Don't Miss Our Special Events!

**SPECIAL EVENT**

**The Power of Meaning: Crafting a Life that Matters**

Join us for a very special event with Emily Esfahani Smith, author, *The Power of Meaning: Crafting a Life that Matters.*

**Keynote Presentation**

**Thursday, April 15**

7:00 – 8:30 p.m.

How can we not only weather a crisis like cancer, but actually grow from it? For writer Emily Esfahani Smith, the secret to growing through crisis is by maintaining hope and finding meaning. Smith brings together the latest in psychology, philosophy, and literature to present what she calls the “four pillars of meaning” - belonging, purpose, storytelling, and transcendence as the sources that help us give back, deepen relationships, set purposeful goals, and make sense of who we are during challenging times.

[Register here >](#)

Continue the conversation by joining one of the related programs below:

- **The Power of Meaning Discussion Group**
  **Friday, April 23** | **12:00 – 1:00 p.m.**

- **Book Club: The Power of Meaning**
  **Tuesdays, May 4 - 25** | **3:00 – 4:00 p.m.**

- **Introduction to Meaning-Centered Psychotherapy**
  **Tuesday, June 29** | **3:00 – 4:30 p.m.**

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**Wellness Evolving Series:**

**Living Joyfully During the Uncertainty of Cancer**

**Thursday, May 20**

6:30 – 8:00 p.m.

Shekinah Elmore, MD, MPH, Radiation Oncologist and Cancer Survivor

Anne Zakaras, MA, LPC, ATR, Art Therapist

In the face of cancer, it can feel challenging to move forward through the uncertainty. Radiation oncologist and cancer survivor Dr. Shekinah Elmore shares how she embraced life after her diagnoses and encourages her own patients to find courage and perspective to live the life they want. Engage in a follow-up, hands-on vision board activity to express what brings the greatest amount of joy to your own life.

[Register here >](#)

**Importance of Community and Connection During Cancer**

**Tuesday, June 8**

7:00 – 8:30 p.m.

Community Psychologists and Professors: Ericka Mingo, PhD; Bradley Olson, PhD; and Judah Viola, PhD – National Louis University

What role do relationships and community have in health and wellness? In this Wellness Evolving presentation, local community psychologists share their research and work on the importance of peer support and community building. Learn takeaways on how to build and contribute to your own community that can promote mutual support and resiliency.

[Register here >](#)

**Hot Topics in Breast Cancer**

**Saturday, June 19 – Tuesday, June 29**

Join top oncologists, surgeons, and healthcare professionals in the Chicagoland area to learn about the latest updates in the research, treatment and side effect management for breast cancer. For more information, see page 7.

[Register here >](#)

**Summerfest Family Picnic**

**Tuesday, June 22** | **5:30 – 7:00 p.m.**

Staff Registration Required

To register please contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org.

Please register each individual in your family separately. Come kick off the summer with an evening of food and fun for the whole family. Children, grandchildren, parents and grandparents will enjoy activities and entertainment. More information about the format of this special event to follow!

**Teen Spring Celebration**

**Monday, April 19** | **6:00 – 7:30 p.m.**

Staff Registration Required

To register please contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.

Calling all teens for a special spring virtual event to connect with other teens impacted by cancer, featuring a sand painting art project and spring treats. Registration deadline is April 12 and supply pick-up information will be provided at registration.

**Mother’s Day and Father’s Day Parents + Kids Craft Together Time!**

**May 1, 4, June 14**

See page 18 for details.
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,
April 3, 10, 17, 24
May 1, 8, 15, 22
June 5, 12, 19, 26
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.

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.
Active Surveillance for Prostate Cancer
Thursday, April 22
6:30 – 8:00 p.m.
Registration Required
Parth Modi, MD, MS, Urologic Oncologist, UChicago Medicine
Learn about when active surveillance is a viable option, considerations and risks, and what to expect out of the monitoring process.
Register here >

Updates in the Treatment of Pancreatic Cancer
Tuesday, April 27
6:30 – 8:00 p.m.
Registration Required
Malcolm Bilimoria, MD, General Surgeon, Northwest Community Healthcare
Updates in the treatment of pancreatic cancer and eligibility for surgical treatment will be discussed.
Register here >

Male Reproductive Health During Cancer
Tuesday, May 4
6:30 – 8:00 p.m.
Registration Required
Jagan Kansal, MD, MBA, Urologist, DuPage Medical Group
Learn about how cancer treatments can affect male fertility, fertility preservation options, and how to talk with your health care team about these considerations.
Register here >

Updates in the Treatment of Brain Tumors
Tuesday, May 11
6:30 – 8:00 p.m.
Registration Required
Rimas V. Lukas, MD, Neuro-Oncologist, Northwestern Medicine
New options and research in the treatment of brain tumors as well as cognitive issues associated with brain tumors will be discussed.
Register here >

Updates in the Treatment of Breast Cancer and Body Image after Breast Cancer
Tratamientos actuales: cáncer de seno y Imagen corporal
*En colaboración con ALAS-Wings
Sábado, 15 de mayo
9:30 – 11:45 a.m.
Más información en página 25.
Rosalinda Alvarado, MD, Rush University Medical Center
Claudia Tellez, MD, Northwestern Medicine
Thelma Razo, MSW, Wellness House
Register here >
“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

**Information & Education**

**Helpful Tips for Ostomy Care**
**Tuesday, April 6**
6:30 - 8:00 p.m.
Registration Required
Nanci Stark, RN, Loyola University Health System
Living with an ostomy does not have to change your daily lifestyle or stop you from doing what you enjoy, though it can mean finding ways to adapt to your “new normal.” Attend this presentation to learn more about what an ostomy is, tips for living with an ostomy, as well as insights for a caregiver.

