

# WELLNESS HOUSE AT UI HEALTH

April/May/June



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Exercise for Staying Well</b> 10:15 - 11:00 a.m.</p> <p><b>Exercise for Getting Well</b> 11:00 - 11:45 a.m.</p> <p>Expressive Arts 1:00 - 2:30 See reverse calendar for dates and times</p>		<p><b>Mat Yoga</b> 3:30 - 4:30 p.m.</p> <p><b>Cancer Support Group</b> 3:30 - 5:00 p.m. 1<sup>st</sup> Wed. of the month</p> <p><b>Young Adult Networking</b> 5:30 - 7:00 p.m. 1<sup>st</sup> Wed. of the month</p> <p><b>Cancer Connections*</b> 1:00 - 2:30 p.m. 1<sup>st</sup> Wed. of the month</p>	<p><b>Tai Chi Fundamentals</b> 3:30 - 4:30 p.m.</p> <p><b>Exercise for Staying Well</b> 5:00 - 5:45 p.m.</p> <p><b>Exercise for Getting Well</b> 6:00 - 6:45 p.m.</p> <p>Cancer: Thriving and Surviving Workshop 3:15 - 5:45 p.m. Thurs. April 11 - May 16</p>	<p><b>Chair Yoga</b> 3:30 - 4:15 p.m.</p> <p><b>Mat Yoga</b> 4:30 - 5:30 p.m.</p>
<p><b>Exercise for Staying Well</b> 10:15 - 11:00 a.m.</p> <p><b>Exercise for Getting Well</b> 11:00 - 11:45 a.m.</p>		<p><b>Mat Yoga</b> 3:30 - 4:30 p.m.</p> <p><b>Cooking Up Wellness</b> 5:00 - 6:30 p.m. 2<sup>nd</sup> Wed. of the month</p>	<p><b>Tai Chi Fundamentals</b> 3:30 - 4:30 p.m.</p> <p><b>Exercise for Staying Well</b> 5:00 - 5:45 p.m.</p> <p><b>Exercise for Getting Well</b> 6:00 - 6:45 p.m.</p> <p><b>Expressive Arts*</b> 1:00 - 2:00 p.m. 2<sup>nd</sup> Thurs. of the month</p>	<p><b>Chair Yoga</b> 3:30 - 4:15 p.m.</p> <p><b>Mat Yoga</b> 4:30 - 5:30 p.m.</p>
<p><b>Exercise for Staying Well</b> 10:15 - 11:00 a.m.</p> <p><b>Exercise for Getting Well</b> 11:00 - 11:45 a.m.</p>		<p><b>Mat Yoga</b> 3:30 - 4:30 p.m.</p> <p><b>Spirituality Group</b> 3:30 - 5:00 p.m. 3<sup>rd</sup> Wed. of the month</p> <p><b>Breast Cancer Networking</b> 5:30 - 7:00 p.m. 3<sup>rd</sup> Wed. of the month</p>	<p><b>Tai Chi Fundamentals</b> 3:30 - 4:30 p.m.</p> <p><b>Exercise for Staying Well</b> 5:00 - 5:45 p.m.</p> <p><b>Exercise for Getting Well</b> 6:00 - 6:45 p.m.</p>	<p><b>Chair Yoga</b> 3:30 - 4:15 p.m.</p> <p><b>Mat Yoga</b> 4:30 - 5:30 p.m.</p>
<p><b>Exercise for Staying Well</b> 10:15 - 11:00 a.m.</p> <p><b>Exercise for Getting Well</b> 11:00 - 11:45 a.m.</p>		<p><b>Mat Yoga</b> 3:30 - 4:30 p.m.</p> <p><b>Men's Networking</b> 5:30 - 7:00 p.m. 4<sup>th</sup> Wed. of the month</p>	<p><b>Tai Chi Fundamentals</b> 3:30 - 4:30 p.m.</p> <p><b>Exercise for Staying Well</b> 5:00 - 5:45 p.m.</p> <p><b>Exercise for Getting Well</b> 6:00 - 6:45 p.m.</p> <p><b>Sideline Side Effects</b> 6:00 - 7:00 p.m. 4<sup>th</sup> Thurs. of the month</p>	<p><b>Chair Yoga</b> 3:30 - 4:15 p.m.</p> <p><b>Mat Yoga</b> 4:30 - 5:30 p.m.</p>
<p><b>Exercise for Staying Well</b> 10:15 - 11:00 a.m.</p> <p><b>Exercise for Getting Well</b> 11:00 - 11:45 a.m.</p>		<p><b>Mat Yoga</b> 3:30 - 4:30 p.m.</p>	<p><b>Tai Chi Fundamentals</b> 3:30 - 4:30 p.m.</p> <p><b>Exercise for Staying Well</b> 5:00 - 5:45 p.m.</p> <p><b>Exercise for Getting Well</b> 6:00 - 6:45 p.m.</p>	<p><b>Chair Yoga</b> 3:30 - 4:15 p.m.</p> <p><b>Mat Yoga</b> 4:30 - 5:30 p.m.</p>

\*Programs in blue take place at UI Health Cancer Clinic.  
All others take place at Mile Square Health Center.

See calendar details on other side of this page.

# WELLNESS HOUSE AT UI HEALTH

## Get Stronger, Feel Better—It's easy to get started!

Visit Wellness House at Mile Square and the UI Cancer Clinic Outpatient Care Center. All Wellness House programs are **FREE** and for those affected by cancer. Choose the programs that are right for you!

