Program Guide

“I felt welcome the minute I walked into Wellness House.”
Gloria Martinez

Cancer and the Environment
Summerfest Family Picnic
Hot Topics in Breast Cancer
Young Adults Day of Renewal
Special Events

Don't Miss Our Special Events!

SPECIAL EVENT: Cancer & The Environment

Presentation
Thursday, June 4
DoubleTree Hotel
1909 Spring Rd
Oak Brook, IL 60523
6:30 p.m. Registration and Book Sales
7:00 – 8:30 p.m. Presentation
Registration Required

Biologist, author and cancer survivor, Sandra Steingraber, Ph.D., is an internationally recognized authority on environmental links to cancer and human health. Steingraber's highly acclaimed book, Living Downstream: An Ecologist's Personal Investigation of Cancer and the Environment was the first to bring together data on toxic releases with data from U.S. cancer registries and was adapted for the screen in 2010. Today, she continues her political advocacy and investigating the links between human health. Join her for an inspiring talk on environmental toxins, your health, and what you can do to protect it.

Book Club: Living Downstream: An Ecologist's Personal Investigation of Cancer and the Environment
Tuesdays
May 12, May 19
1:30 – 2:30 p.m.
Wellness House
Registration Required

In her second edition of Living Downstream, Sandra Steingraber investigates the links between cancer and environmental toxins.

Film Viewing: Living Downstream
Thursday, May 28
6:30 – 8:30 p.m.
Wellness House
Registration Required

This film follows Sandra during one pivotal year as she travels across North America, working to break the silence about cancer and its environmental links.

Spring Teen Celebration
Thursday, April 30, 6:00 – 7:30 p.m.
Staff Registration Required
Contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org to register.
Calling all teens for a special spring event to connect with other teens impacted by cancer, and featuring a colorful sand painting project and spring treats. See page 15 for more details.

Summerfest Family Picnic
Wednesday, June 10
5:30 – 7:00 p.m.
Registration Required
Come kick off the summer with an evening of food and fun for the whole family! See page 15 for more details.

Hot Topics in Breast Cancer
Saturday, June 20
8:30 a.m. – 3:00 p.m.
Registration Required
Join us to learn about updates in breast cancer treatment, holistic health after breast cancer, personalized medicine, and more. See page 4 for full agenda and times.

NEW! Young Adults: Day of Renewal
Saturday, April 4, 9:30 a.m. – 1:00 p.m.
Registration Required
Join us for an interactive day filled with techniques and tools to renew the mind and body. We welcome all young adults (20-44) diagnosed with cancer, caregivers, partners and spouses to come out for a half day dedicated to your healing journey. See page 17 for more details.
Welcome to Wellness Orientation

Walk-ins Welcome
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.
Select Saturdays
9:30 – 10:30 a.m.
April 4, 11, 18, 25
May 2, 9
June 6, 13, 27

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 Mondays
6:00 – 7:00 p.m.
April 6, 20
May 4, 18
June 8, 15
Select Fridays
12:00 – 1:00 p.m.

April 3, 10, 24
May 1, 8, 22, 29
June 5, 12, 19, 26

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
Updates in Treatment of Metastatic Prostate Cancer

Tuesday, April 14
7:00 – 8:30 p.m.
Registration Required
Amit Patel, MD & Ranko Miocinovic, MD
DuPage Medical Group
This presentation will cover treatment and symptom management of metastatic prostate cancer and the importance of early detection.

Managing Peripheral Neuropathy

Thursday, June 11
7:00 – 8:30 p.m.
Registration Required
Jinny Tavee, M.D, Associate Professor Medical Director, Neuromuscular Division Northwestern University Feinberg School of Medicine
Peripheral neuropathy is a nerve disorder that can cause tingling, pain, numbness, and weakness throughout your body. In this presentation you will learn how peripheral neuropathy is diagnosed and managed.

Updates in the Treatment of Bladder Cancer

Tuesday, June 16
7:00 – 8:30 p.m.
Registration Required
Amit Patel, MD and Brian Kadow, MD
DuPage Medical Group
Dr. Patel and Dr. Kadow will share new innovations in treatment of bladder cancer, symptom management and patient outcomes.

Hot Topics in Breast Cancer 2020

Saturday, June 20, 2020 | 8:30 a.m. – 3:00 p.m.

8:30 – 9:00 a.m.  Registration & Breakfast Available

9:00 – 11:15 a.m. Updates in Breast Cancer Treatment and Research Panel
• Updates in Medical Oncology
  Sania Raza, MD, Edward-Elmhurst Health
• Updates in Surgical Oncology
  Jennifer Tseng, MD, UChicago Medicine
• Updates in Radiation Oncology
  Parul Barry, MD, Rush University Medical Center
• Q&A with Physician Panel

11:30 a.m. – 12:30 p.m. Reducing Breast Cancer Recurrence by Diet & Lifestyle Changes
Michelle Smekens, Naturopathic Provider, ND, FABNO, Cancer Treatment Centers of America

12:30 – 1:15 p.m. Lunch

1:15 – 2:00 p.m. & 2:15 - 3:00 p.m. Break Out Sessions
• Updates in Metastatic Breast Cancer
• What is Personalized Medicine?
• Positive Steps towards Body Confidence After Cancer
Information & Education

“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

Prostate Cancer Informational Meeting - Hosted by Prostate Cancer Foundation of Chicago
1st Tuesdays
April 7, May 5, June 2
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. Offered in partnership with Wellness House and the Prostate Cancer Foundation of Chicago. Please join us for our Monthly Prostate Networking Group on 2nd and 4th Wednesdays at 9:30 a.m. – see pg. 19 for details.