Register here >

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**Understanding Hospice Care**
**Thursday, April 1**
4:00 – 5:30 p.m.
Registration Required
Venoncia M. Baté-Ambrus, Ph. D, JourneyCare
Learn about what hospice care entails, when the time is right to consider it, and frequently asked questions about hospice care for cancer patients.

Register here >

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**Getting Ready for Better Weather**
**Thursday, April 8**
1:00 – 2:00 p.m.
Registration Required
Andrew Nowak, PT, DPT
Warmer weather is quickly approaching, meaning more chances for outside activities. Understand how to increase your activity level safely, especially after cancer treatment, and how exercise and physical therapy can help address side effects like fatigue, restrictions of joint movement, and lymphedema.

Register here >

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**How Cancer Can Change Relationships**
**Tuesday, April 13**
1:00 – 2:30 p.m.
Registration Required
Cynthia Ingram BS, RN, HN-BC, COHNS-S, Cancer Treatment Centers of America
A cancer diagnosis and treatment can challenge family and friendships. Your loved ones may suddenly not know what to say or how to help. Join Cynthia Ingram to learn how to navigate these changes.

Register here >

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**Brows, Scarves and More!**
**Tuesdays**
April 6, May 4, June 1
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 >

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**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.

*Unique Boutique is made possible by the Eisel family in memory of wife and mother, Linda Eisel.*

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**How to Talk to Children about Cancer (in Spanish)**
**Cómo hablar con los niños sobre el cáncer**
*En colaboración con ALAS-Wings*
**Miércoles, 14 de abril**
6:00 – 7:30 p.m.
Más información en página 25
Information & Education

Improving Strength, Flexibility and Balance for Fall Prevention
Tuesday, April 20
2:00 – 3:30 p.m.
Registration Required
Phyllis Levine, PT, DPT, and Holly Light, PT
Building strength and flexibility is an important piece to preventing falls and improving balance. Learn tips for reducing your fall risk and types of exercise that will improve your overall strength and coordination. Join us for a follow-up exercise class on May 4 – more information can be found on page 14.
Register here >

The Power of Meaning Discussion Group
Friday, April 23
12:00 – 1:00 p.m.
Registration Required
Tasha Chasson, LSW, Oncology Support Counselor, Wellness House
Continue the conversation after Emily Esfahani Smith’s presentation on The Power of Meaning. Join us to dive deeper into Smith’s four pillars of a meaningful life: belonging, purpose, storytelling and transcendence and exchange ideas with others about pursuing meaning in your own life.
Register here >

Humor Beats Cancer Writing Workshop
Saturday, April 24
11:00 a.m. – 12:30 p.m.
Registration Required
Olivia Clarke, Founder, Humor Beats Cancer
Nurturing hope and creativity, humor can be a great coping tool during one’s cancer diagnosis. Join us for a writing workshop to learn about ways you can find humor in your cancer journey and techniques to include that in your writing.
Register here >

Honoring Your Spiritual and Emotional Journey through Cancer
*In partnership with Advocates for Community Wellness and Mile Square Health Center
Thursday, April 29
7:00 – 8:30 p.m.
Registration Required
Maigenete Mengesha, PhD, Wellness House Senior Oncology Support Counselor and Dale Cain, Founder and Executive Director, Advocates for Community Wellness
Cancer impacts your soul. And yet, one’s spiritual and emotional needs during a cancer experience are left largely unmet by our medical system, making the path forward unclear. Join us as we explore holistic wellness, embracing all aspects of health and healing in mind, body and spirit.
Register here >

FILM VIEWING: Phil’s Camino
*In collaboration with Mather
Thursday, May 13
5:30 – 7:00 p.m.
Registration Required
Through the act of preparing for and completing his dream of walking the 500-mile ancient pilgrimage route across Spain, El Camino de Santiago, Phil learns to stop fighting to cure his cancer, and embraces physical, emotional, and spiritual healing. Join us for a post-film discussion with Phil himself as well as experts from Wellness House and Mather.
Register here >
Managing Stress for Better Immune System Functioning
*In partnership with Mile Square Health Center
Friday, May 21
3:00 – 4:30 p.m.
Registration Required
Rachel Kalom, Yoga Instructor
Learn about the benefits of meditation and breath work to reduce stress and support better immune functioning. Participants will learn and practice meditation and breath techniques to use on their own.
Register here >

Getting Started with an Herb Garden
Tuesday, May 25
6:30 – 8:00 p.m.
Registration Required
Connie Kollmeyer, Environmental Educator, The Conservation Foundation
Learn how to prepare your garden for the year with safe and sustainable tips. Growing techniques for popular herbs will also be covered.
Register here >

Sneak Preview: Hot Topics in Breast Cancer
*In partnership with West Suburban | River Forest Breast Care Center
Thursday, June 10
2:30 – 4:00 p.m.
Registration Required
Brittany Brady, Wellness House Oncology Education Coordinator
Join Brittany as she shares a sneak preview of our annual Hot Topics in Breast Cancer (HTBC) keynote topics and presenting physicians as well as specialized break-out sessions. If you haven’t already registered for HTBC, you’ll be able to do so during this program!
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 >

Hot Topics in Breast Cancer
Saturday, June 19 - Tuesday, June 29
Registration Required
Join top oncologists, surgeons, and healthcare professionals in the Chicagoland area to learn about the latest updates in the research and treatment of breast cancer.
Register here >

Updates in Breast Cancer Treatment and Research Panel
Saturday, June 19
9:00 – 11:30 a.m.
- Ruta Rao, MD, Hematologist/Oncologist, Rush University Medical Center
- Kanesha Bryant, MD, General Surgeon, AMITA Cancer Institute
- Jonathan Strauss, MD, MBA, Radiation Oncologist, Northwestern Medicine

