



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

WINTER SERIES: ONCOLOGY BASICS

- January 10** - 5 Factors of Health
- February 14** - Practical Needs for Cancer Patients
- March 13** - Interacting with those Diagnosed and Caregivers

SPRING SERIES: DEATH, LIFE AND LOSS

- April 10** - Death Café*
- May 8** - Life Café*
- June 12** - Loss of a Partner

SUMMER SERIES: POST-TREATMENT

- July 10**- Introduction to Survivorship
- August 14**- Child and Family Survivorship
- September 11** - Exercise, Sleep + Nutrition

FALL SERIES: MIND/BODY CONNECTION

- October 9** - Yoga, The Mighty Om
- November 13** - Wellness Through Deep Hypnosis
- December 11** - Mindful Journaling

*Death and Life Cafes are not lectures, but facilitated events that will require active involvement; visit the Professionals section at wellnesshouse.org for more details.

CEU credit available

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