Home Health Remedies During COVID-19
Friday, October 2
5:30 - 7:00 p.m.
Registration Required
When our mental and physical well-being is strained by events in the world, it's even more important to have accessible tools to reset your body and mind. This workshop will give you concrete ways to press the reset button, anytime and anywhere.

Cancer Answers - Talking to Children and Teens About Cancer
Tuesday, October 13
6:00 - 7:30 p.m.
Registration Required
If a family member has cancer, children can often sense that there is something wrong. Learn tips for discussing diagnosis and treatment, recognize common reactions in children and teens, and strategies for reducing anxiety and stress in the family.

Support in Overcoming Stress (SOS) for the Holidays
Mondays, November 2, 9, 16
3:00 - 4:30 p.m.
Staff Registration Required - Contact Nevada Bennett, LPC, at 630.654.5346 or nbennett@wellnesshouse.org to register.
The holiday blues can be especially difficult alongside the cancer journey. Connect with others to discuss the management of elevated stress during the holiday season.

Self-Care for Caregivers
Tuesday, December 8
5:30 - 7:00 p.m.
Registration Required
Caregiving for a loved one with cancer can be very challenging, leading to a range of emotions that can be overwhelming. Join in this discussion of positive coping strategies and creative ways to care for yourself in the caregiving journey.

Yoga for Cancer
Wednesdays
9:30 - 10:30 a.m.
Thursdays
6:30 - 7:30 p.m.

Tai Chi Fundamentals
Thursdays
5:00 - 6:00 p.m.

Cooking for Cancer
Wednesdays, October 14, November 18, December 9
5:00 – 6:30 p.m.

Pelvic Floor Yoga
Fridays, December 4, 11, 18
3:30 - 4:45 p.m.

The Benefits of Plant-Based Eating
Wednesday, December 16
5:30 – 6:30 p.m.

We’re here to help you get started!
To sign up or view our full list of programs, visit wellnesshouse.org/UILhealth or call us at 630.323.5150.