Updates in the Treatment of Metastatic Breast Cancer
Tuesday, June 22
6:30 – 8:00 p.m.
- Janet Chin, MD, Hematologist/Oncologist, DuPage Medical Group

Surgical Management of Lymphedema
Wednesday, June 23
2:30 – 4:00 p.m.
- Daniel Liu, MD, Plastic and Reconstructive Surgeon, Cancer Treatment Centers of America

Hormonal Therapy for Breast Cancer
Thursday, June 24
6:30 – 8:00 p.m.
- Patricia Robinson, MD, Hematologist/Oncologist, Loyola University Medical Center

Advocating for Yourself as a Breast Cancer Patient
Tuesday, June 29
6:30 – 8:00 p.m.
- Kirti Kulkarni, MD, Radiologist, UChicago Medicine
Nurses Know: What to Expect from Chemotherapy
*In partnership with Mile Square Health Center
**Thursday, June 17
7:00 – 8:30 p.m.
Registration Required
Karyn Morgan APRN, Clinical Manager, UI Health
Nurses are the trusted guides and steady hands that provide compassion, healing, and reliable information throughout cancer treatment. Join us as Karyn Morgan, APRN, shares about the chemotherapy process as well as potential side effects and how to manage them.
Register here >

Mindfulness Techniques to Cope with Stress and Anxiety during Cancer
*En asociación con Mile Square Health Center
**Jueves, 3 de junio
6:30 – 8:00 p.m.
Más información en página 25

Intro to Meaning-Centered Psychotherapy
**Tuesday, June 29
3:00 – 4:30 p.m.
Registration Required
Michael Williams. Psy.D., Senior Oncology Support Counselor, Wellness House
Meaning-Centered Psychotherapy (MCP) was designed by Memorial Sloan-Kettering Cancer Center to help people with cancer create and sustain meaning in their lives. Learn about the development of MCP, an overview of the components of MCP, and why they can help those living with cancer influence their experience in powerful ways.
Register here >

Wellness House Death Café
**Tuesday, June 29
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, June 30
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 >

To learn more about our programs, please visit wellnesshouse.org
“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

Spring Kitchen Makeover
Thursdays, April 1, 8, 22
6:00 – 7:30 p.m.
Registration Required
Adrienne Felder, MA, LCPC, Professional Chef
4/1: Spring Pantry Refresh
4/8: Superfoods for Spring
4/22: Diversify your Culinary Portfolio
Register here >

Managing Side Effects
Mondays, April 5, June 7, 28
6:00 – 7:00 p.m.
Mondays, May 3, 24, June 14
12:30 – 1:30 p.m.
Thursday, April 29
12:30 – 1:30 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 >

Cancer Nutrition Label Reading Series
*In partnership with Lemons of Love
Wednesday, April 7: Nutrition Labels
Wednesday, April 21: Ingredient List
6:00 – 7:00 p.m.
Registration Required
Katie Weir, Registered Dietitian
Shopping for healthy foods can feel overwhelming. Join Katie to learn more about how to navigate labels and ingredient lists while focusing on a cancer fighting diet.
Register here >

Healthy Cooking for Breast Cancer
*In partnership with West Suburban | River Forest Breast Care Center
Thursday, April 8
2:30 – 4:00 p.m.
Registration Required
Bonnie Brock, Registered Dietitian
There is often confusion about which foods are safe to eat for breast cancer. Join us for this cooking class that will include a variety of foods and nutrients that are highly recommended.
Register here >

Cooking Up Wellness
Cooking Demonstration/Discussion
Saturdays, April 10, May 8, June 12
10:30 a.m. – 12:00 p.m.
Mondays, April 19, May 17, June 21
6:00 – 7:30 p.m.
Registration Required
This class and cooking demonstration will feature recipes to help you deliciously incorporate cancer-fighting foods into your diet to support optimal health.
Register here >

Eating and Cooking During Treatment
Monday, April 12
5:30 – 6:30 p.m.
Adrienne Felder, MA, LCPC, Professional Chef
Registration Required
Eating during treatment can turn into a chore. Join Adrienne to learn more about foods and recipes that can be helpful when you are feeling unwell. Caregivers welcome.
Register here >

Snack and Learn
Discussion/ Cooking Demonstration
Tuesdays, April 13, June 22
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, April 14, May 12, June 9
5:30 – 7:00 p.m.
Registration Required
Andrea Hinojosa, Registered Dietitian
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 >

Wellness in Action: Cook-Along Program
Hands-On Cooking Activity
Thursdays, April 15, May 20
5:30 – 7:00 p.m.
Thursday, June 17
10:30 a.m. – 12:00 p.m.
4/15: Cook with Seasonal Foods
5/20: Caregivers: Prepare a Meal for Someone in Active Treatment
6/20: Chemo Friendly Snacks
Staff Registration Required
Angela Dennison, Oncology Dietitian
Prepare a meal from the comfort of your own home, while following Angela’s lead. Recipe(s), shopping list and utensil needs will be sent ahead of time. Recipes may contain common food allergens.
To register, contact Angela at adennison@wellnesshouse.org.
Nutrition

Nutrition Q&A:
Cancer Nutrition Confusion
Lecture / Active Group Discussion
Saturday, April 17, 9:30 – 10:30 a.m.
Thursday, May 13, 6:00 – 7:00 p.m.
Monday, June 14, 6:00 – 7:00 p.m.
Registration Required
4/17: Do I need to avoid foods with phytoestrogens?
5/13: What kind of milk should I be drinking?
6/14: Does sugar feed cancer?
Join us and get your questions answered around these common nutrition topics.
Register here >

