



PROFESSIONAL PERK

*Wellness House Networking
and Education Series*

JOIN US FOR A MORNING BLEND!

CONNECT AND NETWORK • LEARN AND SHARE • PERCOLATE THOUGHTS

People impacted by cancer do better and feel better with psychosocial support. As a professional in the field, you want the best outcome for those in your care. Research shows an increased survival rate and better quality of life for people impacted by cancer who receive psychosocial support. Join us to exchange thoughts, connect with other professionals and learn about psychosocial topics from the experts at Wellness House.

- 8:45 – 9:00 a.m.** Check-in and Networking
- 9:00 – 9:45 a.m.** Presentation
- 9:45 – 10:00 a.m.** Q & A and Networking

FREE REGISTRATION: Wellnesshouse.org
Located under Professionals tab.

SECOND FRIDAYS AT WELLNESS HOUSE | 131 N COUNTY LINE ROAD, HINSDALE

July 10– Exercise: One Key to Breast Cancer Recovery,
Jeri Lau, ACSM/ACS CET, CETI CES, Oncology Exercise Specialist

August– Summer Vacation

September 13– The Role of Exercise in Managing Cancer-Related Osteoporosis,
Jadyn Chipman, ACSM GEI, ACSM/ACS CET, Oncology Exercise Specialist

CEU's now available for Social Workers

October 11– Bringing Intentionality to Your Work: Strategies to Reduce Burnout and Compassion Fatigue,
Ellen Nieman, MSW, LCSW, Oncology Social Work Navigator and Sherri Wick, LCPC, Oncology Support Counselor

November 8– Reiki – A Compassionate Practice for Self-Care,
Jane Van de Velde, DNP, RN, President, The Reiki Share Project

December 13– Cancer-Related Fatigue: Fighting It With Exercise,
Amanda Woods, MS, ACSM/ACS CET, ASCM EP-C, Oncology Exercise Coordinator

For more information, contact Kelli Mitchell at kmitchell@wellnesshouse.org or call **630.654.5197**