Like What You See! Quick Steps to an Enhanced You
Tuesday, April 7
Tuesday, May 5
Thursday, June 4
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.

Managing Radiation Side Effects
Thursday, April 9
7:00 – 8:30 p.m.
Registration Required
Sonja Claridge, RN
Northwestern Medicine Central DuPage Hospital
We will cover what to expect when getting radiation, side effect management, and the long-term side effects of radiation.

Introduction to Music Therapy
Tuesday, April 21
6:30 – 8:00 p.m.
Registration Required
Victoria Storm, MM, MT-BC, Director and Music Therapist, Oak Park Music Therapy
Music therapy has been found to help reduce pain and discomfort, improve mood and diminish stress, increase quality of life, and allow individuals to better communicate their emotions. Learn the benefits of music therapy and how to use it as another tool to help navigate through one’s cancer journey.

Reiki for You: Level II
Thursday, April 23
9:00 a.m. – 5:00 p.m.
Registration Required
Jane Van De Velde, DNP, RN
Gregory Zera
Reiki Master Teachers
The Reiki Share Project
You will continue your Reiki journey in this one-day class. Learn to use three Reiki symbols, more fully explore the concept of distant healing, conduct a full Reiki session using the symbols, and consider the professional and ethical aspects of Reiki practice. You will also receive a second attunement. To participate in this class, you must have completed Reiki Level I (Reiki for You) and be self-treating with Reiki on a regular basis.
Registration is limited.

Gardening Safely and Sensibly During Survivorship
Thursday, April 23
2:30 – 3:30 p.m.
Registration Required
Andrew Nowak, PT, D.P.T. LANA C.L.T., Supervisor, Outpatient Physical Medicine, Advocate Good Samaritan Hospital
Gardening is a great activity for maintaining joint flexibility, bone density, range of motion and quality of life. In this presentation, you will learn tips for sensible garden planning, smart digging and lifting, friendly tools and gardening warm-ups, as well as ideas on how to prevent common injuries to the back, knees, and hands as we continue to heal.

Reduce Stress with Your Breath
Thursday, April 23
6:30 – 8:00 p.m.
Registration Required
Mary Lisa Wahlfeldt, Owner and Instructor
Begin With Ten
Dealing with a cancer diagnosis can be stressful. Learn the science behind how our bodies interpret different breathing patterns, and how you can reduce stress and aid sleep by diaphragmatically breathing.
Join Mary Lisa for an experiential session Stress-Less Breathing Techniques on April 30. See page 13 for more details.
Helpful Tips for Ostomy Care
Saturday, April 25
11:00 a.m. – 12:30 p.m.
Registration Required
Nanci Stark, RN, Loyola University Health System
Living with an ostomy does not have to change your daily lifestyle or stop you from doing what you enjoy, though it can mean finding ways to adapt to your “new normal.” Attend this presentation to learn more about what an ostomy is, tips for living with an ostomy, as well as product choices and resources. Support from a caregiver’s perspective will also be discussed.

Happier Hour
Thursday, May 7
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.

Women’s Pelvic Floor After Cancer
Thursday, May 14
6:30 – 8:00 p.m.
Registration Required
Sarah Oldham, PT, CCCE, CAPP-OB, Pelvic Floor Specialist, Advocate Good Samaritan Hospital
Come and learn about changes to one’s body, with a special focus on the pelvic floor, following cancer treatments. Sarah Oldham, PT, will address incontinence, pelvic floor pain, returning to sexual activity and provide tips on what we can do to promote health, wellness and recovery. We will talk about possible changes to our body/side effects of treatment and how to promote a new and healthy normal.

The Top 5 Factors for Maintaining Good Health
Tuesday, May 12
6:00 – 7:30 p.m.
Registration Required
Josh Newton, MS, PES, Wellness Programs Manager, Wellness House
Is your lifestyle supporting and promoting good health for your body? Learn about the “5 Factors of Health,” making intentional choices to support your wellbeing, and why overlooking any of them can be damaging to your health. A personalized action plan to incorporate the 5 factors in your daily routine will be shared.

Foods to Fight Inflammation
Tuesday, May 19
7:00 – 8:30 p.m.
Registration Required
Bonnie Brock, Registered Dietitian
Inflammation is the immune system’s response to injury and infection, and while it is a vital protective process, research suggests links between inflammation and the development or progression of cancer cells. Join us in this lecture and associated cooking class to explore the most powerful foods to fight inflammation and restore balance to the body.
Join Bonnie for an accompanying cooking class on Tuesday, May 26. See page 9 for more details.