Managing Cancer Side Effects
*In partnership with Mile Square Health Center
Registration Required
Angela Dennison, Oncology Dietitian
Monday, April 19, 10:00 – 11:00 a.m.
Thursday, May 13, 10:00 – 11:00 a.m.
Monday, June 21, 6:00 – 7:00 p.m.
This single-session class is meant for individuals undergoing or about to start treatment and will focus on minimizing or preventing common side effects.
Register Here >

Antioxidant Favorites
Cooking Demonstration/Discussion
Saturday, April 24
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 >

Cancer Nutrition 101: Step-by-Step Program to a Cancer-Fighting Diet
Mondays, April 26 - May 24
*No program on May 17
5:30 – 6:30 p.m.
Registration Required
Angela Dennison, Oncology Dietitian
This four-week series will begin a step-by-step journey to change the way you eat. Each week there will be a building block of information to establish habit changes while focusing on a plant-based diet. This series is for cancer survivors who want to improve their eating habits and have not known where to begin.
Register Here >

Cancer Nutrition Connections:
Food & Mood
Thursdays, April 29, May 6
6:00 – 7:30 p.m.
4/29: Food & Mood Presentation
5/6: Food & Mood Cooking Demonstration
Registration Required
Bonnie Brock, Registered Dietitian
A cancer diagnosis can bring a wide variety of stressors that can impact your mood and well-being, including stress around food choices. Join Bonnie to learn more about the relationship between the food you eat and the mood you feel, while focusing on foods that are recommended for cancer. Her follow up cooking demonstration will help put these recommendations onto your plate.
Register Here >

Cook Well, Eat Well for Cancer Series
Thursdays, May 20 - June 10
12:30 – 2:00 p.m.
Registration Required
Adrienne Felder, MA, LCPC, Professional Chef
In this series, learn about health-supportive ingredient selection, preparation, and cooking techniques to build flavor, incorporate and maintain nutrients, and bring comfort and enjoyment to meals.
5/20: Seasoning to Taste
5/27: Salad Daze
6/3: Recipe Globe Trotting
6/10: Farmer’s Markets
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.

Nutrición del Cáncer 101
*En asociación con Mile Square Health Center
Sábado, 22 de mayo
9:30 – 10:30 a.m.
Más información en página 25

Healthy & Easy Ingredient Swaps
Cooking Demonstration/Discussion
Saturday, June 5
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 >

Cocinar para el Cáncer
*En asociación con Mile Square Health Center
Sábado, 19 de junio
10:30 a.m. – 12:00 p.m.
Más información en página 25
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 Combo**
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.

**Chair Tai Chi**
Traditional Tai Chi movements for stress relief and balance in the comfort and safety of a chair.

**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.

**Total Body Stretch**
Gentle stretches for all major muscle groups to improve flexibility and joint range of motion.

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

**Yoga for Cancer**
Introduction to gentle, beginner and restorative standing and mat-based yoga postures.
# Exercise

## Drop-In Exercise Classes Schedule

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Link</th>
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<tbody>
<tr>
<td>9:00 a.m.</td>
<td>Nia *Requires Medical Release/Health History prior to attending.</td>
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<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>Register here &gt;</td>
</tr>
<tr>
<td>11:45 a.m.</td>
<td>Chair Yoga (11:45 a.m. – 12:30 p.m.)</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>6:00 p.m.</td>
<td>Tai Chi</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>6:00 p.m.</td>
<td>Beginner Mat Yoga *In partnership with Lemons of Love.</td>
<td>Register here &gt;</td>
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</table>

### Wednesday

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

### Thursday

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Link</th>
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</thead>
<tbody>
<tr>
<td>9:15 a.m.</td>
<td>Beginner Mat Yoga</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Beginner Chair Yoga (9:30 – 10:15 a.m.)</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>12:45 p.m.</td>
<td>Beginner Chair Yoga (12:45 – 1:15 p.m.)</td>
<td>Register 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>Register here &gt;</td>
</tr>
<tr>
<td>3:00 p.m.</td>
<td>Chair Tai Chi (3:00 – 3:45 p.m.)</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>4:00 p.m.</td>
<td>Yoga for Cancer (4:00 – 5:00 p.m.)</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>5:00 p.m.</td>
<td>Tai Chi Fundamentals *In partnership with Mile Square Health Center.</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>6:30 p.m.</td>
<td>Total Body Stretch (6:30 – 7:15 p.m.)</td>
<td>Register Here &gt;</td>
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</table>

### Friday

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Link</th>
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<tbody>
<tr>
<td>8:00 a.m.</td>
<td>Bodyweight + Flexibility Combo (8:00 – 8:45 a.m.)</td>
<td>Register 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>Register 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>Register here &gt;</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>Beginner Mat Yoga</td>
<td>Register here &gt;</td>
</tr>
<tr>
<td>10:45 a.m.</td>
<td>Beginner Chair Yoga (10:45 – 11:30 a.m.)</td>
<td>Register 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>Register here &gt;</td>
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### Saturday

