“When you're around people that understand what you're going through, it's a totally different ball game.”

Wendy Urteaga

Mindfulness in the New Year
Hot Topics in Colorectal Cancer
Date Night: Couple's Cooking Class
Happy Hearts Family Party
Don't Miss Our Special Events!

SPECIAL EVENT: Hot Topics in Colorectal Cancer 2020
Saturday, March 28
8:30 a.m. – 12:30 p.m.
Registration Required
Akhil Chawla, MD, Surgical Oncology, Northwestern Medicine
Angela Dennison, RD, LDN, Oncology Dietitian, Wellness House
Join the top oncologists, surgeons, and healthcare professionals in the Chicagoland area to learn about the latest updates in the research and treatment of colorectal cancer.

DATE NIGHT: Couple’s Cooking Class
Wednesday, January 22
6:00 – 7:30 p.m.
Staff Registration Required
Limited to 10 couples
Angela Dennison, Registered Dietitian
Gina Danehl, LCSW
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. Contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org to register.

SAVE THE DATE
Thursday, June 4, 2020
Registration Required
Dr. Sandra Steingraber
Join us for an evening with Dr. Sandra Steingraber, a bladder cancer survivor, biologist, and author of Living Downstream: An Ecologist’s Personal Investigation of Cancer and the Environment as she speaks about what is known between cancer and environmental toxins.

Some Enchanted Evening
Friday, February 7
Staff Registration Required
Contact Beth Possley at 630.654.5195 or bpossley@wellnesshouse.org
Celebrate your strength and commitment as a couple during your cancer experience. Join us for a romantic evening with a sit-down dinner followed by entertainment. Please alert staff at registration of any food allergies.

Happy Hearts Family Party
Wednesday, February 12
Registration Required
Please register each individual in your family separately
Join us for this event celebrating love! Come dressed in your favorite Valentine’s Day colors and/or attire. We will have arts and crafts, yummy treats, and lots of family fun and laughter!
Please alert staff at registration of any food allergies.
Come enjoy the music, food and fun.
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.
January 4, 11, 18, 25
February 1, 8, 15, 22
March 7, 14, 21
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
January 3, 10, 17, 24
February 7, 14, 21, 28
March 6, 13, 20
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
In My Own Words – The Joy Jar

Don’t do it alone, don’t withdraw from those around you.
If I had a message to any cancer patient, it’s to not go at this journey alone. I was diagnosed with colon cancer in March 2019 and went through treatment the following six months.

When relatives heard of my illness, my sisters-in-law kindly sent me a jar containing little envelopes with inspirational messages printed inside on paper. I knew when I got the jar, I needed to share its content with others— with patients, staff, my oncologist, nurses, even the valet attendant at my treatment center. Besides being a psychologist, I am an ordained Catholic deacon. I am called to serve and bring healing to others.

We must not go at this journey alone; we are “social animals” and this is the time to lean on others. Sure, engage in some self-pity because life has changed forever, but don’t take up residence in your valley. Get angry, get informed, but get with others. Wellness House offers a variety of support groups. Find one group and attend their monthly gatherings. It might be you that brings support and comfort to others, and in the giving, you receive what you need.

So, not wanting to keep the joy jar contents to myself, I began to share an envelope with those present at each treatment visit (Tuesday with the oncologist, Wednesday with infusion, Friday to have my portable pump removed). The responses have been amazing. Nurses, my oncologist, chemotherapy, and radiation options. Head and neck cancers related to human papillomavirus (HPV) will be covered as well.

Curbing Side Effects: Medications and Supplements Overview

Tuesday, February 11
7:00 – 8:30 p.m.
Registration Required
Chara Reid, Pharm.D., RPh,
Manager of Pharmacy Services,
DuPage Medical Group
There are a variety of medications and supplements commonly prescribed to help manage the side effects and symptoms of a cancer diagnosis. In this presentation, you will learn about the pros and cons of these common medications and supplements, as well as discuss probiotics and antioxidant contraindications when in treatment.

Selections from the joy jar below:

"We do not remember days; we remember moments."
- Cesare Pavese, Italian poet, novelist, literary critic and translator

"It’s not what you look at that matters; it’s what you see."
- Henry David Thoreau, famous writer/author of the 1800s

"What lies behind us and what lies before us are tiny matters compared to what lies within us."
- Ralph Waldo Emerson

Deacon Joseph Ferrari, Ph.D
Information & Education

“What 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

Happier Hour
Thursdays, January 2, March 5
5:30 – 6:30 p.m.
Registration Required
Tasha Chasson, MSW, LSW, Oncology Support Counselor, Wellness House
What do you do to feel happy? Come enjoy a healthier happy hour with mocktails while you share and learn from others. This workshop will include information about happiness research and a clip from the Happiness Project podcast.

Prostate Cancer Informational Meeting - Hosted by Prostate Cancer Foundation of Chicago
1st Tuesdays
January 7, February 4, March 3
7:00 – 8:30 p.m.
Registration Required
Men diagnosed with prostate cancer and their family members and friends are invited to discuss treatment options, learn about current research and direct questions to Dr. Brian J. Moran, Medical Director of Chicago Prostate Cancer Center, who will be present at most meetings. Additionally, participants will have time to share their prostate cancer journey, meet others in similar situations or just listen. Offered in partnership with Wellness House and the Prostate Cancer Foundation of Chicago.

Please join us for our Monthly Prostate Networking Group on the 2nd Wednesdays at 9:30 a.m. – see pg. 19 for details.

