Wellness House programs will help you gain strength, manage side effects and feel less alone.
Everyone is different. That’s why we offer a number of programs, so you can choose what’s right for you. Attend as many programs as you’d like. We’re here to help. *Everything we do is to help you fully live life with cancer and beyond.*
Exercise/Mind-Body Movement

Exercise is safe and encouraged during and after cancer treatment. Our classes help you:

- Increase energy
- Decrease nausea
- Improve treatment outcomes
- Reduce risk of recurrence

No experience necessary. All abilities welcome. Registration and Physician medical release required for all exercise classes. For more information and to register, call LaMeyesha Burton at 630.654.5336 or mburton@wellnesshouse.org

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

Total Body Stretch
Wednesdays, 3:30 – 4:15 p.m.
Thursdays, 6:30 – 7:15 p.m.

Chair Tai Chi
Thursdays, 3:00 – 3:45 p.m.

Tai Chi Fundamentals
Thursdays, 5:00 – 6:00 p.m.

SPECIAL EVENT:
Honoring Your Spiritual and Emotional Journey through Cancer
“In partnership with Advocates for Community Wellness

Thursday, April 29, 7:00 – 8:30 p.m.
Registration Required

Magenete 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 >

For more information, visit wellnesshouse.org or call 630.323.5150
Midday Mindful Reset Series
Mondays, June 7, 14, 21, 28
12:00 – 1:00 p.m.
Registration Required
Looking for an alternative way to infuse your afternoons with energy and clearer purpose? Join us for this guided lunchtime meditation series. Each week we’ll share a practice of purposeful rest in community. No experience needed, with options to be seated or lying down.

TYM for Me
Saturdays, May 1, May 8, May 15, May 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 four-week series will incorporate a different theme each week. We will apply a portion of these practices 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

Nutrition
Good nutrition and hydration are important during treatment. Our classes help you:

✓ Reduce treatment-related side effects
✓ Improve cooking skills
✓ Learn about cancer-fighting foods
✓ Manage weight

To register for all nutrition programming, call Angela Dennison at 630.654.5196 or email adennison@wellnesshouse.org.

Stress Management
Reducing stress will allow you to feel more in control. Our classes help you:

✓ Relax
✓ Manage stress
✓ Express yourself

For more information and to register, call LaMeyesha Burton at 630.654.5336 or mburton@wellnesshouse.org.

Cooking for Cancer
Cooking Demonstration/Discussion
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>

Managing Cancer Side Effects
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.
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.
Register here>
Spring 2021

Program Guide

**Child & Family Programs**

**Mother’s Day Parents + Kids Craft Together Time**
*Tuesday, May 4, 6:30 – 7:30 p.m.*
Staff Registration Required

To register, contact LaMeyesha Burton at 630.654.5356 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.

**Weigh to Go! Managing Weight After Cancer**
*Thursdays, April 15 - May 20, 5:30 – 7:00 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 LaMeyesha Burton at 630.654.5356 or mburton@wellnesshouse.org by April 12.

**Managing Stress for Better Immune System Functioning**
*Friday, May 21, 3:00 – 4:30 p.m.*

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.

**NEW! - Hello, Beautiful**
*4th Wednesdays (April 28, May 26, June 23) 4:00 – 5:00 p.m.*

To register and for more information, contact LaMeyesha Burton at 630.654.5356 or mburton@wellnesshouse.org.

Join beauty expert Blanca Diaz-Martinez as she leads this intimate and fun session that will teach you how to wow your brows! Cosmetic supplies will be shipped to your home prior to workshop. This program is offered to participants in active treatment.

**Nurses Know: What to Expect from Chemotherapy**
*Thursday, June 17, 7:00 – 8:30 p.m.*

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 nurse Karyn Morgan shares about the chemotherapy process as well as potential side effects and how to manage them.

**Information and Education**

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**Register here >**

**Técnicas de atención plena para afrontar el estrés y la ansiedad durante el cancer**
*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.

**Nutrición del Cáncer 101**
*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.

Visit our website at wellnesshouse.org