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

<table>
<thead>
<tr>
<th>Schedule</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>8:45 a.m.</td>
<td>Exercise for Staying Well II</td>
<td>7:30 a.m.</td>
<td>Exercise for Living Well II</td>
<td>8:45 a.m.</td>
<td>Exercise for Staying Well II</td>
</tr>
<tr>
<td></td>
<td>10:30 a.m.</td>
<td>Exercise for Staying Well I</td>
<td>8:00 a.m.</td>
<td>Prostate Exercise (8:00 – 8:45 a.m.)</td>
<td>8:30 a.m.</td>
<td>Exercise for Staying Well II</td>
</tr>
<tr>
<td></td>
<td>11:30 a.m.</td>
<td>Exercise for Getting Well</td>
<td>8:30 a.m.</td>
<td>Exercise for Staying Well II</td>
<td>9:30 a.m.</td>
<td>Exercise for Living Well I (9:30 – 10:15 a.m.)</td>
</tr>
<tr>
<td></td>
<td>4:45 p.m.</td>
<td>Exercise for Living Well II (4:45 – 5:30 p.m.)</td>
<td>10:00 a.m.</td>
<td>Exercise for Staying Well I</td>
<td>10:30 a.m.</td>
<td>Exercise for Staying Well I</td>
</tr>
<tr>
<td></td>
<td>5:30 p.m.</td>
<td>Exercise for Staying Well II</td>
<td>11:00 a.m.</td>
<td>Exercise for Getting Well</td>
<td>11:30 a.m.</td>
<td>Pink Ribbon Fitness</td>
</tr>
<tr>
<td></td>
<td>6:30 p.m.</td>
<td>Pink Ribbon Fitness</td>
<td>11:45 a.m.</td>
<td>Exercise for Getting Well</td>
<td>12:00 p.m.</td>
<td>Exercise for Getting Well</td>
</tr>
</tbody>
</table>

**Exercise for Fall Prevention**

*Tuesday, May 4*

2:00 – 3:00 p.m.

*Staff Registration Required*

Phyllis Levine, PT, DPT and Holly Light, PT

To register, please contact Amanda Woods, at 630.654.5194 or awoods@wellnesshouse.org

Learn strategies for reducing your fall risk and practice movements that can improve your strength, balance, flexibility, and coordination. This class requires a current physician release form on file.
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.

Please be sure to be in a quiet/private space at your scheduled appointment time. The 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. We request respectful participation with the intention of receiving Reiki/Healing Touch distantly.

**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 how to use everyday mindfulness and guided imagery to relax the body, still the mind, and engage the spirit to cultivate positive feelings that can help cope with challenges.

**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 deep breathing and guided imagery meditation. Utilize the learned techniques when experiencing difficulty sleeping.

**Register here >**

**Wellness through Deep Hypnosis + Distant Reiki Clinic**

1st Saturdays

April 3, May 1, June 5

Hypnosis 10:00 – 11:30 a.m.

Reiki 11:35 a.m. - 12:15 p.m.

*In partnership with Countryside Church

**Register here >**

**3rd Saturdays**

April 17, May 15, June 19

Hypnosis 10:00 - 11:30 a.m.

Reiki 11:35 a.m. - 12:15 p.m.

**Register here >**

**Rev. C. Scot Giles, D.Min.**

**Diplomat, National Guild of Hypnotists**

**Heartmath® Certified Coach**

Dr. Scot Giles, a renowned medical hypnotist, 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 Hypnosis topics:**

**April:**  
Curate Your Environment

**May:**  
Anticipatory Worry about Medical Issues

**June:**  
Saying Absolutely and Unchangeably "No"

**Stress-Less Breathing Techniques**  
**Thursdays, June 3 - 17**

11:30 a.m. – 12:30 p.m.  
**Registration Required**

Join Mary Lisa (ML) Wahlfeldt, Owner and Instructor Begin With Ten, in this experiential program. This 3-week series will slowly progress with content and light breathing exercises each week. Practicing the art of diaphragmatic breathing can help reduce stress, aid with sleep, among several added health benefits.

**Register here >**

**Garden Walk**  
**Tuesdays, April 27, May 25, June 29**

1:00 – 3:00 p.m.  
**Registration Required**

Join Susan Beard for a tour of wonderful gardens throughout the Spring stages of plants and flower growth.

**Register here >**
**Journeying Inward: Deep Relaxation for Stress Relief and Well-Being**

**Saturdays, April 3, May 1, June 5**
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. This class will combine gentle movement, relaxing breathwork, guided imagery and conclude with the opportunity for reflection/optional sharing.

Register here >

**Mind Science Yoga**

**Saturdays, April 3, 17**
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 >

**TYM for Me**

*In partnership with Mile Square Heath Center*

**Saturdays, May 1, 8, 15, 22**
9:00 - 9:45 a.m.

Join us as we explore Tai Chi breathing techniques, gentle Flow Yoga and Meditation for a unique self-care experience. This 4-week series will incorporate a different theme each week to improve breathing, reduce stress, and increase happiness.

Week 1: It’s All About the Breath
Week 2: Relax
Week 3: Quieting the Mind
Week 4: Happiness and Joy

Register here >

**Mindfulness-Based Stress Reduction 8 Week Course:**

**Wednesdays, April 7 – May 26**
4:00 – 5:30 p.m.

**Extended Virtual Practice:**

**Wednesday, May 12**
4:00 – 7:30 p.m.

Staff Registration Required

To register, contact Amanda Woods at 630.654.5194 or awoods@wellnesshouse.org

Linda Renzi, MA, LCPC

Learn to integrate and apply mindfulness into daily life and to the range of challenges arising from medical and psychological conditions. Participants will be guided in a variety of mindfulness practices and discussions. Research has supported the effects of MBSR programs to relieve pain, manage anxiety, cope with illness, and feel a deeper sense of peace. This course has been adapted for a virtual experience.

Register here >

**Expressive Arts**

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

Register here >

**Mixed Media**

**April 15, May 20, June 17**
1:00 – 3:00 p.m.

Staff 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, feel free to register for one, two or all three!

**April:** Spring Pastel Landscape

**May:** LOVE Collage

**June:** Mixed Media Flowers

Register here >

**Color Theory Series**

**May 19 - June 30, No class June 9**
6:00 – 8:00 p.m.

Staff Registration Required

To register, contact Amanda Woods at awoods@wellnesshouse.org or 630-654-5194.

Learn about and apply color theory using different mediums; colored pencils, crayons, and markers. This is a six-week series that will build each week, please commit to the full series.