Mindfulness in the New Year
Tuesday, January 7
1:00 – 4:30 p.m.
Registration Required
Bridget Juister, L.Ac. B Holistic
The new year offers an opportunity to reflect and prioritize our life goals. Begin the new year by learning mindfulness techniques to set daily intentions, enhance self-care practice, and achieve inner peace.

Like What You See! Quick Steps to an Enhanced You
Tuesdays, January 7, February 4, March 3
2:00 – 4:00 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.

Start the New Year with Gratitude and a Journal
Thursday, January 16
3:00 – 4:30 p.m.
Registration Required
Nancy Hill, Author
Gratitude can have many positive effects on our outlook and well-being. Join us to learn the benefits of expressing gratitude in your life and how to incorporate it through a gratitude journal.

Weigh to Go! Managing Weight after Cancer
Mondays, January 20 - March 9
1:00 – 2:30 p.m.
Staff Registration Required
Both educational and experiential, this series is for cancer survivors who have completed treatment and explores the behavioral changes needed for healthy weight management. Many cancer survivors struggle with weight-related issues following cancer treatments. Learn simple tips to improve diet and increase physical activity. Each session will provide a supportive group environment where individuals will be guided to understand their readiness to change and use their interests, goals, and needs to create a personal “Lifestyle Change Plan.” Please contact Angela Dennison at 630.654.5196 or adennison@wellnesshouse.org or Jadyn Chipman at 630.654.5116 or jchipman@wellnesshouse.org by January 13 to register.

Eating for Energy
Tuesday, January 21
7:00 – 8:30 p.m.
Registration Required
Bonnie Brock, Registered Dietitian
There are many foods that can naturally increase energy, and some foods that can leave you feeling fatigued. In this class, we will learn to make food choices that facilitate digestion, promote vitality, and support your natural energy-producing metabolic pathways.

Finding Balance as a Caregiver
Saturday, January 25
11:00 a.m. – 12:30 p.m.
Registration Required
Katie Durbin, MSW, LCSW
Owner & Clinician, Health Transitions Counseling
Taking care of a loved one can be rewarding, but also emotional and time-intensive. In this session, participants will learn tips for balancing their needs with the one they are caring for, communicating appropriately, setting boundaries, and finding time for self-care.
Practical Needs and Resources when Facing a Cancer Diagnosis
Thursday, January 30
7:00 – 8:00 p.m.
Registration Required
Tasha Chasson, MSW, LSW, Oncology Support Counselor, Wellness House
Stress about practical concerns such as transportation and financial stability is very common when undergoing cancer treatment. Come get an overview of resources that may be available, including transportation services, SSDI considerations, utility assistance programs, homemaker services, and more.

Reiki Share
Thursday, February 6
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 a 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.

Feng Shui Part 1: Commit and Clear
Tuesday, February 18
1:00 – 2:00 p.m.
Registration Required
Bridget Juister, L.Ac. B Holistic
In this class, we will discuss the energy of stuff and how commitment and introspection are necessary for the process of clearing and decluttering. We’ll develop plans and realistic timelines to complete the process.

Benefits of Eating Organic, Sustainable Foods and Tips on Making It More Affordable
Tuesday, February 18
6:30 – 8:00 p.m.
Registration Required
Taylor Wessel, MNT, Master Nutrition Therapist, Nourished®
Lauren Mandarino, Director of Operations & Business Development, Nourished®
In today’s world, we are inundated with chemicals, from pesticides and herbicides to preservatives, additives and flavoring agents. Although complete avoidance is impossible, the less chemicals you intake, the better you will look, feel and function. In this presentation, you will learn the many health benefits of buying organic vs. conventional, how to read labels, the foods you should buy organic and money-saving tips.

Reiki for You: Level I
Thursdays, February 20, 27
9:00 a.m. – 1:00 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 everyday. Participation in both sessions is required. Registration is limited.

Feng Shui Part 2: The Art of Placement
Tuesday, February 25
1:00 – 2:00 p.m.
Registration Required
Bridget Juister, L.Ac. B Holistic
Give your beloved objects the dignity they deserve by finding the perfect placement. In this class, you will learn styling techniques and strategies to create calm and uplift your senses.

Fall Prevention and Balance Activities
Saturday, February 22
11:00 a.m. – 12:30 p.m.
Registration Required
Chandra Jadhwani, Physical Therapist
Our goal is to keep you balanced on your feet and prevent falls. In this presentation, you will learn how to use your “spare moments” to enhance your balance with activities that can be done almost anywhere. Chandra will also share prevention tips that will keep you safe at home. This presentation will include information about a subsequent Balancing Act series. Please find the Balancing Act series information on page 10.

REROUTING: Choosing Your Course After Cancer, Five-Week Post-Treatment Series
Thursdays, February 27 - March 26
6:30 – 8:00 p.m.
February 27 – Introduction
March 5 – Exercise
March 12 – Social, Emotional, and Practical Aspects
March 19 – Nutrition
March 26 – Medical Concerns
Registration Required
(You will receive the most benefit from attending each week in this series, though it is not required)
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 five-week series that will provide the information you need to create your course after cancer treatment.

Top Tips on Advance Care Planning
Thursday, March 12
7:00 – 8:30 p.m.
Registration Required
Mitha Rao, Founder and Managing Attorney, Rao Legal, LLC
Are you considering Medicare or Medicaid planning down the line? Is your child heading off to college soon? Do you want to document your end-of-life choices? Whether you are young at heart, parents with children, or a new adult, you will need to know more about advance care planning to ensure that your wishes are protected. Advance care planning involves 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. Planning ahead will allow you and

Information & Education
Information & Education

your family to navigate transitions with greater peace of mind and comfort.