Medical Cannabis and Cancer
Wednesday, May 27
6:30 – 8:00 p.m.
Registration Required
Dr. Steven Salzman, Medical Director, Green Care Medical
Dr. George Gavrilos, Chief Pharmacy Officer, Green Care Medical
An overview of medical cannabis, the different types of cannabis and how it relates to patients with cancer.

Meditation for Better Sleep
Tuesday, April 28
7:00 – 8:30 p.m.
Registration Required
Andra Kalnins (Leimanis), MSN, FNP-C, RYT-200
Sleep plays a vital role in our everyday health and wellbeing, but when faced with a cancer diagnosis, anxiety, digestive system changes, deep fatigue and more can all prevent a good night’s rest. Learn how meditating before you go to bed can increase relaxation and help you sleep better and deeper.

The Courtyard
You’ll treasure the experience.
A Donation/Consignment Shop of Quality Home Furnishings to benefit Wellness House.
ShopTheCourtyard.com
for weekly “featured items” as a preview of the treasures you’ll find there.

Hours: Tuesday through Saturday, 10 a.m. to 4:30 p.m.
The Courtyard | 63 Village Place | Hinsdale, IL 60521
Moving Forward
Mondays, May 4 - June 22
5:30 – 7:00 p.m.
Tuesdays, April 28 - June 23
5:30 – 7:30 p.m.
*Please note this program will not take place on the May 25 holiday.

An 8-week experiential series for those who have completed treatment in the past year. Includes commitment to weekly exercise classes, a weekly support group, and healthy cooking classes designed to explore the range of emotions, physical concerns and questions that may arise following cancer treatment to support participants as they move forward. This is a committed series, and participation in all sessions is strongly encouraged. To register, contact Jadyn Chipman at jchipman@wellnesshouse.org or 630.654.5116.

Wellness House Death Café
Wednesday, June 3
10:00 – 11:30 a.m.
Registration Required
Michael Williams, Psy.D., Senior Oncology Support Counselor, Wellness House
Death is one of the two experiences that every person that has ever lived has been guaranteed to share in; yet, 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.

Wellness House Life Café
Wednesday, June 17
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.

Understanding How to Navigate Your Insurance
Thursday, June 18
6:30 – 8:00 p.m.
Registration Required
Erin Rosengrant MedicClaim Consultants, LLC
Learn how to advocate for yourself and accurately determine the level of your insurance coverage, best practices for speaking to carriers, what to do if a claim is denied, and ways of dealing with specialized treatments. Bring a recent Explanation of Benefits and/or medical bill and let Erin walk you through it.

Reiki Share
Thursday, June 11
6:30 – 8:30 p.m.
Registration Required
Jane Van De Velde, DNP, RN
Gregory Zera,
Reiki Master Teachers
The Reiki Share Project
For Reiki practitioners of any level who have taken the Reiki For You: Level 1 class or a similar class elsewhere. We will review basic concepts and hand position, and offer Reiki sessions to each other. This program is sponsored by The Reiki Share Project.

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.

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

Unique Boutique
 PERSONALIZED SALON AND BODYWORK
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.

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.

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:**

*Living Downstream: An Ecologist’s Personal Investigation of Cancer and the Environment*
*Tuesdays, May 12, May 19 1:30 – 2:30 p.m.*
*Registration Required*
In her second edition of Living Downstream, Sandra Steingraber investigates the links between cancer and environmental toxins.
“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

Sideling Side Effects
Thursdays, April 2, June 25
12:30 – 1:30 p.m.
Mondays, April 6, June 8
12:30 – 1:30 p.m.
*Saturdays, April 18, June 6
11:30 a.m. – 12:30 p.m.
Monday, April 20
6:00 – 7:00 p.m.
Tuesdays, May 5, May 19, May 26
12:30 – 1:30 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 Sideling Side Effects
Thursdays, April 30, May 14
12:30 – 1:30 p.m.
Monday, June 15
6:00 – 7:00 p.m.
Registration Required
Angela Dennison, Registered Dietitian

The same information and support of Sideling 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
*Satursdays, April 11, May 9, June 13
10:30 a.m. – 12:00 p.m.
*Mondays, April 20, May 18, June 15
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
Thursday, April 16
1:00 – 2:30 p.m.
Thursdays, May 21, June 18
6:00 – 7:30 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.

To register, contact Angela at adennison@wellnesshouse.org or 630.654.5196.

NEW! Foods to Fight Inflammation
Tuesday, May 19
7:00 – 8:30 p.m.
See page 6 for full details
Snack and Learn
Tuesday, May 12
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.

Spring Kitchen Makeover Series
Cooking Demonstration/Discussion
Thursdays, April 16, 30
6:00 – 7:30 p.m.
Registration Required
Adrienne Felder, MA, LCPC, Professional Chef
April 16: Spring Pantry Refresh
April 30: Superfoods for Spring
Recipes may contain common food allergens.