Register here >

**Sand Painting Series**

**May 28 - June 25, No class June 11**

Staff Registration Required

To register, contact Amanda Woods at awoods@wellnesshouse.org or 630-654-5194.

Learn how to pour different colors sands onto a prepared surface to create a one of a kind work of art.

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

Teen Spring Celebration
Monday, April 19
6:00 – 7:30 p.m.
Staff Registration Required
To register please contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.
Calling all teens for a special spring virtual event to connect with other teens impacted by cancer, featuring a sand painting art project and spring treats. Registration deadline is April 12th and supply pick-up information will be provided at registration.

COMING SOON! Kids Kamp
Monday, July 12 - Friday, July 16
10:00 a.m. – 12:00 p.m.
More information to follow!
For questions, please contact Gina Danehl at 630-654-5115 or gdanehl@wellnesshouse.org.

Family Programs

Summerfest Family Picnic
Tuesday, June 22
5:30 – 7:00 p.m.
Staff Registration Required
To register, please contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org.
Please register each individual in your family separately. Come kick off the summer with an evening of food and fun for the whole family. Children, grandchildren, parents and grandparents will enjoy activities and entertainment. More information about the format of this special event to follow!

Couple’s Cooking Class
Hands-On Cooking Activity
Tuesday, April 27
5:30 – 7:00 p.m.
Staff Registration Required
To register, please contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org to register.
Prepare a meal with your loved one, from the comfort of your own home, while following Angela’s lead. Recipe(s), shopping list and utensil needs will be sent ahead of time. Recipes may contain common food allergens.

Teen Expressive Writing Workshop
Tuesday, May 4
4:00 - 5:00 p.m.
Staff Registration Required
To register, please contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.
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.

Child and Family Welcome and Orientation
1st Tuesdays
April 6, May 4, June 1
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 >
**Child & Family Programs**

**Mother's Day Parents + Kids Craft Together Time**  
*In partnership with Mile Square Health Center*  
**Tuesday, May 4**  
6:30 – 7:30 p.m.  
Staff Registration Required  
To register, contact Meyesha Burton at 630.654.5356 x293 or mburton@wellnesshouse.org.  
Join us as we create beautiful handmade cards for our moms or the special people who feel like moms.  
**Registration deadline is April 16.**  
All materials will be supplied in advance.

**Father’s Day Parents + Kids Craft Together Time!**  
**Tuesday, June 14**  
6:30 – 7:30 p.m.  
Staff Registration Required  
To register, contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org.  
Don’t miss the fun as we create special bookmarks for dads or the special people who feel like dads.  
**Registration deadline is Friday, June 4.**  
All materials will be supplied in advance.

**Groups for Kids and Teens**

**Kids Support Group**  
2nd and 4th Tuesdays  
*No group 6/8*  
4:00 – 5:00 p.m.  
Staff Registration Required  
To register, contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org.  
This group is 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 who are impacted by cancer.

**Kids Survivors Group**  
1st and 3rd Tuesdays  
4:00 – 5:00 p.m.  
Staff Registration Required  
To register, contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org.  
Children ages 5-12 who have a cancer diagnosis will have the opportunity to develop coping skills, explore feelings surrounding their diagnosis, and connect with other children impacted by cancer.

**Turtles**  
**Mondays**  
*No group 5/31*  
4:30 – 5:45 p.m.  
Staff Registration Required  
To register, contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org.  
A bereavement group for children ages 6-12. Through expressive arts and discussion, kids have an opportunity to express their grief and connect with others in a similar situation.

**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 >**

**Bedtime Relaxation for Kids**  
**2nd Thursdays**  
April 8, May 13, June 10  
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 Turtles Bereavement Group**  
**2nd Tuesdays**  
4:00 – 5:00 p.m.  
Staff Registration Required  
To register, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.  
A monthly bereavement support group for teens ages 13-18 who have lost a parent to cancer. The group provides teens with the opportunity to connect with others who are grieving the loss of a parent, discuss and learn about healthy coping strategies to manage stress and changes they are experiencing.

**Teen Survivors Group**  
**3rd Tuesdays**  
4:00 – 5:00 p.m.  
Staff Registration Required  
To register, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.  
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  
To register, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.  
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.*

**Groups for Parents and Family Caregivers**

**Parents of Children with Cancer Networking Group**
3rd Mondays
April 19, May 17, June 21
6:00 – 7:30 p.m.
Drop-ins Welcome
For questions, contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org.
This monthly peer group provides an opportunity for parents of children and teens with a cancer diagnosis to explore the emotional, physical, and spiritual challenges of a child’s cancer diagnosis. Receive support, connect with other parents, and learn about helpful resources. 
*Register here >*

**Grandparents Networking Group**
1st Thursdays
April 1, May 6, June 3
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 and connect with children and grandchildren during the cancer journey.

**Grandparents who are diagnosed with cancer and caregivers are all welcome.**
*Register here >*

**Turtles Bereavement Group for Parents**
Wednesdays
5:00 – 6:15 p.m.
Staff Registration Required
To register, contact Jill Otto, LCSW at 630.654.7203 or jotto@wellnesshouse.org.
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.

**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 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 >*

**Parent and Family Consultations**
Consultations and short-term counseling are available to assist parents, families, family caregivers and couples in talking to children about cancer, addressing parenting or caregiving concerns, and processing the impact of cancer on their personal lives.
*For more information or to schedule an appointment, please contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org.*

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**To learn more about our programs, please visit wellnesshouse.org**
Support Groups & Counseling

“Wellness House offers a huge range of support to all of us. The people working there are amazingly knowledgeable and kind. You will feel a part of something wonderful.” — Wellness House Participant

Meaning-Centered Psychotherapy (MCP) Group for those Diagnosed with Cancer and Caregivers
Thursdays, May 6 – June 24
12:00 – 1:30 p.m.
Staff Registration Required
To register, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
Meaning-Centered Psychotherapy (MCP) was designed by Memorial Sloan-Kettering Cancer Center to help people with cancer create and sustain meaning in their lives. This is an 8-week, committed group open to participants who have lost a loved one to cancer and who have regularly attended a Wellness House bereavement group.