**Faith and Spirituality During Cancer: Panel Discussion**
**Wednesday, March 18**
**10:00 a.m. – 12:00 p.m.**
**Registration Required**
Swami Varadananda, Vivekananda Vedanta Society of Chicago
Sister Anthony, St. Patrick’s Residence Nursing and Rehabilitation
Imam Kifah Mustapha, The Prayer Center of Orland Park
Rabbi Adir Glick, Temple Har Zion

Cancer brings many challenges. Often people respond by turning towards their faith or spiritual practices with greater energy; for others, their spirituality or faith is shaken and they may feel disconnected. It has been well-established by both research and experience that investing energy in spiritual health can be deeply nourishing and provide energy and stability for challenging times. Join us for an interactive discussion with a multi-faith panel to address these challenges and gain ideas and inspiration to help strengthen your spiritual self.

Please join us for our Monthly Spiritual Side of Cancer Group on the 2nd Thursdays at 5:00 p.m. - see pg. 18 for details.

**Wellness House Life Café**
**Wednesday, March 4**
**10:00 – 11:30 a.m.**
**Registration Required**
Michael Williams, Psy.D., Senior Oncology Support Counselor, Wellness House

You are bigger, stronger and deeper than cancer, and indeed any challenging life circumstances that come your way. While you are entitled to every one of your feelings about what life sends you, it is useful and pleasurable to invest in ideas and practices that help you reconnect to your whole self and feel good again. This event is for participants to actively exchange ideas about the work you have done, or want to do, to reliably help you feel good in the midst of a cancer experience. This event welcomes any adult who has been diagnosed or is caring for a loved one with cancer.

**Take a Walk in the Woods: The Healing Power of Nature**
**Tuesday, March 24**
**7:00 – 8:30 p.m.**
**Registration Required**
Jan Roehll, DuPage County Program Director, The Conservation Foundation

Why does a walk in a park, in fresh air, make you feel better? It is more than just a feeling. There is actual research that proves your body and mind go through physiological changes when you spend time in nature. Come find out why you should get outside and engage all your senses by immersing yourself in nature.

**Wellness House Death Café**
**Tuesday, March 31**
**7:00 – 8:30 p.m.**
**Registration Required**
Michael Williams, Psy.D., Senior Oncology Support Counselor, Wellness House

Death, nature’s bookend to birth, is one of the two experiences that every person and thing that has ever lived has been guaranteed to share in. Yet, despite the many, and often powerful, thoughts and feelings the topic can stir, certainly common during a cancer experience, our culture does a poor job at nourishing open conversation about it. The practice of gathering in a “Death Café” was begun a couple of decades ago to provide a place for people to openly and respectfully exchange wonderings, worries, beliefs and support around the topic of dying and death, often providing a sense of connectedness, control and relief to its participants. This event welcomes any adult currently diagnosed or caring for a loved one with cancer.

**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.

**Salon Services**
Hair Cutting, Shaving, & Shaping

**Wig Boutique**
Fitting & Styling
*supported in part by the American Cancer Society

**Wellness Tune-Ups**
Massage & Energy Work Therapy

**Like What You See Workshops**
Eyebrow, Makeup & Skin Tips, Scarf Tying

Unique Boutique is made possible by the Eisel family in memory of wife and mother, Linda Eisel.

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.
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

Wellness House Webinar and Video Series
Registration Required
Wellness House offers webinars and videos that you can watch from the comfort of your own home. Go to wellnesshouse.org and select webinar under program registration location.

Meaning-Centered Psychotherapy
An evening with Dr. William Breitbart, exploring what makes life meaningful. Attendees will become familiar with existentially oriented interventions that have been found to be effective in treating despair.

Anticancer Living
Anticancer Living provides 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.

Book Club:

The One Life We’re Given: Finding the Wisdom That Waits in Your Heart
Tuesdays, February 18, 25, March 3, 10
1:30 – 2:30 p.m.
Registration Required
Nancee Blank, LCSW
In this soulful book, Mark Nepo presents reflective questions and meditations to make sense of life’s experiences and appreciate each moment. Through his own personal stories of joy and grief, friendships and challenges, Nepo explores what really sustains us - feeling, loving, and connecting.

Meaning-Centered Psychotherapy
An evening with Dr. William Breitbart, exploring what makes life meaningful. Attendees will become familiar with existentially oriented interventions that have been found to be effective in treating despair.

Anticancer Living
Anticancer Living provides 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.
Exercise & Nutrition

“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

Sideline Side Effects
Mondays, January 6, March 9
6:00 – 7:00 p.m.
Thursdays, January 16, February 6
12:30 – 1:30 p.m.
Thursday, February 20
6:00 – 7:00 p.m.
Mondays, February 24, March 16
12:30 – 1:30 p.m.
Saturdays, *February 1, *March 7
11:30 a.m. – 12:30 p.m.
Registration Required
Angela Dennison, Registered Dietitian
*Katie Weir, Registered Dietitian

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

Online Sideline 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
Angela Dennison, Registered Dietitian

The same information and support of Sideline 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, January 11, *February 8, *March 14
10:30 a.m. – 12:00 p.m.
6:00 – 7:30 p.m.
Registration Required
Angela Dennison, 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.

Wellness in Action: Hands-On Cooking Class
Thursdays, January 16, March 19
6:00 – 7:30 p.m.
Thursday, February 13
1:00 – 2:30 p.m.
Staff 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.

