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.*
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.

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)

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

For more information, visit wellnesshouse.org or call 630.323.5150
Spring 2020
Program Guide

**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.

**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, Sherri 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 Sherri at 630.654.5356 or email swick@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
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.

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

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.

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.

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.

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

Visit our website at wellnesshouse.org