Special Networking Group! Healthcare Providers Affected by Cancer
3rd Thursdays
April 15, May 20, June 17
5:00 – 6:30 p.m.
Drop-ins Welcome
For questions, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.
This new monthly group invites those with a cancer diagnosis who are also working in healthcare professions including nurses, medical assistants, physicians and more to share about their experiences, including the unique challenges of serving others in a healthcare setting while navigating the cancer journey.

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.
Drop-ins Welcome
For questions, contact Tasha Chasson, LSW, at tchasson@wellnesshouse.org.
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.
Register here >

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. and 7:00 – 8:30 p.m.
Staff Registration Required
Please contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@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. and 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.

Spanish Support Group for those Diagnosed with Cancer
Grupo de Apoyo para Personas Viviendo con Cancer
Cada martes
6:00 – 7:30 p.m.
Más información en página 25

Spanish Caregiver Support Group
Grupo de Redes para Cuidadores
Cada segundo y cuarto jueves del mes
6:00 – 7:30 p.m.
Más información en página 25
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 to register.  
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.  
Register here >

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 awaiting 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 630.654.7215 or 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**  
**April 6, May 4, June 1**  
**1:00 – 2:30 p.m.**  
**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**  
**May 3 - May 24**  
**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.

To learn more about our programs, visit wellnesshouse.org
Support Groups & Counseling

Bereavement Groups

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
April 1, May 6, June 3
5:30 – 7:00 p.m.
Drop-ins Welcome
For more information, contact Nevada Bennett, LPC at 630.654.5346 or nbennett@wellnesshouse.org
Join other bereaved adults (age 18 and older) who have lost a parent to cancer.
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 Alumni Networking
4th Tuesdays
April 27, May 25, June 22
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 >

Cancer in Your 40s Networking Group
4th Thursdays
April 22, May 27, June 24
7:00 – 8:30 p.m.
Drop-ins Welcome
For questions, contact Tasha Chasson, LSW, at 630.654.7215 or tchasson@wellnesshouse.org.
This monthly group focuses on the unique challenges diagnosed individuals in their 40s face in addition to their cancer treatment such as juggling career, school-age children, relationships, and caring for aging family members.
Register here >

LGBTQ Cancer Networking Group
3rd Wednesdays
April 21, May 19, June 16
10:00 – 11:30 a.m.
Drop-ins Welcome
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
All members of the LGBTQ community who are currently diagnosed with cancer or caring for someone diagnosed with cancer are invited to join this drop-in, online support group to share experiences, coping strategies and support during the cancer journey.
Register here >

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

Connections Cancer Networking Group
*In partnership with AMITA Health
1st Tuesdays
April 6, May 4, June 1
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
April 13, May 11, June 8
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.
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
April 22, May 27, June 24
5:00 – 6:30 p.m.
For questions, contact Tasha Chasson, LSW, at 630.654.7215 or tchasson@wellnesshouse.org.

**Gynecologic Cancers**
2nd Thursdays
April 8, May 13, June 10
7:00 – 8:30 p.m.
For questions, contact Tasha Chasson, LSW, at 630.654.7215 or tchasson@wellnesshouse.org.

**Breast Cancer**
4th Fridays
April 26, May 24, June 28
7:00 – 8:30 p.m.
For questions, contact Ellen Nieman, LCSW at 630.654.5198 or enieman@wellnesshouse.org.

**Head, Neck & Thyroid Cancers**
3rd Tuesdays
April 20, May 18, June 15
7:00 – 8:30 p.m.
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

**Leukemia & Lymphoma**
2nd Thursdays
April 8, May 13, June 10
7:00 – 8:30 p.m.
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

**Colon/Rectal Cancers**
2nd Mondays
April 12, May 10, June 14
7:00 – 8:30 p.m.
For questions, contact Ellen Nieman, LCSW at 630.654.5198 or enieman@wellnesshouse.org.

**Spiritual Side of Cancer**
2nd Thursdays
April 8, May 13, June 10
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.

**Women’s Cancer Support Group**
*In partnership with Mercy Hospital & Medical Center
4th Fridays
April 23, May 28, June 25
9:00 – 10:00 a.m.
Staff Registration Required
Please contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@wellnesshouse.org to register prior to attending.

This support group provides an open environment for women in the community to discuss their cancer diagnoses, share ideas and support one another during and after their cancer treatment.

To learn more about our programs, visit wellnesshouse.org
Support Groups & Counseling

Lung Cancer (New Schedule!)
Meets every other month
Thursdays, April 1, June 3
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
April 27, May 25, June 22
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
April 5, May 3, June 7
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
April 15, May 20, June 17
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
April 10, May 8, June 12
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
April 15, May 20, June 17
5:00 – 6:30 p.m.
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
April 17, May 15, June 19
11:00 a.m. – 12:30 p.m.
For questions, contact Ellen Nieman, LCSW at 630.654.5198 or enieman@wellnesshouse.org.
Register here >

To learn more about our programs, visit wellnesshouse.org

Walk for Wellness House for Living with CANCER
Sunday • May 2 • 2021
Register now at walk.wellnesshouse.org
Programas de apoyo para el cáncer en español

Tratamientos Actuales: Cáncer de Seno
* En asociación con ALAS-Wings
Sábado, 15 de mayo
9:30 a.m. – 11:45 a.m.
Registro requerido

9:30 – 10:45 a.m.
Discusión del oncólogo médico
Rosalinda Alvarado, MD, Rush University Medical Center
Claudia Tellez, MD, Northwestern Medicine
Se discutirán los nuevos avances en quimioterapia, radiación y opciones de tratamiento quirúrgico, así como el manejo de síntomas y efectos secundarios. Habrá preguntas y respuestas con los médicos después de las presentaciones.