Online Cooking for Energy
Tuesday, January 21
7:00 – 8:30 p.m.
See page 5 for full details

NEW! Eating for Energy
Tuesday, January 28
6:00 – 7:30 p.m.
Registration Required
Bonnie Brock, Registered Dietitian

Join Bonnie to learn how to cook foods that can naturally increase energy. In this class, you will learn about food choices that facilitate digestion, promote vitality and support your natural energy-producing metabolic pathways.

Easy Ingredient Swaps
Cooking Demonstration/Discussion
Saturday, February 1
9:30 – 10:30 a.m.
Registration Required
Angela Dennison, Registered Dietitian

This cooking class will focus on modifying one classic recipe to make it plant-based. Use these tips and tricks to improve your intake while meeting your dietary needs. Recipes may contain common food allergens.

Nutrition Q & A:
Nutrition Discussion Group
Monday, February 3
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.

Snack and Learn
Tuesday, February 11
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.

Date Night: Couple’s Cooking Class
Wednesday, January 22
6:00 – 7:30 p.m.
See page 15 for full details.
NEW! Cancer-Fighting Kitchen Series
Hands-On Cooking/Discussion
Wednesdays, February 19, 26, March 11, 18, 25
6:00 – 7:30 p.m.
Staff Registration Required
Angela Dennison, Registered Dietitian
Join Angela for this series based on the Cancer-Fighting Kitchen Cooking Course by Rebecca Katz. Each week will follow specific modules to increase your skills and knowledge on plant-based cooking.
Recipes may contain common food allergens.
Please contact Angela at 630.654.5196 or adennison@wellnesshouse.org to register.

Antioxidant Favorites
Saturday, March 7
9:30 – 10:30 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.
Recipes may contain common food allergens.

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 and current capabilities.

Exercise & Nutrition

Individual Fitness Assessments
Registration Required
To schedule an appointment, contact Amanda Woods at 630.654.5194 or awoods@wellnesshouse.org.
A current Medical Release and Health History are required.
A Fitness Assessment includes assessments for cardiorespiratory endurance, muscular strength/endurance, flexibility, balance, and body composition. An Exercise Specialist will assist you in meeting your exercise goals by providing personalized strategies based on your specific needs and current capabilities.

Balancing Act! Improve Your Balance and Help Prevent Falls
Wednesdays, March 18 – April 8
2:00 – 3:00 p.m.
Staff Registration Required
Chandra Jadhwani, Physical Therapist
To register, contact Amanda Woods at 630.654.5194 or awoods@wellnesshouse.org.
A current Medical Release and Health History are required.
This 4-week experiential 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.

Exercise for Getting Well Fundamentals
Mondays, 12:30 – 1:00 p.m.
Thursdays, 12:45 – 1:15 p.m.
Registration Required
Gentle instructor-led, chair-based exercises for participants experiencing physical difficulties due to cancer treatment, with the 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.
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 a focus on reducing treatment side effects, improving activities of daily living, and maintaining strength and endurance.

Exercise for Staying Well
Registration Required
Self-paced aerobic exercise followed by instructor-led exercises for increasing endurance, strength, flexibility and balance.

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/Saturdays
8:15 – 9:15 a.m.
Wednesdays/Fridays
8:45 – 9:45 a.m.
Thursdays
8:15 – 9:15 a.m. or 6:30 – 7:30 p.m.

Exercise for Living Well
Registration Required
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.

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.
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.

NEW! Men’s Prostate Exercise Class
Mondays/Wednesdays
8:00 – 8:45 a.m.
Registration Required
Exercise suitable for male participants in all stages of prostate cancer. Prostate Exercise (P.E.) Classes consist of aerobic activity to improve cardiovascular function and promote weight loss, and exercises designed to improve strength and stability below the belt.

Pink Ribbon Fitness
Mondays, 6:30 – 7:30 p.m.
Tuesdays, 11:45 a.m. – 12:45 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, 12:45 – 5:00 p.m.
Wednesdays, 7:30 – 8:00 a.m.
3:30 – 5:30 p.m.
Thursdays, 1:15 – 5:30 p.m.
Fridays, 7:30 – 8:00 a.m.
Drop-ins Welcome
A current Medical Release and Health History are required.
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.

Mind/Body Movement

yoga4cancer series
Mondays, January 6 - February 24
11:45 a.m. – 12:30 p.m.
Tuesdays, February 11 - March 31
5:00 – 5:45 p.m.
Wednesdays, February 5 - March 25
10:45 – 11:30 a.m.
Staff Registration Required
Please contact Amanda Woods at 630.654.5194 or awoods@wellnesshouse.org.
Taught by y4c Trained Teachers
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
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 – 10:15 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.

Tai Chi
Mondays, 9:30 – 10:30 a.m.
Tuesdays, 6:00 – 7:00 p.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

<table>
<thead>
<tr>
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<td>NEW! Men’s Prostate Exercise Class (8:00 - 8:45 a.m.)</td>
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<tr>
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<td>9:45 a.m.</td>
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<tr>
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<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>12:30 p.m.</td>
<td>Exercise for Getting Well Fundamentals (12:30 - 1:00 p.m.)</td>
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<tr>
<td>1:00 p.m.</td>
<td>Open Gym (1:00 - 4:45 p.m.)</td>
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<tr>
<td>4:45 p.m.</td>
<td>Exercise for Living Well II (4:45 - 5:30 p.m.)</td>
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<td>Exercise for Staying Well II</td>
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<td>6:30 p.m.</td>
<td>*Beginner Mat Yoga</td>
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<tr>
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<td>Pink Ribbon Fitness</td>
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<td>Exercise for Staying Well II</td>
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<tr>
<td>8:30 a.m.</td>
<td>Nia®</td>
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<tr>
<td>9:15 a.m.</td>
<td>Exercise for Living Well I (9:15 - 10:00 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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<td>Exercise for Getting Well (11:00 - 11:45 a.m.)</td>
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<tr>
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<td>Pink Ribbon Fitness</td>
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<td>*Beginner Chair Yoga (11:45 a.m. - 12:30 p.m.)</td>
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<td>Open Gym (12:45 - 5:00 p.m.)</td>
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<tr>
<td>6:00 p.m.</td>
<td>*Tai Chi</td>
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### WEDNESDAY

