Program Guide

January | February | March | Winter 2021

Hot Topics in Colorectal Cancer
Happy Hearts Family Party
Cancer Answers for Parents
Kids Spring Break Virtual Vacation
Don't Miss Our Special Events!

Special Events
To register online, visit wellnesshouse.org or call 630.323.5150 for more information.

Wellness Evolving Series: Moving Through Cancer
Saturday, February 27
10:00 – 11:30 a.m.
Main Presentation
Registration Required
You may be familiar with the benefits linked to regular physical activity – or may experience them yourself! From improvements in anxiety, physical function and fatigue to mood and self-esteem – the list is noteworthy. But what about the impact for cancer survivors specifically? Join Dr. Schmitz – leading researcher in exercise oncology and immediate past president of American College of Sports Medicine (ACSM) – as she dives into the latest research and exercise recommendations from ACSM for cancer prevention and improved quality of life for cancer survivors. You’ll also learn tips for staying active and have a chance to engage with Dr. Schmitz during a live Q&A.

Happy Hearts Family Party
Tuesday, February 9
6:00 – 7:30 p.m.
Staff Registration Required
Contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org to register.
Join us for this family event celebrating love! Dress in your favorite Valentine’s Day colors or attire. We will have yummy treats, arts and crafts, and lots of family fun and laughter. Curbside supply pick-up date to be provided following registration.

Kids Spring Break Virtual Vacation
Monday, March 29 and Wednesday, March 31
12:00 – 2:00 p.m.
Staff Registration Required
Contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org to register.
We might not be getting on a plane, but that doesn’t mean we can’t use our imaginations and have a virtual travel adventure! Kids are invited to join in as we “vacation” with virtual tours, games, activities, crafts and more.

SPECIAL SERIES: Meaning-Centered Psychotherapy for LGBTQ+ Community Members Diagnosed with Cancer
Thursdays, February 4 – March 25
2:00 – 3:30 p.m.
Staff Registration Required
To register, please contact Michael Williams, Psy.D. (He/Him) at 630.654.5117 or mwilliams@wellnesshouse.org.
This 8-week, committed group, being offered and co-facilitated jointly by Wellness House and Center on Halsted in Chicago, is open to anyone who identifies as LGBTQ+ and has had a cancer diagnosis. Take care of yourself by exploring and restoring your sense of meaning and well-being through this group course.

Hot Topics in Colorectal Cancer
Saturday, March 20
9:00 a.m. – 12:00 p.m.
Registration Required
Join the top oncologists, surgeons, and healthcare professionals in the Chicagoland area to learn about the latest updates in the research and treatment of colorectal cancer.
Register here >

9:00 – 11:00 a.m.
Updates in Colorectal Cancer Treatment and Research Panel
• Dana Hayden, MD, Surgical Oncologist, Rush University Medical Center
• Ardaman Shergill, MC, Medical Oncologist, UChicago Medicine

11:00 a.m. – 12:00 p.m.
Nutrition and Surveillance for Colorectal Cancers
• Dr. Pankaj Vashiv, MD, AGAF, FASPEN, Gastroenterologist, Cancer Treatment Centers of America
Welcome to Wellness House
Orientation
Mondays
12:00 – 1:00 p.m.
Register here >
6:00 – 7:00 p.m.
Register here >
Tuesdays
3:30 – 4:30 p.m.
Register here >
Wednesdays
9:30 – 10:30 a.m.
Register here >
Thursdays
5:30 – 6:30 p.m.
Register here >
Fridays
12:00 – 1:00 p.m.
Register here >
Saturdays,
January 9, 16, 23
February 6, 13, 20, 27
March 6, 13, 20
9:30 – 10:30 a.m.
Register here >

Join us for an opportunity to learn more about how you can benefit and get started.
We'll share an overview of programs, a virtual tour and a chance to meet staff.

New to Wellness House?
It's easy to get started. Connect in the way that works for you.

Call us at 630.323.5150

Or

Attend a Welcome to Wellness House Orientation

Or

Register for a program at wellshouse.org/virtual-programs

Individual & Family Orientation
Call 630.323.5150 to schedule an appointment.

If Welcome to Wellness House is not convenient, schedule an individual or family appointment to learn more about programs and services.
Maintaining a Healthy Lifestyle after Breast Cancer
*In partnership with West Suburban | River Forest Breast Care Center
Thursday, January 14
2:30 – 4:00 p.m.
Registration Required
Rabia Bhatti, MD, Breast Surgeon
Learn about important lifestyle techniques to implement following a breast cancer diagnosis and tips for reducing recurrence.
Register here >

Updates in the Treatment of Lymphoma
Thursday, January 21
7:00 – 8:30 p.m.
Registration Required
Sumana Devata, MD, Medical College of Wisconsin
Learn about the latest developments in the treatment of lymphomas and practical tips for dealing with common side effects.
Register here >

Resilience in Survivorship
Thursday, February 4
6:30 – 8:00 p.m.
Registration Required
Teresa L. Deshields, PhD, ABPP, Director of Supportive Oncology Rush University Medical Group
When something as challenging or unexpected as cancer comes into our lives, it can feel hard to adapt or emerge stronger than before. During this program, Dr. Deshields will review the concept of resilience and how it relates to cancer. Strategies for increasing resilience and a real-time mindfulness exercise will also be shared.
Register here >

Updates in the Treatment of Gynecologic Cancers
Thursday, February 25
6:30 – 8:00 p.m.
Registration Required
Jean-Marie Stephan, MD and Summer B. Dewdney, MD, Rush University Medical Center
New treatments in the management of gynecologic cancers will be discussed. They will also talk about how to cope with the emotional and physical side effects of treatment.
Register here >

Updates in the Treatment of Sarcoma
Thursday, March 11
7:00 – 8:30 p.m.
Registration Required
Keila Torres, MD, PhD, FACS, MD Anderson Cancer Center
Learn about updates in the surgical treatment for soft-tissue sarcoma, what to expect after surgery, and how to manage side effects of treatment.
Register here >

Immunotherapy in the Treatment of Cancer
Tuesday, March 23
7:00 – 8:30 p.m.
Registration Required
Srilata Gundala, MD, Hope and Healing Care
Understand how immunotherapy works to boost the natural defenses of our immune system to fight existing cancer cells. Cancer types currently being treated and implications for the future use of immunotherapies will also be discussed.
Register here >
**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

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**Unique Boutique - Online**

**Brows, Scarves and More!**
**Tuesdays January 5, February 2, March 2**
2:00 – 4:00 p.m.
**Registration Required**
*Gayle Perzek, Catherine McMahon & Alicia Carroll*
Join us for a fun and practical session that teaches you how to create realistic brows and stylish scarf techniques. We also cover makeup tips, skin and body care. This program is offered for participants in active treatment.
**Register here >**

**Virtual Wig Consultation**
**By appointment**
Receive personalized recommendations for wig style, color, fit and care with one of our experts. **Call 630.654.5110 to schedule an appointment.**

For questions, call 630.654.5110 or email uniqueboutique@wellnesshouse.org.