10:45 – 11:45 a.m.
Imagen corporal y autoestima luego del cáncer de mama
Thelma Razo, MSW, Wellness House
El cáncer de mama tiende a causar impactos negativos en la imagen corporal de las sobrevivientes. Hacer frente a estos impactos es un viaje difícil de emprender. Únase a nosotros para una presentación en la que definimos los diversos impactos que causa el cáncer de mama y cómo superar estos desafíos.
Registro aquí >

Cómo hablar con los niños sobre el cancer
* En colaboración con ALAS-Wings
Miércoles, 14 de abril
6:00 – 7:30 p.m.
Registro requerido
Yasmin Asvat, Ph.D, Psychologist, Rush University Medical Center
Contarle a un niño sobre un diagnóstico de cáncer puede ser un desafío. Obtenga información sobre cómo prepararse y consejos sobre cómo hablar con su hijo sobre la situación del cáncer.
Registro aquí >

Nutrición del Cáncer 101
* En asociación con Mile Square Health Center
Sábado, 22 de mayo
9:30 – 10:30 a.m.
Registro requerido
Andrea Hinojosa, Dietista Registrada
Este programa proporcionará una visión general de las recomendaciones de alimentación saludable para el cáncer.
Registro aquí >

Técnicas de atención plena para afrontar el estrés y la ansiedad durante el cáncer
* En asociación con Mile Square Health Center
Jueves, 3 de junio
6:30 - 8:00 p.m.
Registro requerido
Thelma Razo, MSW, Wellness House
Las investigaciones indican que las prácticas de atención plena ayudan a reducir y controlar el estrés y la ansiedad. Únase a nosotros para una presentación en la que discutiremos varias técnicas de atención plena que se pueden aplicar a diario para hacer frente al estrés y la ansiedad.
Registro aquí >

Cocinar para el cáncer
* En asociación con Mile Square Health Center
Sábado, 19 de junio
10:30 a.m. – 12:00 p.m.
Registro requerido
Andrea Hinojosa, Dietista Registrada
Esta demostración de clase y cocina contará con recetas fáciles y saludables para ayudarle a incorporar deliciosamente los alimentos que combaten el cáncer en su dieta.
Registro aquí >

Yoga en esterilla para principiantes
* En asociación con ALAS-Wings y Pav YMCA
Sábados
11:00 a.m. – 12:00 p.m.
Bienvenidos sin cita previa
Posturas de yoga para principiantes y restauradoras basadas en esterilla y de pie.
Registro aquí >

Día de la Madre Tiempo de Artesanía en Familia
* En asociación con Mile Square Health Center
Sábado, 1 de mayo
11:00 a.m. - 12:00 p.m.
Se requiere registro de personal
Para registrarse, contacte a Thelma Razo en 630.828.6956 o trazo@wellnesshouse.org. Únase a nosotros mientras creamos hermosas tarjetas hechas a mano para nuestra mamás o las personas espacieles que se sienten mamás.
La fecha límite de inscripción es el 12 de abril. Todos los materiales se suministrarán con antelación.

Meditación Guiada
Cada primer y tercer martes del mes
10:00 – 11:00 a.m.
Bienvenidos sin cita previa
Aprenda a relajar su cuerpo y aquietar su mente a través de imágenes guiadas, ejercicios de respiración y varias técnicas de relajación diseñadas para reducir el estrés, la ansiedad y encontrar la paz interior al aprender a vivir en el momento.
Registro aquí >

Grupo de Apoyo para Personas Viviendo con Cancer
Cada martes
6:00 – 7:30 p.m.
Bienvenidos sin cita previa
Este grupo de apoyo está diseñado para abordar los desafíos emocionales que vienen con un diagnóstico de cáncer al brindar un espacio seguro para que las personas diagnosticadas con cáncer se reúnan para compartir experiencias, lidiar con la ansiedad y la preocupación y para apoyarse mutuamente.
Registro aquí >

Grupo de Redes para Cuidadores
Cada segundo y cuarto jueves del mes
6:00 – 7:30 p.m.
Bienvenidos sin cita previa
Este grupo de redes a sido diseñado para crear un espacio para los seres queridos de quienes han sido diagnosticados con cáncer compartan experiencias, información y se apoyen mutuamente.
Registro aquí >

Asesoramiento Individual
Cada primer y tercer martes del mes
6:00 – 7:30 p.m.
Bienvenidos sin cita previa
El asesoramiento individual ofrece un espacio seguro para abordar las complejidades que conlleva un diagnóstico de cáncer, hacer frente a los desafíos y las demandas del cáncer y para conectarse a uno mismo durante y después del tratamiento.
Para hacer una cita, comuníquese con Thelma Raza a través de correo electrónico a trazo@wellnesshouse.org o por teléfono al (630) 828-6956.
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*
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 60604

**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.
Wellness House Partner Network

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
Campbell Center for Nutrition Studies
Chicago Board of Trade Foundation
The Coleman Foundation
T. Colin Community Memorial Foundation
The DuPage Foundation
DuPage Medical Group Charitable Fund of the DuPage Foundation
The Grainger Foundation
The Greer Foundation
Kara Foundation
Elizabeth Morse Genius Charitable Trust
Nayar Family Foundation
Edmond and Alice Opler Foundation
Pfizer