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

*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 630.654.5110 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, January 13, February 3, March 2
1:30 – 5:30 p.m.
Tuesdays, January 14, February 4, March 3
9:00 – 10:30 a.m.
Staff Registration Required
Bridget Juister, L.Ac. B Holistic
A current medical release is required to be able to schedule appointment.
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.

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.

Monthly Meditation
Wednesdays, January 8, February 12, March 11
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 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 Meditation Circle
Mondays, January 20, February 17, March 16
10:30 – 11:30 a.m.
Drop-ins Welcome
This class will start with a short discussion and check-in and then will be guided with breath work and meditation to help connect with your inner wisdom and calm.

Self-Compassion Practice
Wednesdays, January 15, February 19, March 28
11:30 a.m. – 12:30 p.m.
Drop-ins Welcome
Participants will focus on increasing their capacity to appreciate the moment to help cultivate self-compassion.

Stress-Free Saturday
Saturdays, January 11, 25, February 8, 22, March 14, 28
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
Saturdays, January 18, February 15, March 21
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 release pain and facilitate healing. Space is limited.

Monthly topics:
January: Self-Motivation for Self-Improvement
February: Character Armor (Protecting Your Feelings)
March: Feeling Secure
Mindfulness-Based Stress Reduction
8 Week Course:
Fridays, January 10 – February 28
12:00 – 1:30 p.m.
All Day Retreat:
Saturday, February 29
9:00 a.m. – 3:00 p.m.
Staff Registration Required
Linda Renzi, MA, LCPC
To register, contact Amanda Woods at 630.654.5194 or awoods@wellnesshouse.org

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 anxiety, cope with illness, and feel a deeper sense of peace.

Sound Immersion
Saturdays, February 22, March 21
10:30 – 11:30 a.m.
Registration Required
Join Heather Anjali (Avery), E-RYT 500, LMT, RMT on a journey inward as you embark upon a sea of tonal tranquility through sound and sacred vocal toning. Immerse yourself with sounds that may range from gong, shaman drumming, crystal bowls, tank drum and more. Sound healing meditation allows the mind and body to step into a place of stillness. It offers deep relaxation, stress reduction, can reduce pain, anxiety and depression by allowing the body to release the fight or flight response.

Expressive Arts
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.

Mixed Media
Thursdays, January 16, February 20, March 19
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. January: Winter Windows February: Daydreaming: Dreamscape, the Art of Invention and Fantasy March: Crayons: Not Just for Kids!

Mindful Journaling
Thursday, March 12
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.

Saturday Art
Saturday, January 18
10:00 a.m. – 12:00 p.m.
Registration Required
Use colorful glazes to decorate your choice from a selection of figurines, dishware and household pottery items.

Clay
Fridays, January 24 – February 14
1:00 – 3:00 p.m.
Registration Required
Attendance at all 4 classes is required as each week will build on the work from the previous week.
Join us in using traditional ceramic hand building techniques to complete individual projects using wet clay. Creations will be professionally fired by a generous donor and returned to Wellness House for pick-up.

Painting Cityscapes
Mondays, February 3 - 24
11:00 a.m. – 2:00 p.m.
Registration Required
Attendance at all 4 classes is required as each week will build on the work from the previous week.
Participants are encouraged to bring in photo references of city landscapes inspired by travels, intrigue, or imagination. Participants will create a layout of their painting on wood or canvas, then create a completed painting within the 4-week series.

Drawing with Pastels
Wednesdays, February 12 - March 4
6:00 – 8:00 p.m.
Registration Required
Create colorful drawings with the portable medium of pastels.

Copper Tooling
Wednesdays, January 8 - 29
6:00 – 8:00 p.m.
Registration Required
Attendance at all 4 classes is required as each week will build on the work from the previous week.
Participants will create images on copper foil using basic wood tools and techniques. Images will be raised above the surface for a 3D effect.

Sand Painting
Mondays, March 2 - 23
1:00 – 3:00 p.m.
Registration Required
Attendance at all 4 classes is required as each week will build on the work from the previous week.
Create eye popping paintings with sand. Using cardboard, glue, and a variety of colored sand, participants will create their own masterpiece using a non-traditional painting material.

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.

Mindfulness-Based Stress Reduction
8 Week Course:
Fridays, January 10 – February 28
12:00 – 1:30 p.m.
All Day Retreat:
Saturday, February 29
9:00 a.m. – 3:00 p.m.
Staff Registration Required
Linda Renzi, MA, LCPC
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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

Special Events

DATE NIGHT: Couple’s Cooking Class
Wednesday, January 22, 6:00 – 7:30 p.m.
Staff Registration Required
Limited to 10 couples
Angela Dennison, Registered Dietitian
Gina Danehl, LCSW
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. Contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org to register.