Food for Life with The Cancer Project
Cooking Demonstration/Discussion
Thursdays, May 7, May 21, May 28, June 18
12:30 – 2:00 p.m.
Registration Required
Adrienne Felder, MA, LCPC, Professional Chef

Week One 5/7: Introduction to How Foods Fight Cancer
Week Two 5/21: Fueling on Low-Fat Foods
Week Three 5/28: Favoring Fiber
Week Four 6/18: Replacing Meats

NEW! Cooking During Treatment
Cooking Demonstration/Discussion
Monday, May 18
1:00 – 2:30 p.m.
Staff Registration Required
Angela Dennison, Oncology Dietitian
This cooking class is specifically designed for anyone experiencing side effects from treatment that are causing poor appetite and dehydration. Join this class to learn how to cook simple, healthy recipes to keep you nourished.

Recipes may contain common food allergens. To register, contact Angela at 630.654.5196 or adennison@wellnesshouse.org.

Food for Life with The Cancer Project
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. No matter where you are in your cancer journey, you can work with Angela to learn how to nourish your body while focusing on healthy eating habits.

A current Medical Release and Health History are required.

A current Medical Release and Health History are required.

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.

Antioxidant Favorites
Cooking Demonstration/Discussion
Saturday, June 6
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 Fitness Assessments
Registration Required
To schedule an appointment, contact Amanda Woods at 630.654.5194 or awoods@wellnesshouse.org.

Exercise
A Physician’s Medical Release and Health History are required for all exercise participants. To register or to schedule an exercise consultation, contact Amanda Woods at 630.654.5194 or awoods@wellnesshouse.org.

Exercise for Getting Well
Level I — appropriate for participants who can stand while exercising for at least 60 minutes.

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.

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
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, May 4 - June 22
11:45 a.m. – 12:30 p.m.
Tuesdays, April 7 - May 26
5:00 – 5:45 p.m.
Wednesdays, April 22 - June 10
10:45 – 11:30 a.m.
Staff Registration Required
Please contact Amanda Woods at 630.654.5194 or awoods@wellnesshouse.org for dates/times and to register. 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.
### MONDAY
- **7:30 a.m.** Open Gym (7:30 - 8:00 a.m.)
- **8:00 a.m.** Exercise for Living Well II (8:00 - 8:45 a.m.)
- **8:00 a.m.** Men's Prostate Exercise Class (8:00 - 8:45 a.m.)
- **8:45 a.m.** Exercise for Staying Well II
- **9:30 a.m.** *Tai Chi*
- **9:45 a.m.** Exercise for Living Well I (9:45 - 10:30 a.m.)
- **10:30 a.m.** Exercise for Staying Well I
- **11:30 a.m.** Exercise for Getting Well (11:30 a.m. - 12:15 p.m.)
- **12:30 p.m.** Exercise for Getting Well Fundamentals (12:30 - 1:00 p.m.)
- **1:00 p.m.** Open Gym (1:00 - 4:45 p.m.)
- **4:45 p.m.** Exercise for Living Well II (4:45 - 5:30 p.m.)
- **5:30 p.m.** Exercise for Staying Well II
- **6:30 p.m.** *Beginner Mat Yoga*
- **6:30 p.m.** Pink Ribbon Fitness

### TUESDAY
- **7:30 a.m.** Exercise for Living Well II (7:30 - 8:15 a.m.)
- **8:15 a.m.** Exercise for Staying Well II
- **8:30 a.m.** Nia®
- **9:15 a.m.** Exercise for Living Well I (9:15 - 10:00 a.m.)
- **10:00 a.m.** Exercise for Staying Well I
- **11:00 a.m.** Exercise for Getting Well (11:00 - 11:45 a.m.)
- **11:45 a.m.** *Beginner Chair Yoga (11:45 a.m. - 12:30 p.m.)*
- **12:45 p.m.** Open Gym (12:45 - 5:30 p.m.)
- **6:30 p.m.** *Tai Chi*

### WEDNESDAY
- **7:30 a.m.** Open Gym (7:30 - 8:00 a.m.)
- **8:00 a.m.** Exercise for Living Well II (8:00 - 8:45 a.m.)
- **8:00 a.m.** Men's Prostate Exercise Class (8:00 - 8:45 a.m.)
- **8:45 a.m.** Exercise for Staying Well II
- **9:30 a.m.** Pilates
- **9:45 a.m.** Exercise for Living Well I (9:45 - 10:30 a.m.)
- **10:30 a.m.** Exercise for Staying Well I
- **11:30 a.m.** Exercise for Getting Well (11:30 a.m. - 12:15 p.m.)
- **3:30 p.m.** Open Gym (3:30 - 5:30 p.m.)
- **5:30 p.m.** *Beginner Mat Yoga*

