

Program Guide

**FREE
Cancer
Support**



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

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

Spring 2020

Program Guide



You'll feel better inside.

Mile Square Health Center
1220 S. Wood St.
Chicago, IL 60612

UI Health Cancer Clinic
Outpatient Care Center, Suite 1 E
1801 W. Taylor St.
Chicago, IL 60612



Exercise

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



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

No experience necessary. All equipment provided. All abilities welcome.
*Registration and Physician medical release required for all exercise classes.
To register, call Sherri at 630.654.5356 or email swick@wellnesshouse.org.*

It's easy to get started.

Call Sherri at 630.654.5356 or email swick@wellnesshouse.org.



Welcome to Wellness Orientation

Learn about Wellness House from the comforts of your own home.

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

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

No Programs:

Friday, April 10
Friday, May 22
Monday, May 25
Monday, June 29

Exercise for Cancer

@ Mile Square

Mondays, 10:15 – 11:00 a.m. (3rd Floor)
Thursdays, 5:00 – 5:45 p.m. (2nd Floor)
Fridays, 3:30 – 4:15 p.m. (2nd Floor)

Yoga for Cancer

@ Mile Square

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

Receive a FREE Tote Bag!
While Supplies Last!

Attend any Wellness House program at Mile Square Health Center and you'll receive a FREE tote bag!

Sound Meditation

@ Mile Square (2nd Floor)

Thursday, April 16

5:30 – 6:30 p.m.

Sound meditation helps to create peace, harmony and balance in your physical body.

Mindfulness and Meditation Series

@ Mile Square (1st Floor)

5:30 – 7:00 p.m.

June 10: Mindfulness of the breath, sound and thoughts

June 17: Mindful Eating

June 24: Mindful Journaling

Expressive Arts

@ Mile Square (1st Floor)

5:00 – 6:30 p.m.

April 22: Abstract String Painting

May 27: Sand Art

June 24: Purpose Collage Making

Oncology Massage

@ Mile Square (1st Floor)

Registration Required

To reserve your spot contact, **Sherrri S. Wick, LCPC** at 630.654.5356 or swick@wellnesshouse.org.



Stress Management



Reducing stress will allow you to feel more in control. Our classes help you:

- ✓ Relax
- ✓ Manage stress
- ✓ Express yourself

For more information and to register, call Sherrri at 630.654.5356 or email swick@wellnesshouse.org.



Nutrition



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

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

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

Cooking for Cancer: Meal Prepping Class

@ Mile Square (2nd Floor)

Wednesday, April 8, 5:00 – 6:30 p.m.

Registration Required

Cancer Nutrition 101: Step-by-Step Program to a Cancer-Fighting Diet

@ Mile Square (2nd Floor)

Wednesdays, April 15 - May 6, 5:30 – 6:30 p.m.

Registration Required

Cooking for Cancer

@ Mile Square (2nd Floor)

Wednesdays, May 13, June 10

5:00 – 6:30 p.m.

Registration Required

Online Nutrition for Cancer Side Effects

Thursday, April 30, 12:30 – 1:30 p.m.

Thursday, May 14, 12:30 – 1:30 p.m.

Monday, June 15, 6:00 – 7:00 p.m.

Registration Required

Online Cancer Nutrition Q & A and Discussion

Monday, April 6, 6:00 – 7:00 p.m.

Registration Required

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Support Groups and Counseling

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

- ✓ Reduce depression and anxiety
- ✓ Deal with emotions
- ✓ Advocate for yourself

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



Information and Education



Planning for Your Care Needs

@ Mile Square (1st Floor)

Wednesday, April 8, 5:30 – 7:00 p.m.

Jacqueline Boyd

Join us for a workshop incorporating financial lessons in insurance.

Essential Oils to Help Ease the Side Effects of Treatment

@ Mile Square (1st Floor)

Thursday, May 7, 5:30 – 7:00 p.m.

Ellie Steward, MHPE, HTP, CCA/Instructor,
Master QLPC/Instructor, CHHP

Join us to learn more about the use and benefits of essential oils.

Managing Scanxiety using Calming Techniques

@ Mile Square (2nd Floor)

Thursday, May 21, 5:30 – 7:00 p.m.

Sherri S. Wick, LCPC, Community Engagement
Manager-Chicago Programs

Join us to learn more about calming techniques to use while going through treatment scans.

Caregiving: Self-Care and Nutrition

@ Mile Square (2nd Floor)

Wednesday, June 17, 5:30 – 7:00 p.m.

Angela Dennison, RD, LDN
Sherri S. Wick, LCPC

Join us to learn more about the importance of self-care and nutrition for caregivers.

General Cancer Group

@ Mile Square (1st Floor)

3:30 – 5:00 p.m.

April 1: Managing the stress and anxiety of cancer

May 6: Taking Care of yourself while being a caregiver

June 3: Tips for establishing inner peace

Young Adults Networking Group

@ Mile Square (1st Floor)

5:30 – 7:00 p.m.

April 1: Coping with lifestyle changes during cancer

May 6: Coping with changes to your body

June 3: Adjusting to life after cancer

THE ART OF YOU

discover your life after cancer

Chris-Tia Donaldson and Chat Daddy Sims will share their stories of empowerment after the physical and emotional effects of cancer.



Chris-Tia Donaldson
TGIN (Thank God It's Natural) –
Cancer Survivor – Author

THIS EVENT IS PRESENTED AT NO COST

FRIDAY, APRIL 3

9:00 a.m. – 2:00 p.m.

Get inspired through powerful words, art and motion and discover your next chapter after cancer.



Chat Daddy Sims
Radio Personality –
Chicago Native – Cancer Survivor

**EXPRESSIVE ARTS • YOGA • MASSAGE
GIVEAWAYS • LIGHT BREAKFAST & LUNCH**

To register, visit wellnesshouse.org or call Sherri S. Wick at 630.654.5356

LOCATION: Malcolm X College, 1900 W. Jackson Blvd