Some Enchanted Evening
Friday, February 7
Staff Registration Required
Contact Beth Possley at 630.654.5195 or bpossley@wellnesshouse.org
Celebrate your strength and commitment as a couple during your cancer experience. Join us for a romantic evening with a sit-down dinner followed by entertainment.
Please alert staff at registration of any food allergies.

Happy Hearts Family Party
Wednesday, February 12th
Registration Required
Please register each individual in your family separately
Join us for this event celebrating love! Come dressed in your favorite Valentine’s Day colors and/or attire. We will have arts and crafts, yummy treats, and lots of family fun and laughter! Please alert staff at registration of any food allergies.

Family Programs

Parent Support Group
3rd Saturdays
10:00 – 11:15 a.m.
Drop-Ins Welcome
Parents of children of all ages are invited to come together to discuss a different topic each month, while sharing and getting acquainted with other parents who are managing a cancer diagnosis in the family. While parents meet, a group for children ages 6-12 is also offered.

Social Saturdays for Kids
3rd Saturdays
10:00 – 11:15 a.m.
Drop-Ins Welcome
This is a special monthly group for children ages 6-12 who are impacted by cancer. This group provides an opportunity for kids to get to know one another and enjoy fun activities together.

Groups for Kids and Teens

Kids Support Group
1st and 3rd Tuesdays
5:00 – 6:00 p.m.
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.

Young Kids Support Group
2nd and 4th Tuesdays
4:00 – 5:00 p.m.
Staff Registration Required
An eight-week group designed to support kids ages 4-5 in developing social-emotional skills related to cancer.
Child & Family Programs

Turtles
Mondays
4:30 – 5:45 p.m.
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.

Teen Turtles Bereavement Group
2nd Thursday evenings
6:00 – 7:30 p.m.
Staff Registration Required
A monthly bereavement support group for teens ages 13-18 who have lost a parent to cancer. The group provides teens with the opportunity to connect with others who are grieving the loss of a parent, discuss and learn about healthy coping strategies to manage stress and changes they are experiencing.

Teen Connections Support Group
4th Thursdays
6:00 – 7:30 p.m.
Staff Registration Required
A monthly support group with discussion and hands-on activities for teens ages 13-18 who have a loved one with a current cancer diagnosis. The group provides teens with the opportunity to connect with others who are going through similar situations and discuss the impact cancer has had on their family. Teens will take part in creative self-expression activities while learning about healthy coping strategies.

Teen Survivors Group
3rd Thursday evenings
6:00 – 7:30 p.m.
Staff Registration Required
A monthly support group for teens ages 13-18 who have a cancer diagnosis. The group will provide the opportunity for teens to connect with others who are in similar life situations, focusing on creative self-expression and discussion of healthy coping strategies to manage cancer-related stress, challenges and survivorship.

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 Gina Danehl at 630.654.5115 or gdanehl@wellnesshouse.org.

Groups for Parents and Family Caregivers

Turtles Bereavement Group for Parents
Mondays
4:30 – 5:45 p.m.
Staff Registration Required
Please contact Jill Otto, LCSW at 630.654.7203 or jotto@wellnesshouse.org to register.

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.

Bereavement Group for Parents Who Have Lost a Child to Cancer
1st and 3rd Tuesdays
3:00 – 4:30 p.m.
Staff Registration Required
Please contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

A weekly bereavement support group for parents who have lost a child to cancer.

Networking Group for Bereaved Dads of Young Children and Teens
2nd Tuesdays
January 14, February 11, March 10
7:00 – 8:30 p.m.
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.

Parent and Family Consultations
Consultations and short-term counseling are available to assist parents, families, 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 Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org.

To learn more about our programs, visit 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 Group for the Bereaved
Tuesdays, February 11- March 31
3:00 – 4:30 p.m.
Staff Registration Required
Please contact Jill Otto, LCSW at 630.654.7203 or jotto@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.

Meaning-Centered Group for those with a Cancer Diagnosis and Caregivers
Tuesdays, February 4 - March 24
12:00 – 1:30 p.m.
Staff Registration Required
Please contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org to register prior to attending.
This is an 8-week, committed group open to anyone who has or has had a cancer diagnosis, and also to anyone who is tending emotionally and/or physically to a loved one with a cancer diagnosis. Experiencing cancer personally or as a caregiver can leave you feeling disconnected and uncertain of your priorities and purpose in life. Take care of yourself by exploring and restoring your sense of meaning and well-being through this group experience.

Weekly Support Groups

Living with Metastatic Breast Cancer Support Group
Tuesdays
10:00 – 11:30 a.m.
Staff Registration Required
Please contact Jill Otto, LCSW at 630.654.7203 or jotto@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.

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
For questions, contact Jill Otto, LCSW at 630.654.7203 or jotto@wellnesshouse.org.
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

Bereavement Groups

Bereavement Networking Group for Those Who Have Lost a Parent
1st Thursdays, 5:30 – 7:00 p.m.
January 2, February 6, March 5
Drop-ins Welcome
Join other bereaved adults (age 18 and older) who have lost a parent to cancer.
For more information, contact Jill Otto, LCSW at 630.654.7203 or jotto@wellnesshouse.org.

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 Networking
4th Tuesdays, 5:00 – 6:30 p.m.
January 28, February 25, March 24
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.

Monthly Peer Networking Groups

Meaning-Centered Psychotherapy Alumni Networking Group
1st Tuesdays
7:00 – 8:30 p.m.
January 7, February 4, March 3
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, for people diagnosed with cancer or for caregivers 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.
January 9, February 13, March 12
Drop-ins Welcome
For questions, contact Tasha Chasson, MSW, at 630.654.7215 or tchasson@wellnesshouse.org.