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**Reiki Share**
**Thursday, January 7**
**Tuesday, February 16**
**Thursday, March 18**
6:30 – 7:30 p.m.
**Registration Required**
*Jane Van De Velde, DNP, RN*
*Gregory Zera*
**Reiki Master Teachers**
This program is for practitioners of any level who have taken Reiki class at Wellness House or with other teachers.
*This program is sponsored by The Reiki Share Project.*
**Register here >**

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**REROUTING: Choosing Your Course After Cancer Treatment**
*In partnership with DuPage Medical Group*
**Mondays, January 11, 18, 25; February 1, 8**
6:00 – 7:00 p.m.
**Registration Required**

**January 11 – Cancer survivorship, including the social, emotional and practical aspects**
**January 18 – Nutrition**
**January 25 – Cancer rehabilitation, exercise + lymphedema management**
**February 1 – Symptom management and recovery through palliative care**

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**February 8 – Medical issues, expectations and surveillance in survivorship**

*(You will receive the most benefit from attending each week in this series, though it is not required.)*
Finishing cancer treatment often elicits a full range of emotions, as well as a new range of physical concerns and questions for both patients and caregivers. Join us for this interactive five-week series that will provide the information you need to create your course after cancer treatment.
**Register here >**

**Set Yourself up for Success with Exercise**
**Tuesday, January 12**
2:00 – 3:00 p.m.
**Registration Required**
*Amanda Woods, MS, ACSM/ACS CET, ACSM EP-C, Wellness Programs Coordinator*
Learn about ideal weekly activity, the importance of setting goals, and how to stay on track with your exercise routine.
**Register here >**

**Weigh to Go! Managing Weight after Cancer**
**Mondays, January 18 - March 15**
1:00 – 2:30 p.m.
**Staff Registration Required**
Both educational and experiential, this series is for cancer survivors who have completed treatment and explores the behavioral changes needed for healthy weight management.
**To register, please contact Angela Dennison by January 14 at 630.654.5196 or adennison@wellnesshouse.org.**

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**Wellness House Participant**
Information & Education

Healthy Habits & Routines for a Great Year
Tuesday, January 19
1:00 – 2:30 p.m.
Registration Required
Cindi Melkerson, Health & Lifestyle Coach
Cancer can be highly disruptive to our everyday lives. Learn about small changes you can make in your daily routine that will help set your year off on a great foot. Cindi will share ideas for fitting in self-care to help reduce stress and encourage overall wellness.

Cancer Genetic Counseling
Tuesday, January 19
7:00 – 8:30 p.m.
Registration Required
Kathryn Mraz, MS, CGC, Licensed Certified Genetic Counselor
Genetic testing can help clarify the care plan for a patient with a new personal history of cancer and can help your family members understand their own cancer risks. Learn who may benefit from genetic counseling, what to expect at an appointment with a genetic counselor, and the difference between genetic counseling vs. genetic testing.

Estate Planning in the New Year
Thursday, January 21
1:30 – 3:00 p.m.
Registration Required
Mitha Rao, Founder and Managing Attorney, Rao Legal, LLC
Start the new year by providing peace-of-mind for yourself and your loved ones. In this webinar, we will provide tips on getting that honors your needs and wishes.

Healthy Skin and Beauty Tips
Tuesday, January 26
1:30 – 2:30 p.m.
Registration Required
Sarah Richardson, Director, Beautycounter
Participants will learn about the importance of safe beauty products and how to maintain healthy skin during and after cancer treatment.

Healthy at Home: Tips for Staying Safe from Harmful Environmental Exposures
Thursday, January 28
7:00 – 8:30 p.m.
Registration Required
Jean-Marie Kauth, Ph.D, MPH, Benedictine University
Exposure to toxic substances can have detrimental effects on our long-term health and well-being. Learn about the tie that certain toxins have to cancer, top ways to protect your family from harmful environmental exposures, and practical steps to keep your home healthier.

Coping with a New Cancer Diagnosis
"In partnership with Mile Square Health Center
Wednesday, February 3
4:30 – 6:00 p.m.
Registration Required
Elizabeth Raigoza, LCSW, Clinical Social Worker, UI Health
Receiving a cancer diagnosis can be overwhelming to say the least. During this session, we’ll discuss top concerns over a new diagnosis and practical strategies for coping with your emotions, like relaxation techniques, mindful journaling, and more.

Nutrition for Head & Neck Cancer
"In partnership with Mercy Hospital & Medical Center
Tuesday, February 9
12:00 – 1:30 p.m.
Registration Required
Anita Ratterman, Oncology Dietitian, Northwest Community Hospital
Good nutrition is an essential part of cancer treatment and continued health thereafter. Learn how to manage common eating challenges that arise during or after treatment for head/neck cancers.

Fall Prevention and Balance Education
Tuesday, February 9
6:30 – 8:00 p.m.
Registration Required
Chandra Jadhwani, Physical Therapist
Our goal is to keep you balanced on your feet and prevent falls. In this presentation, you will learn how to use your “spare moments” to enhance your balance with activities that can be done almost anywhere.

Healthy at Home: Tips for Staying Safe from Harmful Environmental Exposures
Thursday, January 28
7:00 – 8:30 p.m.
Registration Required
Jean-Marie Kauth, Ph.D, MPH, Benedictine University
Exposure to toxic substances can have detrimental effects on our long-term health and well-being. Learn about the tie that certain toxins have to cancer, top ways to protect your family from harmful environmental exposures, and practical steps to keep your home healthier.

Register here >
FILM VIEWING: Speaking Grief
Thursday, February 11
5:00 – 6:30 p.m.
Registration Required
There is no “right” way to grieve. By sharing diverse representations of bereavement, Speaking Grief illustrates that grief is a universal, yet individual experience. View the hour-long documentary and join us for a discussion to follow.
Register here >

A Conversation with Jack’s Caregiver Coalition
*In partnership with Lemons of Love
Tuesday, February 16
7:00 – 8:30 p.m.
Registration Required
Kyle Woody, Founder and Executive Director, Jack’s Caregiver Coalition
Jack’s Caregiver Coalition provides a community for guys caring for a loved one with a catastrophic illness, improving the way guys think, feel and act through every phase of their caregiving journey. Learn about the inspiration behind Jack’s Caregiver Coalition, common challenges faced by male caregivers – like uncertainty or isolation – and connect in an open forum with other guys who are caregivers.
Register here >

A Look Inside: How Not to Die by Dr. Michael Greger
“In Partnership with Edwards-Elmhurst Health
Thursday, February 18
7:00 – 8:30 p.m.
Registration required
Dr. John Saran, MD, FACP, Internal Medicine & Geriatrics, Edward Hospital; and Janet Saran, Breast Cancer Survivor
In this session, participants will learn about major themes from Dr. Greger’s book chapter “How Not to Die from Breast Cancer.” The importance of a whole foods, plant-based diet, active lifestyle, and sleep schedule will be discussed.
Register here >

On-Demand Program Recordings
Registration Required
Wellness House offers webinars and videos from past programs that you can watch when it’s convenient for you. You will be emailed a link to view the video after registering.
• Hot Topics in Breast Cancer Register here >
• Meaning-Centered Psychotherapy Register here >
• Anticancer Living Register here >
• Health and Coping during COVID-19 Series Register here >

CANCER & BONE HEALTH EDUCATIONAL SERIES

Nutrition for Bone Health
Thursday, February 25
1:00 – 2:30 p.m.
Registration Required
Bonnie Brock, ND, RD, LDN, MPH, Registered Dietitian
Many nutrients play a role in bone health and good nutrition can play a crucial role to maintaining strong bones. Join Bonnie to learn about specific nutrients that are beneficial, as well as habits that should be minimized.
Register here >

How Exercise can Help with Bone Loss
Thursday, February 18
1:00 – 2:30 p.m.
Registration Required
Jadyn Chipman, ACSM GEI, ACSM/ACS CET, Wellness House, Exercise and Stress Management Programs Manager
In this presentation, participants will learn how exercise can help manage bone loss and reduce the risk of fractures.
Register here >

Top Doc: Addressing Medical Concerns around Cancer and Bone Health
Thursday, March 4
1:00 – 2:30 p.m.
Registration Required
Dr. June McKoy, MD, JD, MBA, Northwestern Medicine
Understand how certain cancer treatments can impact your bones and how you can work with your medical care team to prevent adverse effects. Bone health after cancer treatment will also be discussed.
Register here >