### THURSDAY
- **7:30 a.m.** Exercise for Living Well II (7:30 - 8:15 a.m.)
- **8:15 a.m.** Exercise for Staying Well II
- **9:15 a.m.** Exercise for Living Well I (9:15 - 10:00 a.m.)
- **9:15 a.m.** *Beginner Mat Yoga (9:15 - 10:15 a.m.)*
- **9:30 a.m.** *Beginner Chair Yoga (9:30 - 10:15 a.m.)*
- **10:00 a.m.** Exercise for Staying Well I
- **11:00 a.m.** Exercise for Getting Well (11:00 - 11:45 a.m.)
- **11:45 a.m.** Exercise for Getting Well (11:45 a.m. - 12:30 p.m.)
- **12:45 p.m.** Exercise for Getting Well Fundamentals (12:45 - 1:15 p.m.)
- **1:15 p.m.** Open Gym (1:15 - 5:30 p.m.)
- **5:30 p.m.** Exercise for Living Well II (5:30 - 6:15 p.m.)
- **6:30 p.m.** Exercise for Staying Well II

### FRIDAY
- **7:30 a.m.** Open Gym (7:30 - 8:00 a.m.)
- **8:00 a.m.** Exercise for Living Well II (8:00 - 8:45 a.m.)
- **8:45 a.m.** Exercise for Staying Well II
- **9:00 a.m.** *Qi Gong and Tai Chi (9:00 - 10:30 a.m.)*
- **9:45 a.m.** Exercise for Living Well I (9:45 - 10:30 a.m.)
- **10:30 a.m.** *Beginner Mat Yoga*
- **10:45 a.m.** *Beginner Chair Yoga (10:45 - 11:30 a.m.)*

### SATURDAY
- **7:30 a.m.** Exercise for Living Well II (7:30 - 8:15 a.m.)
- **8:15 a.m.** Exercise for Staying Well II
- **8:30 a.m.** Pilates
- **9:15 a.m.** Exercise for Living Well I (9:15 - 10:00 a.m.)
- **10:00 a.m.** Exercise for Staying Well I
- **11:00 a.m.** Pink Ribbon Fitness
- **12:00 p.m.** Exercise for Getting Well (12:00 - 12:45 p.m.)

*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.*
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’s 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, April 6, May 4, June 1 1:30 – 5:30 p.m.

Tuesdays April 7, May 5, June 2 9:00 – 10:30 a.m.

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

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.

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.

Monthly Meditation

Wednesdays, April 8, May 13, June 10 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.

Mindfulness Meditation Circle

Mondays, April 6, May 18, June 15 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, April 15, May 20, June 17 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, April 11, 25, May 9, June 13, 27 9:30 – 10:30 a.m.
Registration Required

No class on May 23

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, April 18, May 16 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:
April: Dealing with Overly Dramatic People
May: Setting Boundaries and Limits
June: No Class

Garden Walk

Tuesday, April 28, May 26, June 30
1:00 – 3:00 p.m.
Registration Required

Garden walks are a wonderful way to appreciate the beauty of nature while walking, relaxing, and enjoying good company. Susan Beard guides participants through many of Hinsdale’s finest gardens. Participants will meet at Wellness House in the reception area.

Stress-Less Breathing Techniques

Thursday, April 30 11:30 a.m. – 12:30 p.m.
Registration Required

Waiver necessary for participation and can be completed at the class.

Join Mary Lisa Wahlfeldt, Owner and Instructor Begin With Ten, in this experiential program. Practice the art of diaphragmatic breathing to reduce stress and aid sleep, among several additional health benefits. Participants will rotate between standing, sitting, and/or floor movements.

Join Mary Lisa for an informational session, Reduce Stress with Your Breath, on April 23. See page 5 for more details.

Sound Meditation: Immerse Yourself in Healing Vibration

Saturday, May 16 12:00 – 1:15 p.m.
Registration Required

Cecily Hunt, Certified Yoga Therapist

Our physical bodies are composed of atoms vibrating at various rates; illness and the stress it can create lower that rate. A sound meditation can raise your consciousness to a space of peace, well-being, harmony, and balance. You are welcome to bring your own yoga mat, blanket, or pillow.

Sound Immersion

Saturday, June 27 10:30 – 11:30 a.m.
Registration Required

Heather Anjali (Avery), E-RYT 500, LMT, RMT
Immerse yourself with sounds that may range from gong, shaman drumming, crystal bowls, tank drum and more. Sound healing meditation offers deep relaxation, stress reduction, can reduce pain, anxiety and depression by allowing the body to release the fight or flight response.
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, with the option to borrow a flute to learn how to play. Also welcome to those who would like to come and just listen to the music.

Mindful Journaling
Thursdays, April 9, May 14, June 11
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.

IgniteHope Candle Workshop
Wednesdays, April 15, June 3
2:00 – 4:00 p.m.
Registration Required
Please join IgniteHope for this interactive class where you will make your own unique candle with messages of inspiration hidden throughout the wax. This class may include a variety of fragrances. No prior experience required to attend the workshop.

Hat Creations
Monday April 20
11:00 a.m. – 2:00 p.m.
Registration Required
Join Isabelle Lott, hat designer, to see how to make easy-to-sew hats. They are designed to flatter, cover and keep your head warm, and most of all help you feel comfortable. You only need basic sewing and needle skills.

Mixed Media
Thursdays, April 30, May 14, June 25
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.

