

Welcome Guide

For living with cancer



“I knew
I was in
good hands
as soon as
I called.”

Jessica

Now offering
online programs

Welcome to Wellness House. We are a team of warm and caring experts ready to help. We're here for those who are newly diagnosed, in treatment, post treatment, caregivers and families. All our programs are provided at no cost.

Visit wellnesshouse.org or call **630.323.5150**
Connect with us today!



Scan to learn more.

Information and Education

Top experts share their knowledge on topics like new treatments, managing side effects and dealing with cancer.



- *Top Doc Lectures*
- *Classes*
- *Workshops*
- *Wig Boutique*

- ✓ Feel empowered with reliable information
- ✓ Learn about options for treatment and wellness
- ✓ Gain new skills



Ways to get started>

• Register for a presentation

We understand that current information can make all the difference when facing cancer. Our classes contain relevant and practical information for what you're facing now.

• Hair, skin and nails

Wig consultations and make-up and scarf tying classes are designed to help you look and feel your best.

Exercise and Nutrition

Exercise is safe and recommended before, during and after cancer treatment. Our classes are led by expert instructors, designed to improve physical and mental health, and tailored for all levels. No experience required.

- *Exercise*
- *Yoga*
- *Mind/Body Movement*
- *Individual Exercise Consultations*



Exercise

- ✓ Increase energy
- ✓ Improve quality of life
- ✓ Reduce side effects; fatigue, neuropathy, lymphedema, osteoporosis and nausea



Ways to get started>

• Connect with an oncology exercise specialist

For individual guidance, contact Amanda Woods at awoods@wellnesshouse.org or 630.654.5194 to schedule an appointment.

• Register for a class

Our expert instructors lead classes designed to prevent muscle loss, build strength, and increase endurance. Classes can be started after an initial exercise consultation.

Healthy eating can increase energy and reduce cancer-related side effects. Our classes provide practical tools and recipes focused on plant-based cancer fighting nutrition.



- *Cooking Classes*
- *Side Effect Management*
- *Kitchen Skills*
- *Individual Nutrition Consultations*

Nutrition

- ✓ Improve food choices
- ✓ Discover new nutrient dense foods and delicious recipes
- ✓ Reduce side effects: poor appetite, nausea, diarrhea/constipation

Ways to get started>

• Connect with an oncology dietitian

For individualized nutrition and class recommendations contact Angela Dennison at adennison@wellnesshouse.org or call 630.654.5196.

• Register for a class

Attend a side effect management class or join a cooking class to boost your kitchen confidence and increase your knowledge about cancer fighting foods.

“When I participate in classes, I feel inspired and motivated by the instructors and the strength of others.” Debra – Participant

Stress Management

Experience relaxation and learn stress management techniques.

- *Meditation*
- *Mindfulness*
- *Expressive Arts*
- *Tune-Ups*
- *Reiki*



- ✓ Learn to manage stress
- ✓ Improve coping skills
- ✓ Increase your sense of well being



Ways to get started>

- **Attend a Meditation or Mindfulness Class**
Relax your body, still your mind, engage your spirit, and improve quality of life during and after cancer.
- **Join an art class**
No experience necessary. The simple act of making your own art is proven to reduce stress and open new thought processes.
- **Call for a consultation**
Contact Amanda Woods at woods@wellnesshouse.org or 630.654.5194 to learn more about our offerings or schedule a Reiki session.

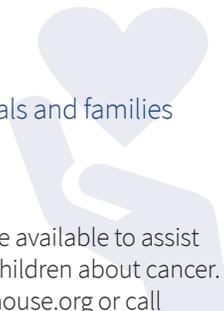
Child and Family

Our family programs give kids, teens, and parents a place to learn, express how they're feeling, and heal.

- *Kids and Teen Groups*
- *Counseling for Children, Teens, Couples and Families*
- *Fun Events* • *Relaxation for Kids*



- ✓ Improve communication
- ✓ Feel understood
- ✓ Navigate cancer together as individuals and families



Ways to get started>

- **Schedule a family consultation**
Consultations and short-term counseling are available to assist parents, families, and couples in talking to children about cancer. Contact Gina Danehl at gdanehl@wellnesshouse.org or call 630.654.5115 to schedule an appointment.
- **Attend an event for families and kids**
Fun events for kids and families provide a safe space to be with other families who are also experiencing cancer.

Support Groups and Counseling

Connecting with others who understand what you're going through is important, whether you have cancer or are close to someone who does.



- *Support Groups*
- *Caregivers Groups*
- *Diagnosis Specific Networking*
- *Individual Counseling*
- *Bereavement*

- ✓ Manage the emotions of the cancer journey
- ✓ Share and connect with supportive peers
- ✓ Improve health outcomes by reducing isolation



Ways to get started>

- **Connect with an oncology counselor**
Contact Tasha Chasson at tchasson@wellnesshouse.org or 630.654.7215 to learn which groups will best fit your needs or schedule a counseling appointment.
- **Join a Support or Networking Group**
We offer a wide range of support and networking groups for people who are diagnosed with cancer and their loved ones.

Wellness House | Main Location
The Kay & Mike Birck Home of Hope
131 North County Line Road
Hinsdale, Illinois 60521

A great way to start!

WELCOME TO WELLNESS HOUSE ORIENTATION

New to Wellness House? Every cancer diagnosis and treatment is different. This is a great place to begin. Join us for an orientation that provides an overview of programs and an opportunity to learn more about the ways to benefit from Wellness House. Choose a day and time that works for you.

Register at wellnesshouse.org/welcome or call **630.323.5150**.

Mondays

12:00 – 1:00 p.m.
6:00 – 7:00 p.m.

Tuesdays

3:30 – 4:30 p.m.

Wednesdays

9:30 – 10:30 a.m.

Thursdays

5:30 – 6:30 p.m.

Fridays

12:00 – 1:00 p.m.

Select Saturdays

9:30 – 10:30 a.m.

Please note: *There will be no Welcome to Wellness House September 5 and 6.*

All of our programs are currently online

Everything we do is to prepare and empower people to fully live life with cancer and beyond.

Wellness House is for everyone.

It doesn't matter where you get your treatment. Our programs are available to anyone affected by cancer and provided at no cost to you.

Visit wellnesshouse.org or call 630.323.5150.

We are proud to provide support in partnership with the following healthcare providers:

Good Samaritan Borhade Cancer Center
Amita Health
DuPage Medical Group
Edward-Elmhurst Healthcare
MacNeal Hospital
Rush Oak Park Hospital
Northwest Community Healthcare
UI Health – Mile Square Health Center
West Suburban Medical Center
Mercy Hospital and Medical Center

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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

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.