Cooking for Bone Health
Cooking Demonstration/Discussion
Thursday, March 11
6:00 – 7:30 p.m.
Registration Required
Bonnie Brock, Registered Dietitian
Join Bonnie to continue the conversation about nutrition and bone health! This cooking program will feature cancer-fighting nutrients and foods that are also recommended for healthy bones.
Register here >
Information & Education

Hot Topics in Colorectal Cancer
Saturday, March 20
9:00 a.m. – 12:00 p.m.
Registration Required
Join the top oncologists, surgeons, and healthcare professionals in the Chicagoland area to learn about the latest updates in the research and treatment of colorectal cancer.
Register here >

9:00 – 11:00 a.m.  Updates in Colorectal Cancer Treatment and Research Panel
- Dana Hayden, MD, Surgical Oncologist, Rush University Medical Center
- Ardaman Shergill, MC, Medical Oncologist, UChicago Medicine

11:00 a.m. – 12:00 p.m. Nutrition and Surveillance for Colorectal Cancers
- Dr. Pankaj Vashiv, MD, AGAF, FASPEN, Gastroenterologist, Cancer Treatment Centers of America

Practical Needs and Resources when Facing a Cancer Diagnosis
Thursday, March 4
5:30 – 6:30 p.m.
Registration Required
Tasha Chasson, MSW, LSW, Oncology Support Counselor, Wellness House
Stress about practical concerns such as transportation and financial stability is very common when undergoing cancer treatment. Come get an overview of resources that may be available, including transportation services, SSDI considerations, utility assistance programs, homemaker services, and more.
Register here >

Insurance is Confusing! Breaking it Down with Triage Cancer
*In Partnership with Mile Square Health Center
Tuesday, March 2
6:30 – 8:00 p.m.
Registration Required
Cancer Rights Attorney, Triage Cancer
Learn the ins and outs of private and government insurance plans. Enrolling via work or individually as well as tips for dealing with insurance issues will be discussed.
Register here >

REROUTING: Choosing Your Course After Cancer, Five-Week Post-Treatment Series
Thursdays, March 4 - April 1
5:30 – 7:00 p.m.
March 4 - Introduction
March 11 - Exercise
March 18 - Social, Emotional, and Practical Aspects
March 25 - Nutrition
April 1 - Medical Concerns
Registration Required
Finishing cancer treatment often elicits a full range of emotions, as well as a new range of physical concerns and questions for both patients and caregivers. Join us for this interactive five-week series that will provide the information you need to create your course after cancer treatment.
Register here >

Managing Weight after Cancer
*In Partnership with Mile Square Health Center
Tuesday, March 16
5:00 – 6:30 p.m.
Registration Required
Nevada Bennett, LPC
Jadyn Chipman, ACSM GEI, ACSM/ACS CET
Angela Dennison, Oncology Dietitian
Many cancer survivors struggle with weight-related issues following cancer treatments. Learn about simple tips to improve diet and increase physical activity.
Register here >

Renew this Spring with Mindfulness
Thursday, March 18
1:30 – 2:30 p.m.
Registration Required
Bridget Juister, L.Ac, B Holistic Way
Feel renewed this spring by learning mindfulness techniques to set daily intentions, enhance self-care practice, and achieve inner peace.
Register here >

Wellness House Death Café
Tuesday, March 30
7:00 – 8:30 p.m.
Registration Required
Michael Williams, Psy.D., Senior Oncology Support Counselor, Wellness House
The practice of gathering in a “Death Café” was begun 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.
Register here >

Wellness House Life Café
Wednesday, April 7
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.
Register here >
Nutrition

“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

Cooking Up Wellness
Cooking Demonstration/Discussion
Saturdays, January 9, February 13, March 13
10:30 a.m. – 12:00 p.m.
Mondays, January 18, February 15, March 15
6:00 – 7:30 p.m.
Registration Required
Angela Dennison, Oncology Dietitian
This short and informative class will focus on one plant-based food or nutrient along with a quick demonstration on how to incorporate it into a delicious and nutritious snack.
Register here >

Cooking for Gut Health
Cooking Demonstration/Discussion
*In partnership with Mile Square Health Center
Thursday, January 14
6:00 – 7:30 p.m.
Registration Required
Bonnie Brock, Registered Dietitian
Join Bonnie for this cooking class that will include foods and recipes that are known to support a healthy gut flora.
Register here >

New! Wellness in Action:
Cook-Along Program
Hands-On Cooking Activity/Discussion
Thursdays, January 21, March 18
5:30 – 7:00 p.m.
Thursday, February 18
1:00 – 2:30 p.m.
Staff Registration Required
Angela Dennison, Oncology Dietitian
This is a hands-on cooking class designed to boost your confidence and experience in the kitchen, from the comfort of your own home. Recipes may contain common food allergens.
Register at least one week early to get the recipe(s) in advance. To register, contact Angela at 630.654.5196 or adennison@wellnesshouse.org.

Snack and Learn
Discussion/Cooking Demonstration
Tuesdays, January 5, March 16
3:00 – 3:30 p.m.
Registration Required
Angela Dennison, Oncology Dietitian
This short and informative class will focus on one plant-based food or nutrient along with a quick demonstration on how to incorporate it into a delicious and nutritious snack.
Register here >

Managing Side Effects
Thursdays, January 7, February 4, March 4
6:00 – 7:00 p.m.
Mondays, January 11, March 8
12:30 – 1:30 p.m.
Thursdays, January 21, March 25
12:30 – 1:30 p.m.
Mondays, February 8, February 22
6:00 – 7:00 p.m.
Registration Required
Angela Dennison, Oncology Dietitian
This single-session class is meant for individuals undergoing or about to start treatment and will focus on minimizing or preventing common side effects. During this session, we will discuss:
– Low Appetite or Excessive Weight Loss
– Taste Changes or Lack of Taste
– Nausea and Vomiting
– Diarrhea and Constipation
– Neuropathy
Register here >

Nutrition Q & A
Active Group Discussion
Mondays, January 11, February 1
6:00 – 7:00 p.m.
Registration Required
Angela Dennison, Oncology Dietitian
Katie Weir, Registered Dietitian
1/11: Favorite Kitchen Tools
2/1: Helpful Tips for Meal Planning & Prepping
This class is an open discussion to ask questions on these specific topics, while providing your own helpful tips.
Register here >

Nutrition

Cooking Demonstration/Discussion
Tuesdays, January 5, March 16
3:00 – 3:30 p.m.
Registration Required
Angela Dennison, Oncology Dietitian
This short and informative class will focus on one plant-based food or nutrient along with a quick demonstration on how to incorporate it into a delicious and nutritious snack.
Register here >

Cooking Demonstration/Discussion
Tuesdays, January 5, March 16
3:00 – 3:30 p.m.
Registration Required
Angela Dennison, Oncology Dietitian
This short and informative class will focus on one plant-based food or nutrient along with a quick demonstration on how to incorporate it into a delicious and nutritious snack.
Register here >

Cooking for Cancer
Cooking Demonstration/Discussion
*In partnership with Mile Square Health Center
Wednesdays, January 13, February 10, March 10
5:00 – 6:30 p.m.
Registration Required
Bonnie Brock, Registered Dietitian
This class and cooking demonstration will feature easy and healthy recipes to help you deliciously incorporate cancer-fighting foods into your diet.
Register here >

Cooking for Gut Health
Cooking Demonstration/Discussion
*In partnership with Mile Square Health Center
Thursday, January 14
6:00 – 7:30 p.m.
Registration Required
Bonnie Brock, Registered Dietitian
Join Bonnie for this cooking class that will include foods and recipes that are known to support a healthy gut flora.
Register here >