April: Habitat
May: The Art of Motherhood & Family
June: Warm Days of Summer

Drawing with Pastels
Thursdays, May 7 - 21
6:00 – 8:00 p.m.
Registration Required
Create colorful drawings with the portable medium of pastels.

Saturday Art
Saturday, May 30
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.

Knotted Up
Wednesdays, April 8 - 29
6:00 – 8:00 p.m.
Staff Registration Required
Participants will create knotted bracelets using hemp.

Copper Tooling
Mondays, April 27 - May 18
1:00 – 3:00 p.m.
Staff Registration Required
Participants will create images on copper foil using basic wood tools and techniques. Images will be raised above the surface for a 3D effect.

Clay
Fridays, May 8 - 22
1:00 – 3:00 p.m.
Staff Registration Required
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.

Watercolor Pencil
Tuesdays, May 19 – June 2
1:00 – 3:00 p.m.
Staff Registration Required
Create watercolor paintings using traditional color pencil drawing techniques to be transformed into watercolor using a variety of wet brush applications. Participants are encouraged to bring a simple picture or photograph to enlarge, draw and complete using watercolor pencils.

“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
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

Family Programs

Parent Support Group
1st Saturdays
10:00 – 11:15 a.m.
There will be no group in April
Registration Required
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
1st Saturdays
10:00 – 11:15 a.m.
There will be no group in April
Registration Required
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.

Special Events

Summerfest Family Picnic
Wednesday, June 10 | 5:30 – 7:00 p.m.
Registration Required
Please register each individual in your family separately. Come kick off the summer with an evening of food and fun for the whole family, with fellow Wellness House families. Bring along children, grandchildren, and friends to spend time together and play games. We will provide food and entertainment for all ages—all you have to do is show up!

Please alert staff at registration of any food allergies.

NEW! Spring Teen Celebration
Thursday, April 30, 6:00 – 7:30 p.m.
Staff Registration Required
Contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org to register.
Calling all teens for a special spring event to connect with other teens impacted by cancer, and featuring a colorful sand painting project and spring treats.

NEW! Children's Spring Day of Renewal
Saturday, April 4
9:30 a.m. – 1:00 p.m.
Staff Registration Required
Contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org to register.
Alongside our Young Adult Day of Renewal, we are offering kids ages 5-12 a chance to kick-off spring with fun mind/body activities. Lunch will be provided; please alert staff at registration of any food allergies.

Kids Kamp
Monday, July 6 - Friday, July 10
9:00 a.m. – 12:00 p.m.
Registration Required
Join us for our annual Kids Kamp for ages 5 - 12. This is a great opportunity to participate in fun summer activities, meet other kids who have experienced cancer in the family, build confidence, and simply HAVE FUN!

Coming Soon!

Groups for Kids and Teens

Kids Support Group
1st and 3rd Tuesdays
5:00 – 6:00 p.m.
Staff Registration Required
Contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org to register.
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
Contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org to register.
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
Contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org to register.
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
Please contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org to register.
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 Survivors Group
3rd Thursday evenings
6:00 – 7:30 p.m.
Staff Registration Required
Please contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org to register.
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
Please contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org to register.
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.

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.

Bereavement Group for Parents Who Have Lost a Child of any Age 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
April 14, May 12, June 9
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
Support Groups & Counseling

“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

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
Please 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.

Special Event
NEW! Young Adults: Day of Renewal
Saturday, April 4 | 9:30 a.m. – 1:00 p.m.
Registration Required
Join us for an interactive day filled with techniques and tools to renew the mind and body. We welcome all young adults (20-44) diagnosed with cancer, caregivers, partners and spouses to come out for a half day dedicated to your healing journey. Topics include navigating relationships and body image. You will also have an opportunity to practice yoga, mindfulness, and cooking skills with Wellness House experts!
For questions, contact Tasha Chasson, MSW, at 630.654.7215 or tchasson@wellnesshouse.org.

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 those with a Cancer Diagnosis and Caregivers
Thursdays, May 7 - June 25
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.

Meaning-Centered Group for the Bereaved
Tuesdays, April 21 - June 9
1:00 – 2:30 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.

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
Please 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.
April 2, May 7, June 4
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.
April 28, May 26, June 23
5:00 – 6:30 p.m.
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
April 7, May 5, June 2
7:00 – 8:30 p.m.
Staff Registration Required
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
April 9, May 14, June 11
5:00 – 6:30 p.m.
Drop-ins Welcome
For questions, contact Tasha Chasson, MSW, at 630.654.7215 or tchasson@wellnesshouse.org.

Quarterly Networking Groups

Lung Cancer Networking Group
Thursday, June 4
5:00 – 6:30 p.m.
For questions, contact Tasha Chasson, MSW, at 630.654.7215 or tchasson@wellnesshouse.org.
Please join us for a special topic on navigating relationships to help reduce family and friendship stressors regarding your cancer journey. We will discuss various communication styles and creative ways to communicate your needs.