Transitions-Specific Monthly Peer Networking Groups

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.

Brain Tumor
4th Thursdays
5:00 - 6:30 p.m.
January 23, February 27, March 26
For questions, contact Tasha Chasson, MSW, at 630.654.7215 or tchasson@wellnesshouse.org.

Breast Cancer
4th Mondays
7:00 – 8:30 p.m.
January 27, February 24, March 23
For questions, contact Ellen Nieman at 630-654-5198 or enieman@wellnesshouse.org.
Support Groups & Counseling

Carcinoid  
2nd Saturdays  
10:30 a.m. – 12:30 p.m.  
January 11, February 8, March 14  
For questions, contact Jill Otto, LCSW at 630.654.7203 or jotto@wellnesshouse.org.

Colon/Rectal Cancers  
2nd Mondays  
7:00 – 8:30 p.m.  
January 13, February 10, March 9  
For questions, contact Ellen Nieman at 630-654-5198 or enieman@wellnesshouse.org.

Gynecologic Cancers  
2nd Thursdays  
7:00 – 8:30 p.m.  
January 9, February 13, March 12  
For questions, contact Tasha Chasson, MSW, at 630.654.7215 or tchasson@wellnesshouse.org.

Head & Neck Cancers  
3rd Tuesdays  
7:00 – 8:30 p.m.  
January 21, February 18, March 17  
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

Leukemia & Lymphoma  
2nd Thursdays  
7:00 – 8:30 p.m.  
January 9, February 13, March 12  
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

Melanoma  
4th Tuesdays  
7:00 – 8:30 p.m.  
January 28, February 25, March 24  
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

Multiple Myeloma  
3rd Thursdays  
7:00 – 8:30 p.m.  
January 16, February 20, March 19  
For questions, contact Tasha Chasson, MSW, at 630.654.7215 or tchasson@wellnesshouse.org.

Pancreatic Cancer  
3rd Thursdays  
5:00 – 6:30 p.m.  
January 16, February 20, March 19  
This program is sponsored by the Rolfe Pancreatic Cancer Foundation.  
For questions, contact Tasha Chasson, MSW, at 630.654.7215 or tchasson@wellnesshouse.org.

Prostate Cancer  
2nd Wednesdays  
9:30 – 11:00 a.m.  
January 8, February 12, March 11  
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

Sarcoma Cancers  
3rd Saturdays, Every other month  
11:00 a.m. – 1:00 p.m.  
January 16, February 20, March 19  
This program is sponsored by the Rolfe Pancreatic Cancer Foundation.  
For questions, contact Tasha Chasson, MSW, at 630.654.7215 or tchasson@wellnesshouse.org.

Quarterly Networking Groups  
Drop-ins Welcome

Lung Cancer Networking Group  
Thursday, February 6  
5:00 – 6:30 p.m.  
For questions, contact Tasha Chasson, MSW, at 630.654.7215 or tchasson@wellnesshouse.org.

Ostomy Networking Group  
Monday, February 24  
7:00 – 8:30 p.m.  
For questions, contact Jill Otto, LCSW at 630.654.7203 or jotto@wellnesshouse.org.

Nanci Stark, Certified Wound, Ostomy and Continence Nurse (CWOCN) from Loyola University Medical Center will co-facilitate this group and 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, January 25  
1:00 – 3:00 p.m.  
Wellness House is hosting this group, organized by the Chicago-area chapter of the Life Raft Group, and is for anyone diagnosed with GIST and their caregivers.

Igniting Your Romance  
Mondays, February 17, 24  
6:30 – 8:00 p.m.  
Registration Required  
For questions, contact Jill Otto, LCSW at 630.654.7203 or jotto@wellnesshouse.org.

This two-session class is designed to help you work towards a healthy, intimate relationship during or after a cancer diagnosis. In the classes, we will dive into communication strategies as well as ideas for improving physical and emotional intimacy. Whether you are married, in a relationship, or looking for the one, this session is open to all.

To learn more about our programs, visit 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

**ARLINGTON HEIGHTS**

**Mindful Yoga**
* 10:00 – 11:00 a.m.
* No class February 17

**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.

**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 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.

**CHICAGO**

**Gynecologic Cancer Support Group**
4th Fridays
9:30 – 10:30 a.m.
January 24, February 28, March 27

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.
January 24, February 28, March 27

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 Maigenete Mengesha, Ph.D. at 630.654.5111 or mmengesha@wellnesshouse.org.

**Nutrition Q & A**
Friday, January 17
11:00 a.m. – 12:00 p.m.

Mercy Hospital & Medical Center
2525 S. Michigan Avenue
6th floor Activity Room
Drop-ins Welcome

Maintaining a healthy lifestyle can be difficult; join this discussion group to connect and share ideas with one another.

**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.

**Head & Neck Cancers Support Group**
2nd Tuesdays, every other month
12:00 – 1:30 p.m.
February 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 Sherri Wick, LCPC at 630.654.5356 or swick@wellnesshouse.org.

**Paper Valentines**
Thursday, February 13
10:00 – 11:30 a.m.

Mercy Hospital & Medical Center
2525 S. Michigan Avenue
6th floor Activity Room
Drop-ins Welcome

Create lovely valentines to give and spread some love!
Wellness in Season
Thursday, March 5
10:00 – 11:30 a.m.
Mercy Hospital & Medical Center
2525 S. Michigan Avenue
6th floor Activity Room
Drop-ins Welcome
Celebrations don’t have to include unhealthy food! In this cooking demonstration/discussion, we’ll focus on preparing for the winter holidays as we learn new recipes that contribute to the fun as well as your health. Recipes may contain common food allergens.