New! Wellness in Action:
Cook-Along Program
Hands-On Cooking Activity/Discussion
Thursdays, January 21, March 18
5:30 – 7:00 p.m.
Thursday, February 18
1:00 – 2:30 p.m.
Staff Registration Required
Angela Dennison, Oncology Dietitian
This is a hands-on cooking class designed to boost your confidence and experience in the kitchen, from the comfort of your own home. Recipes may contain common food allergens.
Register at least one week early to get the recipe(s) in advance. To register, contact Angela at 630.654.5196 or adennison@wellnesshouse.org.
Healthy & Easy Ingredient Swaps
Cooking Demonstration/Discussion
Saturday, January 23
9:30 – 10:30 a.m.
Registration Required
Katie Weir, Registered Dietitian
This cooking class will focus on modifying one classic recipe to make it plant-based. Use these tips and tricks to improve your intake while meeting your dietary needs. Recipes may contain common food allergens.
Register here >

Cancer Fighting Kitchen Series
Wednesdays, January 27 - March 3
6:00 – 7:30 p.m.
*No program on February 10
Registration Required
Angela Dennison, Oncology Dietitian
Join us for this series based on the Cancer-Fighting Kitchen Cooking Course by Rebecca Katz. Each week will follow specific modules to increase your skills and knowledge on healthy cooking for cancer. Caregivers are also welcome to attend.
Register here >

Nutrition Q&A:
Plant-Based Cooking 101
Active Discussion Group
*In partnership with Mile Square Health Center
Thursday, January 28
6:00 – 7:00 p.m.
Registration Required
Angela Dennison, Oncology Dietitian
This class is an open discussion to ask questions about plant-based cooking, while providing your own helpful tips.
Register here >

Nutrition for Head & Neck Cancer
See page 6 for full details.
Register here >

Healthy Cooking for Breast Cancer
*In partnership with West Suburban | River Forest Breast Care Center
Thursday, February 11
2:30 – 4:00 p.m.
Registration Required
Bonnie Brock, Registered Dietitian
Join us for this cooking class that will include a variety of foods and nutrients that are highly recommended.
Register here >

Nutrition for Bone Health
See page 7 for full details
Register here >

Cooking for Bone Health
Cooking Demonstration/Discussion
Saturday, March 20
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.
Register here >

Antioxidant Favorites
Cooking Demonstration/Discussion
Saturday, March 20
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.
Register here >

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.

Register here >
Exercise

Drop-In Exercise Classes | Descriptions

Please pre-register by visiting wellnesshouse.org and using the link next to class on page 12. Any questions, please contact Amanda Woods at awoods@wellnesshouse.org.

Beginner Chair Yoga
Gentle, beginner and restorative chair-based and standing yoga postures.

Beginner Mat Yoga
Beginner and restorative mat-based and standing yoga postures.

Bodyweight & Flexibility
Standing and mat-based bodyweight exercises designed to improve muscle endurance, balance and flexibility.

Build Your Core on the Floor
This mat-based class is a combination of yoga poses and Pilates exercises designed to improve balance, flexibility and posture while strengthening your core.

Meditation with Movement
Participants will perform slow, calming movements coupled with meditation designed to deepen the mind-body connection.

Nia
Mind-body movement choreographed dance class to soul-stirring music. Inspired by elements from the martial, dance and healing arts.

Pilates
Beginner mat Pilates help develop control and endurance by putting an emphasis on alignment, breathing and developing a strong core.

Qi Gong & Tai Chi
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.

Tai Chi
This ancient form of movement and exercise leads to harmony of mind and body while decreasing stress. You will learn a modified Yang form, which will help increase balance, strength and control.

Yoga & Stretch
Beginner mat-based and standing yoga poses and stretches with an emphasis on flexibility.

Yoga 4 Cancer
Introduction to gentle, beginner and restorative standing and mat-based yoga postures.
All classes are held live through Zoom video. Please pre-register using the link next to class. For Pilates or Nia, please contact Amanda Woods to request and/or check paperwork status. Any questions, please contact Amanda Woods at awoods@wellnesshouse.org.

Classes are 1 hour unless otherwise noted.

### MONDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Register</th>
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<tbody>
<tr>
<td>8:00 a.m.</td>
<td>Bodyweight + Flexibility Combo (8:00 – 8:45 a.m.)</td>
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<tr>
<td>9:30 a.m.</td>
<td>Tai Chi</td>
<td>here &gt;</td>
</tr>
<tr>
<td>9:45 a.m.</td>
<td>Yoga + Stretch (9:45 – 10:30 a.m.)</td>
<td>here &gt;</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Yoga 4 Concer *In partnership with Wheeling Township.</td>
<td>here &gt;</td>
</tr>
<tr>
<td>12:30 p.m.</td>
<td>Chair Yoga (12:30 – 1:00 p.m.)</td>
<td>here &gt;</td>
</tr>
<tr>
<td>6:30 p.m.</td>
<td>Beginner Mat Yoga</td>
<td>here &gt;</td>
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### TUESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Register</th>
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</thead>
<tbody>
<tr>
<td>9:00 a.m.</td>
<td>Nia *Requires Medical Release/Health History prior to attending.</td>
<td>here &gt;</td>
</tr>
<tr>
<td>9:15 a.m.</td>
<td>Build Your Core on the Floor-Yoga and Pilates Combo (9:15 – 10:00 a.m.)</td>
<td>here &gt;</td>
</tr>
<tr>
<td>11:45 a.m.</td>
<td>Chair Yoga (11:45 a.m. – 12:30 p.m.)</td>
<td>here &gt;</td>
</tr>
<tr>
<td>6:00 p.m.</td>
<td>Tai Chi</td>
<td>here &gt;</td>
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<tr>
<td>6:00 p.m.</td>
<td>Beginner Mat Yoga *In partnership with Lemons of Love.</td>
<td>here &gt;</td>
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### WEDNESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Register</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 a.m.</td>
<td>Bodyweight + Flexibility Combo (8:00 – 8:45 a.m.)</td>
<td>here &gt;</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Pilates *Requires Medical Release/Health History prior to attending.</td>
<td>here &gt;</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Yoga 4 Concer *In partnership with Mile Square Health Center.</td>
<td>here &gt;</td>
</tr>
<tr>
<td>11:30 a.m.</td>
<td>Chair Yoga (11:30 a.m. – 12:15 p.m.)</td>
<td>here &gt;</td>
</tr>
<tr>
<td>3:30 p.m.</td>
<td>New! Total Body Stretch (3:30 – 4:15 p.m.) *In partnership with Mile Square Health Center.</td>
<td>here &gt;</td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>Beginner Mat Yoga</td>
<td>here &gt;</td>
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### THURSDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Register</th>
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</thead>
<tbody>
<tr>
<td>9:15 a.m.</td>
<td>Beginner Mat Yoga</td>
<td>here &gt;</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Beginner Chair Yoga (9:30 – 10:15 a.m.)</td>
<td>here &gt;</td>
</tr>
<tr>
<td>12:45 p.m.</td>
<td>Beginner Chair Yoga (12:45 – 1:15 p.m.)</td>
<td>here &gt;</td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td>Build Your Core on the Floor-Yoga and Pilates Combo (2:00 – 2:45 p.m.)</td>
<td>here &gt;</td>
</tr>
<tr>
<td>3:00 p.m.</td>
<td>Chair Tai Chi *Starts Jan.14 (3:00 – 3:45 p.m.)</td>
<td>here &gt;</td>
</tr>
<tr>
<td>4:00 p.m.</td>
<td>Beginner Mat Yoga *Starts Jan.14 (4:00 – 5:00 p.m.) *In partnership with Mile Square Health Center.</td>
<td>here &gt;</td>
</tr>
<tr>
<td>6:30 p.m.</td>
<td>Yoga + Stretch (6:30 – 7:15 p.m.)</td>
<td>here &gt;</td>
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### FRIDAY