GIST (Gastrointestinal Stromal Tumors)
Saturday, May 9
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.
Support Groups & Counseling

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
April 23, May 28, June 25
5:00 – 6:30 p.m.
For questions, contact Tasha Chasson, MSW, at 630.654.7215 or tchasson@wellnesshouse.org.

**Breast Cancer**

4th Mondays
April 27, May 18, June 22
(No mtg. Monday May 25 due to holiday)
7:00 – 8:30 p.m.
For questions, contact Ellen Nieman at 630.654.5198 or enieman@wellnesshouse.org.

**Carcinoid**

2nd Saturdays
April 11, May 9, June 13
10:30 a.m. – 12:30 p.m.
For questions, contact Jill Otto, LCSW at 630.654.7203 or jotto@wellnesshouse.org.

**Colon/Rectal Cancers**

2nd Mondays
April 13, May 11, June 8
7:00 – 8:30 p.m.
For questions, contact Ellen Nieman at 630.654.5198 or enieman@wellnesshouse.org.

**Gynecologic Cancers**

2nd Thursdays
April 9, May 14, June 11
7:00 – 8:30 p.m.
For questions, contact Tasha Chasson, MSW, at 630.654.7215 or tchasson@wellnesshouse.org.

**Head & Neck Cancers**

3rd Tuesdays
April 21, May 19, June 16
7:00 – 8:30 p.m.
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

**Leukemia & Lymphoma**

2nd Thursdays
April 9, May 14, June 11
7:00 – 8:30 p.m.
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

**Melanoma**

4th Tuesdays
April 28, May 26, June 23
7:00 – 8:30 p.m.
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

**NEW! Metastatic Breast Cancer**

1st Mondays
April 6, May 4, June 1
6:30 – 8:00 p.m.
For questions, contact Ellen Nieman at 630.654.5198 or enieman@wellnesshouse.org.

**Multiple Myeloma**

3rd Thursdays
April 16, May 21, June 18
7:00 – 8:30 p.m.
For questions, contact Tasha Chasson, MSW, at 630.654.7215 or tchasson@wellnesshouse.org.

**Pancreatic Cancer**

3rd Thursdays
April 16, May 21, June 18
5:00 – 6:30 pm.
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 and 4th Wednesdays
April 8, April 22, May 13, May 27, June 10, June 24
9:30 – 11:00 a.m.
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

**Sarcoma Cancers**

3rd Saturdays, every other month
May 9*
11:00 a.m. – 1:00 p.m.
*please note change of date for May
For questions, contact Ellen Nieman, LCSW at 630.654.5198 or enieman@wellnesshouse.org.

To learn more about our programs, visit wellnesshouse.org
**ARLINGTON HEIGHTS**

**yoga4cancer**  
**Mondays***  
10:00 – 11:00 a.m.  
*No class April 13, May 25  
Wheeling Township  
1616 N. Arlington Heights Road  
Drop-ins Welcome; Informed Consent Waiver Required  
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. All equipment provided.

**Antioxidant Favorites**  
Thursday, June 18  
6:00 – 7:00 p.m.  
Pav YMCA  
2947 Oak Park Avenue  
Registration Required  
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.

**CHICAGO**

**Women's Cancer Support Group**  
4th Fridays  
April 24, May 29*, June 26  
9:30 – 10:30 a.m.  
Mercy Hospital & Medical Center  
2525 S. Michigan Avenue  
12th floor Great Room  
Drop-ins Welcome  
This support group provides an open environment for women in the community to discuss their cancer diagnoses, share ideas and support one another during and after their cancer treatment. Participants do not need to be receiving/have received their medical care at Mercy to attend.  
For questions, contact Maigenete Mengesha, Ph.D. at 630.654.5111 or mmengesha@wellnesshouse.org.

**Breast Cancer Support Group**  
4th Fridays  
April 24, May 29*, June 26  
11:00 a.m. – 12:30 p.m.  
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.  
*Dates may change to accommodate the holiday.

**Empowering You: Breakthroughs in Breast Cancer Treatment**  
Saturday, April 18  
8:30 a.m. – 12:00 p.m.  
Northwest Community Healthcare  
800 W. Central Road  
Hospital Auditorium  
Registration Required  
Join us for a morning full of expert insights, discussion, classes, resources and much more!

**BERWYN**

**yoga4cancer**—  
**Spanish language class**  
**Saturdays**  
11:15 a.m. – 12:15 p.m.  
*No class May 23  
Pav YMCA

**Candle-Making**  
Thursday, May 14  
6:00 – 7:30 p.m.  
Pav YMCA  
2947 Oak Park Avenue  
Registration Required  
Please join IgniteHope as they teach you how to make a unique candle with messages of inspiration hidden throughout the wax. All materials provided. Please note, this class will include a variety of fragrances.

Partner 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
Head & Neck Cancers
Support Groups
2nd Tuesdays, every other month
April 14, June 9
12:00 – 1:30 p.m.
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.

Beginner Chair Yoga
Fridays
10:00 – 11:00 a.m.
Mercy Hospital & Medical Center
2525 S. Michigan Avenue
4th floor, Room 440
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.

