
NCH Wellness Center
900 W. Central Road
Conference Room #1
Staff Registration Required
An opportunity for people with lung cancer and their caregivers to share their cancer stories, connect with others in similar circumstances and improve their coping skills. Each month will include a focus on the specific discussion topic listed above.
Contact Ellen Nieman at 630.654.5198 or enieman@wellnesshouse.org prior to attending.

**Self-Care and Nutrition for Cancer Caregivers**
Thursday, December 6
6:30 – 8:00 p.m.
Northwest Community Hospital
900 W. Central Road

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**BERWYN**

**Learning Center Room 5**
Registration Required
Come together with others who are caring for their loved ones during a cancer diagnosis. This class presents practical ways to manage self-care and nutrition while navigating the complexities of a caregiving experience.

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**Wellness in Season**

**Paper Ornament Making**
Tuesday, December 11
6:00 – 8:00 p.m.
Pav YMCA
2947 Oak Park Avenue
Registration required
From origami to quilling, paper isn’t just paper if you think creatively! We’ll take paper to another level to create lovely holiday ornaments. Guidance and all materials provided—you add your own special touches.

**Mindfulness Meditation**
Tuesday, November 20
6:00 – 7:00 p.m.
MacNeal Hospital
3249 Oak Park Avenue
Lower level conference room
Registration required
Discover ways to live life more effectively in the present moment, even through difficult times. No previous meditation experience required.

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**Yoga for Cancer Survivors—taught in English**
Saturdays
1:15 – 2:15 p.m.
Pav YMCA
2947 Oak Park Avenue
Drop-ins welcome; Informed Consent Waiver Required
Nurture your entire being with mind/body movement. All equipment provided.

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**Yoga for Cancer Survivors—taught in Spanish**
Saturdays
11:15 a.m. – 12:15 p.m.
CHICAGO

Gynecologic Cancer Support Group
4th Fridays
9:30 – 10:30 a.m.
October 26, December 14*
*Holiday schedule: No group in November; December group will meet with Breast Cancer Support Group from 11:30 a.m. - 1:00 p.m.
Mercy Hospital & Medical Center
2525 S. Michigan Avenue
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.
October 26, December 14*
*Holiday schedule: No group in November; December group will meet with Gynecologic Cancer Support Group from 11:30 a.m. - 1:00 p.m.
Mercy Hospital & Medical Center
2525 S. Michigan Avenue
Great 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 Maigenete Mengesha, Ph.D. at 630.654.5111 or mmengesha@wellnesshouse.org.

Head & Neck Cancers Support Group
2nd Tuesdays, every other month
12:00 – 1:00 p.m.
October 9, December 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.

Understanding How to Navigate Your Insurance
Friday, October 12
10:30 a.m. – 12:00 p.m.
Mercy Hospital & Medical Center
2525 S. Michigan Avenue
Great Room
Drop-ins Welcome
Learn how to advocate for yourself and accurately determine the level of your insurance coverage, best practices for speaking to carriers, what to do if a claim is denied, and ways of dealing with specialized treatments. Bring a recent Explanation of Benefits and/or medical bill and let our expert walk you through it.

Wellness in Season
Friday, November 9
10:00 – 11:30 a.m.
Mercy Hospital & Medical Center
2525 S. Michigan Avenue
Great Room
Drop-ins Welcome
Celebrations don’t have to include unhealthy food! We’ll focus on preparing for the winter holidays as we learn new recipes that contribute to the fun as well as your health. Please note that recipes prepared in this class may contain common food allergens.

Paper Ornament Making
Friday, December 14
10:00 – 11:30 a.m.
Mercy Hospital & Medical Center
2525 S. Michigan Avenue
Great Room
Drop-ins Welcome
From origami to quilling, paper isn’t just paper if you think creatively! Remember creating paper chains for your tree as a child? We’ll take paper to another level to create lovely holiday ornaments. Guidance and all materials provided—you add your own special touches.

American Cancer Society
Wig Boutique
To make an appointment, call Wellness House at 630.323.5150

New! Salon Services
Available to those who have or will experience hair loss as a side effect of cancer treatments.

Services available include:
• Hair cutting and shaving
• Wig styling
• Hair styling for those experiencing hair regrowth

By appointment only:
Please call Kaitlin Wagner at 630.654.5115 to book an appointment.

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

**Cancer Connections Group**

1st Wednesdays
10:00 – 11:30 a.m.
October 3, November 7, December 5
University of Illinois Hospital
1740 W. Taylor Street
Hematology Oncology Clinic
Conference Room
Drop-ins Welcome
An opportunity for people with cancer and their caregivers to share their cancer stories, connect with others in similar circumstances and improve their coping skills.
For questions, contact Sherri Wick, LPC at 630.654.5125 or swick@wellnesshouse.org.

**ELMHURST**

All programs take place at Elmhurst Memorial Hospital,
155 East Brush Hill Road

Create a Pretty Paper Pumpkin Patch!
Wednesday, October 3
10:00 – 11:30 a.m.
Cancer Center Conference Room
Registration Required
Create a lovely pumpkin from paper for fall decorating. Guidance and all materials provided—color choices and embellishments are up to you!

Self-Care and Nutrition for Cancer Caregivers
Friday, November 30
10:00 – 11:30 a.m.
Maple Room II
Registration Required
Come together with others who are caring for their loved ones during a cancer diagnosis. This class presents practical ways to manage self-care and nutrition while navigating the complexities of a caregiving experience.

Wellness in Season
Tuesday, December 4
10:00 – 11:30 a.m.
Maple Room II
Registration Required
Celebrations don’t have to include unhealthy food! We’ll focus on preparing for the winter holidays as we learn new recipes that contribute to the fun as well as your health. Please note that recipes prepared in this class 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:

**MAYWOOD**

Beyond Cancer Wellness Program
Registration and commitment to all three weeks is required
Mondays
October 15, 22, 29
6:00 – 8:00 p.m.
Cardinal Bernardin Cancer Center Auditorium at Loyola Medical Center
2160 S. First Avenue
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. Join us for this interactive three-week series that will provide the information you need to create your own action plan as you choose your course after cancer treatment. Light refreshments will be served.

October 15 Introduction + Social, Emotional and Practical Aspects
October 22 Exercise + Nutrition
October 29 Medical Concerns + Bonus Topic

**Nutrition Connection**

3rd Wednesdays
10:00 – 11:00 a.m.
October 17, November 21, December 19
University of Illinois Hospital
1740 W. Taylor Street
Hematology Oncology Clinic
Waiting Area
Drop-ins Welcome
An opportunity for patients and caregiversto consult with our dietitian and have their questions about cancer and nutrition answered.
For questions, contact Angela Dennison, RD, LDN at 630.654.5196 or adennison@wellnesshouse.org.
Additional Locations

**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.  
**For questions, contact Sherri Wick, LPC at 630.654.5125 or swick@wellnesshouse.org.**

**PALATINE**

Wellness Through Deep Hypnosis  
**1st Saturdays**  
October 6, November 3, December 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:**  
October: Untangling Family of Origin Issues  
November: A Deeper Intimacy  
December: Hope for the Future

Reiki  
**1st Saturdays**  
October 6, November 3  
December 1  
10:15 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.**

**PALATINE**

Wellness Through Deep Hypnosis  
**1st Saturdays**  
October 6, November 3, December 1  
10:00 a.m. – 12:00 p.m.  
Rev. C. Scot Giles, D.Min.  
Diplomat, National Guild of Hypnotists  
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**Contact Kelli Mitchell at 630.654.5197 or kmitchell@wellnesshouse.org prior to attending.**
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