<table>
<thead>
<tr>
<th>Time</th>
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</tr>
</thead>
<tbody>
<tr>
<td>8:00 a.m.</td>
<td>Bodyweight + Flexibility Combo (8:00 – 8:45 a.m.)</td>
<td>here &gt;</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>Qi Gong and Tai Chi (9:00 – 10:30 a.m.)</td>
<td>here &gt;</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Beginner Chair Yoga *In partnership with Mercy Hospital &amp; Medical Center.</td>
<td>here &gt;</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>Beginner Mat Yoga</td>
<td>here &gt;</td>
</tr>
<tr>
<td>10:45 a.m.</td>
<td>Beginner Chair Yoga (10:45 – 11:30 a.m.)</td>
<td>here &gt;</td>
</tr>
<tr>
<td>11:30 a.m.</td>
<td>Meditation with Movement (11:30 a.m. – 12:00 p.m.)</td>
<td>here &gt;</td>
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### SATURDAY

<table>
<thead>
<tr>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>8:30 a.m.</td>
<td>Pilates *Requires Medical Release/Health History prior to attending.</td>
<td>here &gt;</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>Spanish Language Yoga *In partnership with ALAS-Wings + Pav YMCA.</td>
<td>here &gt;</td>
</tr>
</tbody>
</table>
Committed Exercise Classes | Descriptions

The following classes are committed classes that require a Medical Release, Health History and an exercise consultation prior to registration. Please contact Amanda Woods at awoods@wellnesshouse.org to schedule an exercise consultation.

**Exercise for Living Well**
Instructor-led exercises designed to teach independent exercise. This program utilizes a new resistance plan each month and is suitable for post-treatment survivors interested in learning how to exercise independently.

- **Level II** – appropriate for participants who can complete floor exercises and get up without assistance
- **Level I** – appropriate for participants who can stand while exercising for at least 30 minutes

**Exercise for Staying Well**
Instructor-led exercises for increasing endurance, strength, flexibility and balance. For survivors interested in regaining fitness and improving health through regular exercise.

- **Level II** – appropriate for participants who can complete floor exercises and get up without assistance
- **Level I** – appropriate for participants who can stand while exercising for at least 30 minutes

**Exercise for Getting Well**
Gentle, chair-based exercises for people experiencing difficulties due to cancer treatment.

**Pink Ribbon Fitness**
Customized exercises for breast cancer survivors. *This program is suitable for breast cancer survivors in treatment and/or 1 year post-treatment.*

**Prostate Exercise**
Customized exercises for prostate cancer survivors. *This program is suitable for male participants in all states of prostate cancer.*
Committed Exercise Classes | Schedule

All classes are held live through Zoom. The following classes are committed classes that require a Medical Release, Health History and an exercise consultation prior to registration. Please contact Amanda Woods at awoods@wellnesshouse.org to schedule an exercise consultation.

*Classes are 30 minutes unless otherwise noted.*

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### MONDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:45 a.m.</td>
<td>Exercise for Staying Well II</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>Exercise for Staying Well I</td>
</tr>
<tr>
<td>11:30 a.m.</td>
<td>Exercise for Getting Well</td>
</tr>
<tr>
<td>4:45 p.m.</td>
<td>Exercise for Living Well II (4:45 – 5:30 p.m.)</td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>Exercise for Staying Well II</td>
</tr>
<tr>
<td>6:30 p.m.</td>
<td>Pink Ribbon Fitness</td>
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### TUESDAY

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>7:30 a.m.</td>
<td>Exercise for Living Well II (7:30 – 8:15 a.m.)</td>
</tr>
<tr>
<td>8:00 a.m.</td>
<td>Prostate Exercise (8:00 – 8:45 a.m.)</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>Exercise for Staying Well II</td>
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<td>9:45 a.m.</td>
<td>Exercise for Living Well I (9:45 – 10:30 a.m.)</td>
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<tr>
<td>10:30 a.m.</td>
<td>Exercise for Staying Well I</td>
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<td>Exercise for Staying Well II</td>
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<td>Exercise for Living Well I (9:30 – 10:15 a.m.)</td>
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<td>10:30 a.m.</td>
<td>Exercise for Staying Well I</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>Exercise for Getting Well</td>
</tr>
<tr>
<td>11:45 a.m.</td>
<td>Exercise for Getting Well</td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>Exercise for Living Well II (5:30 – 6:15 p.m.)</td>
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### FRIDAY

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<td>Pink Ribbon Fitness</td>
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<tr>
<td>12:00 p.m.</td>
<td>Exercise for Getting Well</td>
</tr>
</tbody>
</table>

Pelvic Floor Yoga Level I

*In partnership with Mile Square Health Center

Fridays, February 5, 12, 19

3:30 – 4:45 p.m.

*Registration Required*

In this series, participants will experience a weekly lesson before a workshop of yoga poses, meditation, and breath work to support your pelvic floor health. Participants will learn practices of value to adults of all ages, abilities and identities, no prior experience with yoga necessary.

Register here >

Pelvic Floor Yoga Level II

*In partnership with Mile Square Health Center

Fridays, March 12, 19, 26

3:30 – 4:45 p.m.

*Registration Required*

Participants will build on the knowledge from Level 1 and explore a different pelvic health topic each week including hypertonicity, hypotonicity, and initial post-surgical support. All participants must complete Level I before joining these sessions.

Register here >
Stress Management

“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

Wellness Tune-Ups
Email UniqueBoutique@wellnesshouse.org or leave a message at 630.654.5110 to request a 45-minute session with a trained practitioner.

Healing Touch Energy-based techniques to help reduce stress, pain, and fatigue.

Reiki Energy-based holistic practice to help increase relaxation and inner balance.

Reiki or Healing Touch practitioner will call you to check in. The practitioner will then hang up and begin sending distant Reiki (healing energy) to you remotely. You may experience relaxation, sleepiness, gentle waves of energy.

Mind/Body
To register, please visit wellnesshouse.org or call 630.323.5150. For questions, please contact Amanda Woods at awoods@wellnesshouse.org or 630.654.5194.

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.
Register here >

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.
Register here >

Meditation for Improved Sleep
Fridays
4:00 – 5:00 p.m.
Drop-ins Welcome
Practice and experience relaxing your body and mind through various guided meditations, as a way to improve sleep.
Register here >

Mindfulness Meditation Circle
Mondays
January 18, February 15, March 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 calm.
Register here >

Self-Compassion Practice
Wednesdays
January 20, February 17, March 17
6:30 – 7:30 p.m.
Drop-ins Welcome
Participants will focus on increasing their capacity to appreciate the moment to help cultivate self-compassion.
Register here >

Stress-Free Saturday
Saturdays
January 9, 23, February 13, 27, March 13, 27
9:30 – 10:30 a.m.
Registration Required
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
Register here >

Wellness through Deep Hypnosis + Distant Reiki Clinic
1st Saturdays (no program January 2)
February 6, March 6
10:00 – 12:00 p.m.
*In partnership with Countryside Church
Register here >

3rd Saturdays
January 16, February 20, March 20
10:00 – 12:00 p.m.
Register here >

Stress-Free Saturday
Saturdays
January 9, 23, February 13, 27, March 13, 27
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3rd Saturdays
January 16, February 20, March 20
10:00 – 12:00 p.m.
Register here >

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. Then, Lindsay Bates, Level III Reiki Master Teacher, sends Reiki via the Internet as well as in the traditional Distant format. Participants will receive one link and are welcome to join either or both workshops.
Monthly topics:
January: Having a Sense of Purpose
February: Keys to a Happy Relationship
March: Weeding the Friendship Garden
Stress Management