Nutrition Q & A
Friday, May 15
11:15 a.m. – 12:15 p.m.
Mercy Hospital & Medical Center
2525 S. Michigan Avenue
4th floor, Room 440
Drop-ins Welcome
Maintaining a healthy lifestyle can be difficult; join this discussion group to connect and share ideas with one another.

Expressive Arts
Friday, June 5
11:15 – 12:30 p.m.
Mercy Hospital & Medical Center
2525 S. Michigan Avenue
4th floor, Room 440
Drop-ins Welcome
Using a variety of artistic materials, this is an opportunity for individuals to explore and develop their own creative centers for the purpose of healing.
For questions, contact Sherri Wick, LCPC at 630.654.5356 or swick@wellnesshouse.org.

Yoga for Cancer Survivors—Spanish language class
Saturdays*
10:30 – 11:30 a.m.
*No class May 23
St. Sylvester Church,
2157 N. Humboldt Boulevard
Drop-ins Welcome; Informed Consent Waiver required.
In partnership with ALAS-Wings, this class is an 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. 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.

*No class May 23
St. Sylvester Church,
2157 N. Humboldt Boulevard
Drop-ins Welcome; Informed Consent Waiver required.
In partnership with ALAS-Wings, this class is an 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. All equipment provided.

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EMPOWERING YOU Breakthroughs in Breast Cancer Treatment
A morning full of expert insights, discussion, classes, resources and much more
Saturday, April 18
8:30 a.m. to noon
Northwest Community Healthcare Hospital Auditorium
800 W. Central Road
Arlington Heights, IL 60005
Register at wellnesshouse.org

Cooking for Energy
Tuesday, April 21
10:00 – 11:30 a.m.
Lower level Arboretum Center
Hawthorne Room
In this cooking demonstration/discussion, you will learn how to cook foods that can naturally increase energy and about food choices that facilitate digestion, promote vitality and support your natural energy-producing metabolic pathways.
Partner 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.

### Foods to Fight Inflammation
**Tuesday, May 19**
10:00 – 11:30 a.m.
Lower level Arboretum Center, Magnolia Room
Inflammation is the immune system’s response to injury and infection, and while it is a vital protective process, research suggests links between inflammation and the development or progression of cancer cells. Join us in this lecture and associated cooking class to explore the most powerful foods to fight inflammation and restore balance to the body.

### Healthy Cooking for the Microbiome
**Thursday, April 2**
10:00 – 11:30 a.m.
AMITA Health Cancer Institute
1 Salt Creek Lane
Recharge Room, second floor
Registration Required
In this cooking demonstration/discussion, we’ll learn practical tips and diet modifications you can make to live in beneficial harmony with the microorganisms in you!
_Sudarshan Sharma, M.D._
*Individual consultations are available for patients of Dr. Sharma on

### OAK PARK
**Programs take place at Rush Oak Park Hospital, Medical Office Building**
610 S. Maple Avenue, Suite 2000

#### Cancer Connections Group
**Monday evenings**
NEW TIME! 5:00 – 6:30 p.m.
Drop-ins Welcome
This group provides an opportunity for people experiencing cancer and their caregivers to share information, connect with others in similar circumstances and improve coping skills.
_Light refreshments will be served._
For questions, contact Tasha Chasson, MSW, at 630.654.7215 or tchasson@wellnesshouse.org.

#### NEW! Breast Cancer Support Group
**Monday evenings**
7:00 – 8:30 p.m.
Drop-ins Welcome
This group provides an opportunity for breast cancer survivors to come together to exchange information and strategies for making decisions and navigating the breast cancer experience. Please note, this group is for individuals diagnosed with breast cancer only.
For questions, contact Tasha Chasson, MSW, at 630.654.7215 or tchasson@wellnesshouse.org.

#### Healthy Cooking for the Microbiome
**Thursday, May 21**
6:00 – 7:30 p.m.
Registration requested; visit Lemons of Love Cancer Resource Center Facebook page for more details.
_In this cooking demonstration/discussion, we’ll learn practical tips and diet modifications you can make to live in beneficial harmony with the microorganisms in you!_
Partner Locations

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

Wellness Through Deep Hypnosis
1st Saturdays
April 4, May 2, June 6
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:
April: Dealing with Overly Dramatic People
May: Setting Boundaries and Limits
June: Protect Yourself from Manipulation

Reiki
1st Saturdays*
May 2, June 6
*No Reiki Clinic in April
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
Programs take place at West Suburban Breast Care Center, River Forest Campus, 420 William Street Building A, 1st floor conference room

Healthy Cooking for the Microbiome
Thursday, April 9
2:30 – 4:00 p.m.
Registration Required
In this cooking demonstration/discussion, we’ll learn practical tips and diet modifications you can make to live in beneficial harmony with the microorganisms in you!

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
- The Grainger Foundation
- Hinsdale Junior Woman's Club
- Kara Foundation
- Nayar Family Foundation
- Pfizer
- Rolfe Pancreatic Cancer Foundation
- The Coleman Foundation
- The Greer Foundation
- The Perlman Family Foundation