Mile Square Health Center  
1220 S. Wood St., Chicago, IL 60608

UI Health Cancer Clinic  
Outpatient Care Center, Suite 1E  
1801 W. Taylor St., Chicago, IL 60612



EXERCISE & NUTRITION	DATE	REGISTER
<b>Exercise for Staying Well</b> Mile Square	Mondays, 10:15 – 11 a.m. — 3 <sup>rd</sup> Floor Thursdays, 5 – 5:45 p.m. — 2 <sup>nd</sup> Floor	Call Anna Blazevic at <b>630.654.5355</b> or email <b>ablazevic@wellnesshouse.org</b>
<b>Exercise for Getting Well</b> Mile Square	Mondays, 11 – 11:45 a.m. — 3 <sup>rd</sup> Floor Thursdays, 6 – 6:45 p.m. — 2 <sup>nd</sup> Floor	Call Anna Blazevic at <b>630.654.5355</b> or email <b>ablazevic@wellnesshouse.org</b>
<b>Mat Yoga</b> Mile Square	Wednesdays, 3:30 – 4:30 p.m. — 2 <sup>nd</sup> Floor Fridays, 4:30 – 5:30 p.m. — 2 <sup>nd</sup> Floor	Walk-in or register at <a href="http://wellnesshouse.org">wellnesshouse.org</a>
<b>Chair Yoga</b> Mile Square	Fridays, 3:30 – 4:15 p.m. — 2 <sup>nd</sup> Floor	Walk-in or register at <a href="http://wellnesshouse.org">wellnesshouse.org</a>
<b>Tai Chi Fundamentals</b> Mile Square	Thursdays, 3:30 – 4:30 p.m. — 2 <sup>nd</sup> Floor	Walk-in or register at <a href="http://wellnesshouse.org">wellnesshouse.org</a>
<b>Cooking Up Wellness</b> Mile Square	2 <sup>nd</sup> Wednesday   5 – 6:30 p.m. April 10, May 8, June 12 — 2 <sup>nd</sup> Floor	Register online at <a href="http://wellnesshouse.org">wellnesshouse.org</a>
<b>Sidelining Side Effects</b> Mile Square	4 <sup>th</sup> Thursday   6 – 7 p.m. — 1 <sup>st</sup> Floor April 25, May 23, June 27 Community Room	Register online at <a href="http://wellnesshouse.org">wellnesshouse.org</a>
SUPPORT & COUNSELING	DATE	REGISTER
<b>General Cancer Support Group</b> Mile Square	1 <sup>st</sup> Wednesday   3:30 – 5 p.m. — 1 <sup>st</sup> Floor April 3, May 1, June 5 Community Room	Walk-in or register at <a href="http://wellnesshouse.org">wellnesshouse.org</a>
<b>Spirituality Group</b> Mile Square	3 <sup>rd</sup> Wednesday   3:30 – 5 p.m. — 1 <sup>st</sup> Floor April 17, May 15, June 19 Community Room	Walk-in or register at <a href="http://wellnesshouse.org">wellnesshouse.org</a>
<b>Young Adults Networking Group</b> Mile Square	1 <sup>st</sup> Wednesday   5:30 – 7 p.m. — 1 <sup>st</sup> Floor April 3, May 1, June 5 Community Room	Walk-in or register at <a href="http://wellnesshouse.org">wellnesshouse.org</a>
<b>Breast Cancer Networking Group</b> Mile Square	3 <sup>rd</sup> Wednesday   5:30 – 7 p.m. — 1 <sup>st</sup> Floor April 17, May 15, June 19 Community Room	Walk-in or register at <a href="http://wellnesshouse.org">wellnesshouse.org</a>
<b>Men's Cancer Networking Group</b> Mile Square	4 <sup>th</sup> Wednesday   5:30 – 7 p.m. — 1 <sup>st</sup> Floor April 24, May 22, June 26 Community Room	Walk-in or register at <a href="http://wellnesshouse.org">wellnesshouse.org</a>
<b>Cancer Connections</b> UI Health Cancer Clinic — Suite 1E	1 <sup>st</sup> Wednesday   1 – 2:30 p.m. — 1 <sup>st</sup> Floor April 3, May 1, June 5 Community Room	Walk-in or register at <a href="http://wellnesshouse.org">wellnesshouse.org</a>
STRESS MANAGEMENT	DATE	REGISTER
<b>Expressive Arts</b> Mile Square	Thursday April 11, Monday's May 6 and June 3 - 2nd Floor - 1:00 - 2:30 p.m.	Register online at <a href="http://wellnesshouse.org">wellnesshouse.org</a>
<b>Expressive Arts</b> UI Health Cancer Clinic — Suite 1E	2 <sup>nd</sup> Thursdays   1:00 - 2:30 p.m. April 11, May 9, June 13	Walk-in
INFORMATION AND EDUCATION	DATE	REGISTER
<b>Cancer: Surviving and Thriving</b> - Mile Square	Thursdays   3:15 – 5:45 p.m. April 11 - May 16 — 1st Floor Community	Call Anna Blazevic at <b>630.654.5355</b> or email <b>ablazevic@wellnesshouse.org</b>
<b>Anticancer Living Event</b> UIC Studen Center East	Friday April 19, 10 – 11:30 a.m.	Register online at <a href="http://wellnesshouse.org">wellnesshouse.org</a>

For more information, visit [wellnesshouse.org](http://wellnesshouse.org) or call 630.323.5150