Stress-Less Breathing Techniques
Thursday, February 11
11:30 a.m. – 12:30 p.m.
Registration Required
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.
Register here >

Journeying Inward:
Deep Relaxation for Stress Relief and Well-Being
Saturdays
January 9, February 6, March 6
11:00 a.m. – 12:00 p.m.
Registration Required
Cecily Hunt, Certified Yoga Therapist
Join Cecily for an exploration of body, mind and breath as you gently move into a peaceful space in which profound renewal can occur. This experience will combine gentle movement, relaxing breathwork and guided imagery. We will conclude with an opportunity for reflection and optional sharing. Sit in a comfy chair or rest on the floor on a yoga mat or sleeping bag; have a blanket, pillow, bolster and/or eye pillow close by to create comfort.
Register here >

Mind Science Yoga
Saturdays
January 16, 30; February 6, 20;
March 6, 20
9:30 – 10:30 a.m.
Registration Required
Saumen Chattopadhyay, Mind Science Researcher and Meditation Guide
Experience a unique journey on a guided path developed with ancient Vedic practices of breathing, powerful mantra meditation and ‘samadhi.’ The workshop highlights the benefits that have been studied, experimented and validated by science and practice.
Register here >

Distant Reiki Clinic
*In partnership with Advocate Good Samaritan Bhorade Cancer Center
Thursday, February 18
4:00 – 5:00 p.m.
Registration Required
Jane Van De Velde, Reiki Master Practitioner, will send distant Reiki healing energy to participants of this virtual gathering. Reiki offers relaxation, release of stress and anxiety, and a sense of peace and well-being. A short guided meditation will also be part of this session
Register here >

Mindful Journaling
*In partnership with Lemons of Love
Tuesday, February 9
1:30 – 3:00 p.m.
Registration Required
Nancy Hill, LCSW
Join author Nancy Hill as she shares how journaling can help reduce anxiety, increase our present moment awareness, and better attend to our senses.
Register here >

Expressive Arts
To register, please visit wellnesshouse.org or call 630.323.5150.
For questions, please contact Amanda Woods at awoods@wellnesshouse.org or 630.654.5194.
Please register at least 1 week prior to all art classes to receive the art supply list in advance.

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. Flutes are not being distributed at this time due to COVID-19 precautions. If you do not own a Native American flute, you are welcome join and listen to the music.
Register here >

Mixed Media
January 21, February 18, March 18
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.
January: Northern Lights Pastels
February: Crayon Still Life
March: Crocus in Snow Pastel
Register here >

Drawing Perspective Art Series
Tuesdays
January 5 - February 9
1:00 – 3:00 p.m.
Registration Required
Learn drawing basics, draw one- and two- point perspective, and facial features with the value of light and dark using pencil. This is a 6-week series that will build each week, so need to commit to the full series.
Register here >

Watercolor Art Series
Wednesdays
February 24 - March 31
6:30 – 8:00 p.m.
Registration Required
Learn about and apply color theory, watercolor basics, and brush techniques. This is a 6-week series will build each week, need to commit to the full series.
Register here >

Drawing with Pastels
*In partnership with West Suburban | River Forest Breast Care Center
Thursday, March 11
2:30 – 4:00 p.m.
Registration Required
Springtime is seen as a season of growth and renewal; emerging crocuses are a beautiful and welcome sign of the season. Join us and create your own snow crocus!
Register here >
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

Special Events

Happy Hearts Family Party
Tuesday, February 9
6:00 – 7:30 p.m.
Staff Registration Required
Contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org to register.
Join us for this family event celebrating love! Dress in your favorite Valentine’s Day colors or attire. We will have yummy treats, arts and crafts, and lots of family fun and laughter. Curbside supply pick-up date to be provided following registration.

Cancer Answers for Parents
Tuesday, March 9
6:00 – 7:30 p.m.
Registration Required
Learn tips for discussing diagnosis and treatment, recognizing common stress reactions in children and teens, and reducing cancer-related anxiety and stress in the family. Upon registration, we invite you to submit your questions to be answered as part of the presentation.
Register here >

Teen Expressive Writing Workshop
Tuesday, February 2
4:00 – 5:30 p.m.
Staff Registration Required
Please contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org to register.
All teens are invited to join in this special workshop to learn about various forms of expressive writing as a helpful tool for processing thoughts and emotions. Supplies will be provided via mail. Registration deadline is Wednesday, January 27.

Family Programs

Couples Connecting Amidst Cancer
Tuesday, February 2
6:00 – 7:30 p.m.
Registration Required
For questions, contact Jill Otto, LCSW at 630.654.7203 or jotto@wellnesshouse.org.
The cancer journey can bring many stressors that are often challenging to manage in relationships. Couples are invited to join in this interactive discussion about strategies to enhance communication, a sense of connection, and romance amidst a cancer diagnosis in the family.
Register here >

Parents and Kids Craft Together Time!
2nd Saturdays
January 9, February 13, March 13
10:00 – 11:00 a.m.
Contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org to register.
Parents and children are invited to get least one week ahead of each event. Activity supplies will be mailed in advance.

Groups for Kids and Teens

Kids Spring Break Virtual Vacation
Monday, March 29 and Wednesday, March 31
12:00 – 2:00 p.m.
Staff Registration Required
Contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org to register.
We might not be getting on a plane, but that doesn’t mean we can’t use our imaginations and have a virtual travel adventure! Kids are invited to join in as we “vacation” with virtual tours, games, activities, crafts and more.
Special Series!

**Kids Wellness Challenge**
Kick-off: Monday, January 4, 6:00 – 6:30 p.m.
Closing Celebration: Monday, February 1 6:00 – 6:30 p.m.
Staff Registration Required
Contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org to register.
Kids ages 5-12 are invited to join in this four-week challenge, which will focus on a different area of wellness each week including physical activity, relaxation, mindfulness, and self-care. Kids will earn Bingo points for wellness programs and activities completed for a chance to win prizes!

**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 5-12 in developing coping skills, clarifying misconceptions surrounding cancer, and promoting feelings of normalcy as they meet other children impacted by cancer.

**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.

**Storytime**
Wednesdays
4:00 – 4:30 p.m.
Registration Required
This weekly read-aloud storytime for children ages 3-10 will feature a different interactive book each week.
Register here >

**Indoor Recess**
4:00 – 4:30 p.m.
Registration Required
All school-age children are invited to get up and get moving with interactive and engaging movement activities.
Register here >

**Bedtime Relaxation for Kids**
2nd Thursdays
January 14, February 11, March 11
6:30 – 7:15 p.m.
Registration Required
Falling asleep can be hard to do! Children ages 5-12 are invited to join in this guided meditation time designed especially for kids, who will learn ways to calm their minds and relax their bodies to help ensure a good night’s sleep.
Register here >

**Teen Survivors Group**
3rd Tuesdays
4:00 – 5:00 p.m.
Staff Registration Required
Please contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org to register.
A monthly support group for teens ages 13-18 who have a cancer diagnosis. The group will provide the opportunity for teens to connect with others who are in similar life situations, focusing on creative self-expression and discussion of healthy coping strategies to manage cancer-related stress, challenges and survivorship.

