**Coping with a New Cancer Diagnosis**
Wednesday, February 3
4:30 - 6:00 p.m.
Registration Required
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.

**NEW - Hello, Beautiful**
Wednesday, February 24
4:00 - 5:00 p.m.
Registration Required
Create your own beautiful brows with aesthetic expert Blanca Diaz-Martinez. For more information, contact mburton@wellnesshouse.org.

**Insurance is Confusing!- Breaking it Down with Triage Cancer**
Tuesday, March 2
6:30 - 8:00 p.m.
Registration Required
Insurance speaker: Triage Cancer attorney presents.
Learn the ins and outs of private and government insurance plans. Enrolling individually as well as tips for dealing with insurance issues will be discussed.

**Managing Weight after Cancer**
Tuesday, March 16
5:00 - 6:30 p.m.
Registration Required
Many cancer survivors struggle with weight-related issues following cancer treatments. Learn simple tips to improve diet and increase physical activity.

**Yoga for Cancer**
Wednesdays
9:30 - 10:30 a.m.
Thursdays
4:00 - 5:00 p.m.

**Chair Tai Chi**
Thursdays
3:00 - 3:45 p.m.

**Cooking for Cancer**
Wednesdays, February 10, March 10
5:00 – 6:30 p.m.

**Pelvic Floor Yoga I**
Fridays, February 5, 12, 19
3:30 – 4:45 p.m.

**Pelvic Floor Yoga Level II**
Fridays, March 12, 19, 26
3:30 – 4:45 p.m

**Total Body Stretch**
Wednesdays,
3:30 – 4:15 p.m

**YAAS (Young and A Survivor)**
Second Thursdays
7:00 - 8:30 p.m.
Monthly gathering for young women affected by breast cancer.
To register and to learn more contact Christine Jon’el Adley, cjanel@edu. or 312.355.3063

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**We’re here to help you get started!**
To sign up or learn more, visit our website at wellnesshouse.org or call us at 630.323.5150.