Wellness House programs will help you gain strength, manage side effects and feel less alone.

Everyone is different so that’s why we offer a number of programs where you can choose what’s right for you! Attend as many programs as you’d like. We’re here to help. *Everything we do is to help you fully live life with cancer and beyond.*
Welcome to Wellness
Orientation
It’s easy to get started.

Join us for an online orientation and tour from the comfort of your own home. This online meeting is an opportunity to learn more about Wellness House.

After registering, you will receive a link via email to join the meeting.

To register, call Sherri at 630.654.5356 or email swick@wellnesshouse.org.

Mondays 9:30 – 10:30 a.m.
Wednesdays 12:00 – 1:00 p.m.
Thursdays 3:00 – 4:00 p.m.

No Programs:
Wednesday, January 1
Thursday, January 2

Exercise
Exercise is safe and encouraged during and after cancer treatment. Our classes help you:

- Increase energy
- Decrease nausea
- Improve treatment outcomes
- Reduce risk of recurrence

No experience necessary. All equipment provided. All abilities welcome. Registration and Physician medical release required for all exercise classes. To register, call Anna at 630.654.5355 or email ablazevic@wellnesshouse.org.

Exercise for Cancer
@ Mile Square
Mondays, 10:15 – 11:00 a.m. (3rd Floor)
Fridays, 3:30 – 4:15 p.m. (2nd Floor)

Yoga for Cancer
@ Mile Square
Mondays, 11:00 – 11:45 a.m. (3rd Floor)
Wednesdays, 3:30 – 4:30 p.m. (2nd Floor)
Thursdays, 6:00 – 6:45 p.m. (2nd Floor)
Fridays, 4:30 – 5:30 p.m. (2nd Floor)

Tai Chi Fundamentals
@ Mile Square
Thursdays, 3:45 – 4:45 p.m.
Last class February 13
**Nutrition**

Good nutrition and hydration are important during treatment. Our classes help you:

- Reduce treatment-related side effects
- Improve cooking skills
- Learn about cancer-fighting foods
- Manage weight

To register for all nutrition programming, call Angela at 630.654.5196 or email adennison@wellnesshouse.org.

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**Sound Meditation**
@ Mile Square (2nd Floor)
Thursday, January 30
5:30 – 6:30 p.m.
Sound meditation helps to create peace, harmony and balance in your physical body.

**Mindfulness and Meditation Series**
@ Mile Square (2nd Floor)
5:30 – 7:00 p.m.
- February 12: Mindfulness of the breath, sound and thoughts
- February 19: Mindful Eating
- February 26: Mindful Journaling

**Expressive Arts**
@ Mile Square (1st Floor)
5:00 – 6:30 p.m.
- January 22: Painting
- February 26: Oil Pastels
- March 25: Candle Making

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**Cooking for Cancer: Meal Prepping Class**
@ Mile Square (2nd Floor)
Wednesday, January 8, 5:00 – 6:30 p.m.
Registration Required

**Cooking for Cancer**
@ Mile Square (2nd Floor)
Wednesdays, February 12, March 11
5:00 – 6:30 p.m.
Registration Required

**Online Nutrition for Cancer Side Effects**
Tuesday, January 21, 12:30 – 1:30 p.m.
Monday, February 10, 6:00 – 7:00 p.m.
Monday, March 23, 6:00 – 7:00 p.m.
Registration Required

**Online Cancer Nutrition Q & A and Discussion**
Monday, February 24, 6:30 – 7:30 p.m.
Registration Required

**Individual Cancer Nutrition Consultations**
To schedule an appointment, contact Angela Dennison at 630.654.5196 or adennison@wellnesshouse.org. Address your personal nutrition questions and goals over the phone or by email.
Support Groups and Counseling

Connecting with others impacted by cancer builds your support community. Our groups help you:

✅ Reduce depression and anxiety
✅ Deal with emotions
✅ Advocate for yourself

Walk-ins Welcome. For more information, call Sherri at 630.654.5356 or email swick@wellnesshouse.org.

General Cancer Group
@ Mile Square (1st Floor)
3:30 – 5:00 p.m.
January 8: Winter self-care techniques
February 5: Relationships and cancer
March 4: Embracing change

Young Adults Networking Group
@ Mile Square (1st Floor)
January 8, February 5, March 4, 5:30 – 7:00 p.m.

Cancer Connections
@ UI Health Cancer Clinic, Suite 1 E
February 5, March 4 (no consultations January 1), 1:00 – 2:30 p.m.
Monthly individual consultation and support to patients and caregivers in the infusion center.

Cancer Survivor/Thriller/Fighter:
Words Matter
@ Mile Square (2nd Floor) - Walk-ins Welcome
Wednesday, January 15, 5:30 – 7:00 p.m.
Tamara Hamlish, PhD.
Research Scientist, Cancer Survivorship
University of Illinois Cancer Center

Top Tips on Advance Care Planning
@ Mile Square (2nd Floor) - Walk-ins Welcome
Wednesday, February 5, 5:30 – 7:00 p.m.
Mitha Rao, Founder and Managing Attorney, Rao Legal, LLC
Learn about planning ahead by choosing and authorizing a person you trust to fulfill your financial and medical wishes in the event that you become unable to speak for yourself.

Celebrating Your Community
@ Mile Square (2nd Floor) - Walk-ins Welcome
Thursday, February 13, 3:30 – 7:00 p.m.
Join us for a night of celebration with exercise, yoga, art, food and more! Bring your community to celebrate! All are welcome.

Fighting Fatigue Using Behavioral Techniques
@ Mile Square (2nd Floor) - Walk-ins Welcome
Wednesday, February 19, 5:30 – 7:00 p.m.
Yasmin Asavat, Ph.D. - University of Chicago
Learn practical coping strategies that will help with energy, balance and re-engaging activities.

Sobrevivientes Saludables:
Tomé Control de su Cansancio
@ Mile Square (Primer Piso)
Miercoles, 26 de Febrero, 5:00 – 6:30 p.m.
Ricardo D. Ramirez, MS, OTR/L
Como el primero de dos grupos para sobrevivientes de cáncer que hablan Español, se hablará sobre estrategias y consejos sobre el manejo de la fatiga y cansancio para que usted pueda participar más en sus actividades diarias.

Sobrevivientes Saludables:
Participando en el Día a Día
@ Mile Square (Primer Piso)
Miercoles, 18 de Marzo, 5:00 – 6:30 p.m.
Ricardo D. Ramirez, MS, OTR/L
Como el segundo de dos grupos para sobrevivientes de cáncer que hablan Español, se hablará sobre la importancia de mantener una rutina para que usted pueda participar en los roles más importantes de su vida como mamá/papá, hija/hijo, amigo/amiga, estudiante, trabajador, y otros.

Winter 2020

Program Guide

Information and Education

The Art of You
Friday, April 3, 2020

Join us for a very special event featuring inspiring speakers and activities!

Art | Yoga | Tai Chi | Massage

Registration Required: wellnesshouse.org or call Sherri Wick at 630.654.5356
Location: Malcolm X College | 1900 W. Jackson Blvd, Chicago, 60612

Visit our website at wellnesshouse.org

For more information, visit wellnesshouse.org or call 630.323.5150