**Teen Connections Support Group**
4th Tuesdays
4:00 – 5:00 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 Parents, 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.
For more information or to schedule an appointment, please contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org
Child & Family Programs

Groups for Parents and Family Caregivers

**New! Child and Family Welcome and Orientation**
1st and 3rd Tuesdays
5:00 – 6:00 p.m.
Registration Required
For questions, contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org
Parents and grandparents are invited to join in this orientation where you will meet Child and Family Oncology staff, get an in-depth look at Child and Family programs and supports, and learn strategies for discussing diagnosis and treatment and recognizing and responding to stress reactions in children and teens.
Register here >

**New! Parent Connections Networking Group**
3rd Mondays
January 18, February 15, March 15 6:00 – 7:30 p.m.
Drop-ins Welcome
For questions, contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org
This group is for parents of children and teens impacted by cancer to share about experiences and receive information and support. All parents, including those who are diagnosed or caregiving for a family member, are welcome.
Register here >

**New! Grandparents Networking Group**
1st Thursdays
January 7, February 4, March 4 10:00 – 11:30 a.m.
Drop-ins Welcome
For questions, contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org
This networking group is designed especially for grandparents experiencing cancer in the family to connect with others and discuss ways to cope with challenges 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.
Register here >

**Turtles Bereavement Group for Parents**
Wednesdays
5:00 – 6:15 p.m.
Staff Registration Required
Please contact Jill Otto, LCSW at 630.654.7203 or jotto@wellnesshouse.org to register.
The loss of a spouse is a difficult time of life, especially when you are also faced with the challenges of parenting. This is an eight-week bereavement support group that will help connect you with other parents to receive support around your loss, discuss parenting concerns and find ways to help your family heal. A simultaneous group for children is offered, though attendance at both groups is not required.
Register here >

**Bereavement Group for Parents Who Have Lost a Child of any Age to Cancer**
1st and 3rd Tuesdays
3:00 – 4:30 p.m.
Drop-ins Welcome
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
Losing a child to cancer is a profound experience. Attend this twice-monthly group to exchange support and understanding with other parents.
Register here >

**Networking Group for Bereaved Dads of Young Children and Teens**
2nd Tuesdays
January 12, February 9, March 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
To learn more about our programs, please visit wellnesshouse.org
Support Groups & Counseling

Meaning-Centered Psychotherapy (MCP) Group
*Staff Registration Required*
These 8-week, committed groups will help you explore and strengthen your sense of meaning and well-being.
Please contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org to register prior to attending.

Meaning-Centered Group for those Diagnosed with Cancer and Caregivers
*Thursdays, February 4 - March 25*
12:00 – 1:30 p.m.
Open to anyone who has had a cancer diagnosis, or is tending emotionally and/or physically to a loved one with a cancer diagnosis.

Meaning-Centered Group for LGBTQ+ Community Members Diagnosed with Cancer
*In Partnership with Center on Halsted and co-facilitated by Center on Halsted staff*
*Thursdays, February 4 - March 25*
2:00 – 3:30 p.m.
This group is open to anyone who identifies as LGBTQ+ and has had a cancer diagnosis.

Weekly Support Groups

Cancer Connections Group
*In partnership with Rush-Oak Park Hospital*
*Mondays*
5:00 – 6:30 p.m.
Drop-ins Welcome
For questions, contact Tasha Chasson, LSW at 630.654.7215 or tchasson@wellnesshouse.org.
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.
*Register here >*

Breast Cancer Support Group
*In partnership with Rush-Oak Park Hospital*
*Mondays*
7:00 – 8:30 p.m.
Staff Registration Required
Please contact Tasha Chasson, LSW at 630.654.7215 or tchasson@wellnesshouse.org to register prior to attending.
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.

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 Tasha Chasson, LSW at 630.654.7215 or tchasson@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.

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.
Share and learn with other caregivers about positive coping and self-care strategies in this ongoing support group that meets at the same time as the Cancer Support Group.

New! Connections Cancer Support Group
*In partnership with AMITA Health*
*Fridays*
12:00 – 1:30 p.m.
*Drop-ins Welcome*
For questions, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.
Ongoing drop-in support group for people with cancer and caregivers to connect with others in similar circumstances and improve their coping skills.
*Register here >*

Young Adult Caregiver Support Group
*1st and 3rd Thursdays*
7:00 – 8:30 p.m.
*Staff Registration Required*
Please contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.
Connect with other young adult caregivers in this bimonthly group, while receiving support, discussing managing a balanced lifestyle, and helpful resources while caring for a loved one with a cancer diagnosis.
Support Groups & Counseling

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.
Register here >

Scanxiety Drop-in Support Group
Mondays
3:00 – 4:30 p.m.
Drop-ins Welcome
For questions, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.
Connect with others in this weekly group, discussing stress and anxiety related to ongoing oncology tests and scans, often referred to as “scanxiety,” including helpful relaxation strategies.
Register here >

Women’s Drop-in Support Group
Tuesdays
3:00 – 4:30 p.m.
Drop-ins Welcome
For questions, contact Tasha Chasson, LSW, at tchasson@wellnesshouse.org.
Women of all ages with a cancer diagnosis are invited to join in this weekly drop-in group to share in their experiences and cancer journey.
Register here >

Men’s Drop-in Support Group
Tuesdays
12:00 – 1:30 p.m.
Drop-ins Welcome
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
Men of all ages with a cancer diagnosis are invited to join in this weekly drop-in group to share in their experiences and cancer journey.
Register here >

Stem Cell Transplant Support Group
1st Tuesdays
January 5, February 2, March 2
Drop-ins Welcome
For questions, contact Tasha Chasson, LSW at tchasson@wellnesshouse.org or 630.654.7215.
This monthly online group is designed to help combat social isolation and address the unique concerns of participants who anticipate having a stem cell transplant and those who have recently undergone a stem cell transplant and are in the hospital or recovering at home.
Register here >

Support in Overcoming Stress (SOS)
Mondays
January 11 - February 1
March 1 – March 22
5:00 – 6:15 p.m.
Staff Registration Required
Contact Nevada Bennett, LPC, at 630.654.5346 or nbennett@wellnesshouse.org to register.
Connect with others in this 4-week, committed support group open to participants who has or has had a cancer diagnosis and caregivers, discussing elevated stress during this time and working towards improving coping skills.

SOS Alumni Support Group
2nd and 4th Thursdays
5:00 – 6:30 p.m.
Staff Registration Required
Please contact Nevada Bennett, LPC, at 630.654.5346 or nbennett@wellnesshouse.org to register.
An ongoing support group for those who have completed the Support in Overcoming Stress (SOS) Series.

Bereavement Groups

New! Young Adult Bereavement Group
2nd and 4th Mondays
6:30 – 8:00 p.m.
Drop-ins Welcome
Young adults ages 19-44 are invited to join in this twice monthly drop-in bereavement support group for an opportunity to connect with others who have experienced a cancer-related loss.
Register here >

Bereavement Networking Group for Those Who Have Lost a Parent
1st Thursdays
January 7, February 4, March 4
5:30 – 7:00 p.m.
Drop-ins Welcome
Join other bereaved adults (age 18 and older) who have lost a parent to cancer.
For more information, contact Nevada Bennett, LPC at 630.654.5346 or nbennett@wellnesshouse.org
Register here >

Bereavement Drop-in Support Group
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.
Register here >

Transitions for Spouses
Meets twice every month
Staff Registration Required
Please contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org to register.
This is a committed bereavement support group to help spouses and partners develop coping techniques.
Support Groups & Counseling

Transitions Alumni Networking
4th Tuesdays
January 26, February 23, March 23
5:00 – 6:30 p.m.
Alumni Drop-ins Encouraged
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

Join other adults who have completed the Transitions for Spouses or Turtles bereavement programs at this monthly group to continue supporting one another.
Register here >

New! Parent Networking Group
Drop-ins Welcome
See page 19 for full description.
Register here >

New! Connections Cancer Networking Group
*In partnership with AMITA Health
1st Tuesdays
January 5, February 2, March 2
7:00 – 8:30 p.m.
Drop-ins Welcome
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

Networking group for those diagnosed with cancer and caregivers with the opportunity to connect with others in similar circumstances and to improve coping skills.
Register here >