Cancer Connections
1st Wednesdays*
10:00 – 11:30 a.m.
February 5, March 4
*No consultations on January 1.
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 630.654.7215 or swick@wellnesshouse.org.

Creative Connections
2nd Fridays, 1:00 – 2:30 p.m.
January 10, February 14, March 13
University of Illinois Hospital
1740 W. Taylor Street
Hematology Oncology Clinic
Infusion Center
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.

Nutrition Connections
3rd Wednesdays
10:00 – 11:30 a.m.
January 15, February 19, March 18
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.

University of Illinois Hospital
1740 W. Taylor Street
Hematology Oncology Clinic

Cancer and the Microbiome
Tuesday, January 28
10:00 – 11:30 a.m.
Cancer Center Conference Room
Registration Required
Come learn about the ever-expanding and intricate relationship between the microbiome—the vast array of microorganisms that live in your gut—and cancer. Learn practical tips and diet modifications you can make to live in beneficial harmony with the microorganisms in you!

Visit our newest and largest partner location in Chicago!
Wellness House at Mile Square Health Center!
Over 40 Wellness House programs a month! Nutrition, Exercise, Stress Management and Support/Networking programs!
Please see our website for details. wellnesshouse.org/UIhealth
Questions? Contact Sherri Wick at swick@wellnesshouse.org or 630.654.5356.

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.

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 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
Cancer and the Microbiome
Tuesday, January 28
10:00 – 11:30 a.m.
Cancer Center Conference Room
Registration Required
Come learn about the ever-expanding and intricate relationship between the microbiome—the vast array of microorganisms that live in your gut—and cancer. Learn practical tips and diet modifications you can make to live in beneficial harmony with the microorganisms in you!
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.

Healthy Cooking for the Microbiome
Tuesday, February 11
10:00 – 11:30 a.m.
Lower level Arboretum Center, Hawthorne Room
Registration Required
This cooking demonstration/discussion will help you put into practice what you learned in January’s Cancer and the Microbiome workshop.

Cancer and the Microbiome
Wednesday, February 12
10:00 – 11:30 a.m.
AMITA Health Cancer Institute
1 Salt Creek Lane
Recharge Room, second floor
Registration Required
Come learn about the ever-expanding and intricate relationship between the microbiome—the vast array of microorganisms that live in your gut—and cancer. Learn practical tips and diet modifications you can make to live in beneficial harmony with the microorganisms in you!

Sudarshan Sharma, M.D., Ltd.
Individual consultations are available for patients of Dr. Sharma on Mondays between 1:30 – 3:30 p.m.
Tuesdays between 9:00 – 11:00 a.m.
Contact Ellen Nieman at enieman@wellnesshouse.org or 630.654.5198 to schedule an appointment.

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

Contact Tasha Chasson at 630.654.7215 or tchasson@wellnesshouse.org to schedule an appointment.

Mindful Yoga
Tuesdays
6:00 – 7:00 p.m.
Registration requested; visit Lemons of Love Cancer Resource Center Facebook page for more details.

Nurture your entire being with mind/body movement. No previous yoga experience required; all equipment provided.

Cancer Nutrition 101: Step-by-Step Program to a Cancer-Fighting Diet
Tuesdays, January 7, 14, 21, 28
7:00 – 8:00 p.m.
Registration requested; visit Lemons of Love Cancer Resource Center Facebook page for more details.

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.

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.

Monthly special topics:
January: Cancer and the Microbiome
February: IgniteHope Candle-Making
March: Chair Yoga
For questions, contact Tasha Chasson, MSW, at 630.654.7215 or tchasson@wellnesshouse.org.

Hidden Scars Documentary
Thursday, February 20
6:00 – 8:00 p.m.
West Suburban Medical Center Auditorium
3 Erie Court
Registration Required
Hidden Scars is a documentary about the emotional impact a woman goes through after having a mastectomy. This documentary shares the stories of a diverse group of women discussing the journey. Some of the topics covered include diagnosis, surgery, body image, intimacy, advice, and moving forward. Hidden Scars has been well received by members of the healthcare community as well as women who have had or will have surgery, and their families.
Additional Locations

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

Wellness Through Deep Hypnosis
1st Saturdays
January 4, February 1, March 7
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:
January: Self-Motivation for Self-Improvement
February: Character Armor (Protecting Your Feelings)
March: Feeling Secure

Reiki
1st Saturdays
January 4, February 1, March 7
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.

RIVER FOREST
All programs take place at West Suburban Breast Care Center, River Forest Campus, 420 William Street

Cancer and the Microbiome
Thursday, February 13
2:30 – 4:00 p.m.
Registration Required
Come learn about the ever-expanding and intricate relationship between the microbiome—the vast array of microorganisms that live in your gut—and cancer. Learn practical tips and diet modifications you can make to live in beneficial harmony with the microorganisms in you!

For more information about registering or general questions about additional location programs, email kmitchell@wellnesshouse.org

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
- Community Memorial Foundation
- DuPage Medical Group Charitable Fund of the DuPage Foundation
- Edmond and Alice Opler Foundation
- Hinsdale Junior Woman’s Club
- Michael Rolfe Pancreatic Cancer Foundation
- Pfizer
- The Coleman Foundation
- The Greer Foundation
- The Perlman Family Foundation

Visit our website at www.wellnesshouse.org