Meaning-Centered Psychotherapy Alumni Networking Group
2nd Tuesdays
January 12, February 9, March 9
3:00 – 4:30 p.m.
Staff Registration Required
Contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org
to register.
Participants who have completed an eight-week Meaning-Centered Psychotherapy (MCP) course 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
January 14, February 11, March 11
5:00 – 6:30 p.m.
Drop-ins Welcome
For questions, contact Tasha Chasson, LSW, at 630.654.7215 or tchasson@wellnesshouse.org.
The focus of this monthly group is to create an environment in which people feel free to discuss the challenges and joys found in the spiritual side of the cancer journey.
Wellness House does not affiliate with any one belief system; people of all faith backgrounds are encouraged to participate.
Register here >

To learn more about our programs, visit wellnesshouse.org
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
January 28, February 25, March 25
5:00 – 6:30 p.m.
For questions, contact Tasha Chasson, LSW, at 630.654.7215 or tchasson@wellnesshouse.org.
Register here >

Breast Cancer
4th Mondays
January 25, February 22, March 22
7:00 – 8:30 p.m.
For questions, contact Ellen Nieman, LCSW at 630.654.5198 or enieman@wellnesshouse.org.
Register here >

Breast Cancer
*In partnership with Mercy Hospital & Medical Center
4th Fridays
January 22, February 26, March 26
11:00 a.m. – 12:30 p.m.
Staff Registration Required
Please contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@wellnesshouse.org to register prior to attending.

Colon/Rectal Cancers
2nd Mondays
January 11, February 8, March 8
7:00 – 8:30 p.m.
For questions, contact Ellen Nieman, LCSW at 630.654.5198 or enieman@wellnesshouse.org.
Register here >

Gynecologic Cancers
2nd Thursdays
January 14, February 11, March 11
7:00 – 8:30 p.m.
For questions, contact Tasha Chasson, LSW, at 630.654.7215 or tchasson@wellnesshouse.org.
Register here >

Head, Neck & Thyroid Cancers
3rd Tuesdays
January 19, February 16, March 16
7:00 – 8:30 p.m.
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
Register here >

Head, Neck & Thyroid Cancers
*In partnership with Mercy Hospital & Medical Center
2nd Tuesdays, every other month
February 9
12:00 – 1:30 p.m.
For questions, contact Jill Otto, LCSW at 630.654.7203 or jotto@wellnesshouse.org.
Register here >

Leukemia & Lymphoma
2nd Thursdays
January 14, February 11, March 11
7:00 – 8:30 p.m.
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
Register here >

Lung Cancer
Meets Quarterly
Thursday, January 7
5:00 – 6:30 p.m.
For questions, contact Tasha Chasson, LSW, at 630.654.7215 or tchasson@wellnesshouse.org.
Register here >

Melanoma
4th Tuesdays
January 26, February 23, March 23
7:00 – 8:30 p.m.
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
Register here >

Metastatic Breast Cancer
1st Mondays
January 4, February 1, March 1
6:30 – 8:00 p.m.
For questions, contact Nevada Bennett, LPC at 630.654.5346 or nbennett@wellnesshouse.org.
Register here >

Multiple Myeloma
3rd Thursdays
January 21, February 18, March 18
7:00 – 8:30 p.m.
For questions, contact Tasha Chasson, LSW, at 630.654.7215 or tchasson@wellnesshouse.org.
Register here >

Neuroendocrine Tumors (NET)
2nd Saturdays
January 9, February 13, March 13
10:30 a.m. – 12:30 p.m.
For questions, contact Maigenete Mengesha, Ph.D. at 630.654.5111 or mmengesha@wellnesshouse.org.
Register here >

Pancreatic Cancer
3rd Thursdays
January 21, February 18, March 18
5:00 – 6:30 pm.
This program is sponsored by the Rolfe Pancreatic Cancer Foundation.
For questions, contact Tasha Chasson, LSW, at 630.654.7215 or tchasson@wellnesshouse.org.
Register here >

Prostate Cancer
2nd and 4th Wednesdays
9:30 – 11:00 a.m.
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
Register here >

Sarcoma Cancers
3rd Saturdays
January 16, February 20, March 20
11:00 a.m. – 12:30 p.m.
For questions, contact Ellen Nieman, LCSW at 630.654.5198 or enieman@wellnesshouse.org.
Register here >
Because Wellness House envisions a community where all people affected by cancer thrive, we maintain robust relationships with healthcare and community-based partners throughout metro Chicago. For people not able to get to our main location in Hinsdale, this creates access to Wellness House programs closer to home.

When we are able to meet in-person, the *partnership programs featured throughout this program guide take place at the partner sites listed below; while programming remains online, participants are welcome to join any programs that feel relevant.

**ARLINGTON HEIGHTS**
Wheeling Township Office
1616 N Arlington Heights Rd
Arlington Heights, IL 60004

**BERWYN**
Pav YMCA
2947 Oak Park Ave
Berwyn, IL 60402

**CHICAGO**
ALAS-Wings
3023 N Clark St
Chicago, IL 60657

Center on Halsted (online programs)
3656 N Halsted
Chicago, IL 60613

Mercy Hospital & Medical Center
2525 S Michigan Ave
Chicago, IL 60616

**Mile Square Health Center**
1220 S Wood St
Chicago, IL 60608

**St. Sylvester Church**
2157 N Humboldt Blvd
Chicago, IL 60647

**UI Health Cancer Clinic**
1801 W Taylor St
Chicago, IL 60612

**DOWNERS GROVE**
Advocate Good Samaritan Bhorade Cancer Center
3745 Highland Ave
Downers Grove, IL 60515

**ELMHURST**
Edward-Elmhurst Health | Elmhurst Memorial Hospital
155 E Brush Hill Rd
Elmhurst, IL 60126

**HINSDALE**
When able to meet in person, Wellness House team members provide on-site support at the Hinsdale locations of AMITA Health Cancer Institute and the offices of Sudarshan Sharma, M.D. and Srilata Gundala, M.D. In lieu of in-person support at this time, staff remains available to provide support through individual and family consultations, as well as information about and connection to Wellness House, over the phone.

For AMITA and Dr. Gundala’s patients, please contact Tasha Chasson MSW, at tchasson@wellnesshouse.org or 630.654.7215; for patients of Dr. Sharma, please contact Ellen Nieman, LCSW, at enieman@wellnesshouse.org or 630.654.5198.

**Lisle**
DuPage Medical Group
430 Warrenville Rd
Lisle, IL 60532

**MT. PROSPECT**
Lemons of Love
406 W Central Rd
Mt. Prospect, IL 60016

**OAK PARK**
Rush Oak Park Hospital
Medical Office Building
610 S Maple Ave
Oak Park, IL 60304

**PALATINE**
Countryside Church
1025 N Smith St
Palatine, IL 60067

**RIVER FOREST**
West Suburban Medical Center | Breast Care Center, River Forest Campus
420 William St
River Forest, IL 60305

**AMITA Health**
Online programs in partnership with AMITA Health provide support for people receiving care at these AMITA locations: Aurora, Bolingbrook, Chicago, Elgin, Elk Grove Village, Evanston, Glendale Heights, Hinsdale, Hoffman Estates, Joliet, Kankakee.

For more information about partner locations, contact Kelli Mitchell at kmitchell@wellnesshouse.org or 630.654.5197.
Participants do not need to 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:
Guy A. and N. Kay Arboit Charitable Trust
Bears Care
Chicago Board of Trade Foundation
The Coleman Foundation
Community Memorial Foundation
The DuPage Foundation
DuPage Medical Group Charitable Fund of the DuPage Foundation
Edmond and Alice Opler Foundation
The Grainger Foundation
The Greer Foundation
Kara Foundation
Elizabeth Morse Genius Charitable Trust
Nayar Family Foundation
The Perlman Family Foundation
Pfizer