

You'll feel better inside.

Participant Registration Instructions

Follow these steps to create an account *or* log in to your Mindbody account to register for programs.

Visit wellnesshouse.org. Click “Click here to view and register for programs

The screenshot displays the Wellness House website interface. At the top, a dark grey banner contains the text: "We are now offering a wide range of programs online! Click here to view and register for online programs >". Below this is a green navigation bar with the phone number "Call 630.323.5150" on the left and a search bar on the right. The main navigation menu includes "PROGRAM GUIDE", "PARTICIPANT FORMS", and "CONTACT US". A yellow arrow points to the "PROGRAM GUIDE" link. Below the navigation bar is the Wellness House logo and tagline, followed by a secondary menu with "PROGRAM REGISTRATION", "ABOUT US", "EVENTS", "GET INVOLVED", "RESOURCES", "PROFESSIONALS", and a red "DONATE NOW" button. The main content area features a large image of a chef in a black uniform preparing vegetables in a kitchen. To the right of the image is a text overlay: "Information, Education, Special Events" in green, "Support your health with exercise and nutrition classes" in grey, and a red "See programs >" link at the bottom.

Participant Registration Instructions

Program Schedule 2021

Select the date of the program you would like to register for or to browse programs

Click the register button if you would like to register for a specific class

Program Schedule 2021

Find a Class My Account

5	11	1	18	1	8	5
28	29	30	31	1	2	3
4	5	6	7	8	9	10

Full Calendar

Monday, April 5

08:00 AM - 08:45 AM CDT Bodyweight & Flexibility Combo Register

Jadyn Chipman
Hide details

Bodyweight & Flexibility Combo Description
Standing and mat based body-weight exercises designed to improve muscle endurance, balance and flexibility.

Register

08:45 AM - 09:15 AM CDT Exercise for Staying Well - Level II

Jadyn Chipman
Hide details

Exercise for Staying Well - Level II Description
This is a committed class that requires 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.

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

09:30 AM - 10:30 AM CDT Tai Chi Register

[View details](#)

12:30 PM - 01:00 PM CDT
Beginner Chair Yoga Register
Jeri Lau (substitute)
[View details](#)

03:00 PM - 04:30 PM CDT
Scanxiety Drop-in Group Register
Nevada Bennett
[Hide details](#)

Scanxiety Drop-in Group Description
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

04:45 PM - 05:30 PM CDT
Exercise for Living Well - Level II
Jeri Lau (substitute)
[View details](#)

05:00 PM - 06:30 PM CDT
Oak Park - Cancer Connections Group Register

Participant Registration Instructions


You will be prompted to sign in with an email address and password *or* create an account if you do not have one.



Summary

Wellness House
Scanxiety Drop-in Group
with Nevada Bennett
03:00 PM - 04:30 PM CDT | MON, MAR 29

Next



Sign In

Ready to go? Let's get started!

Email

Password

Sign In

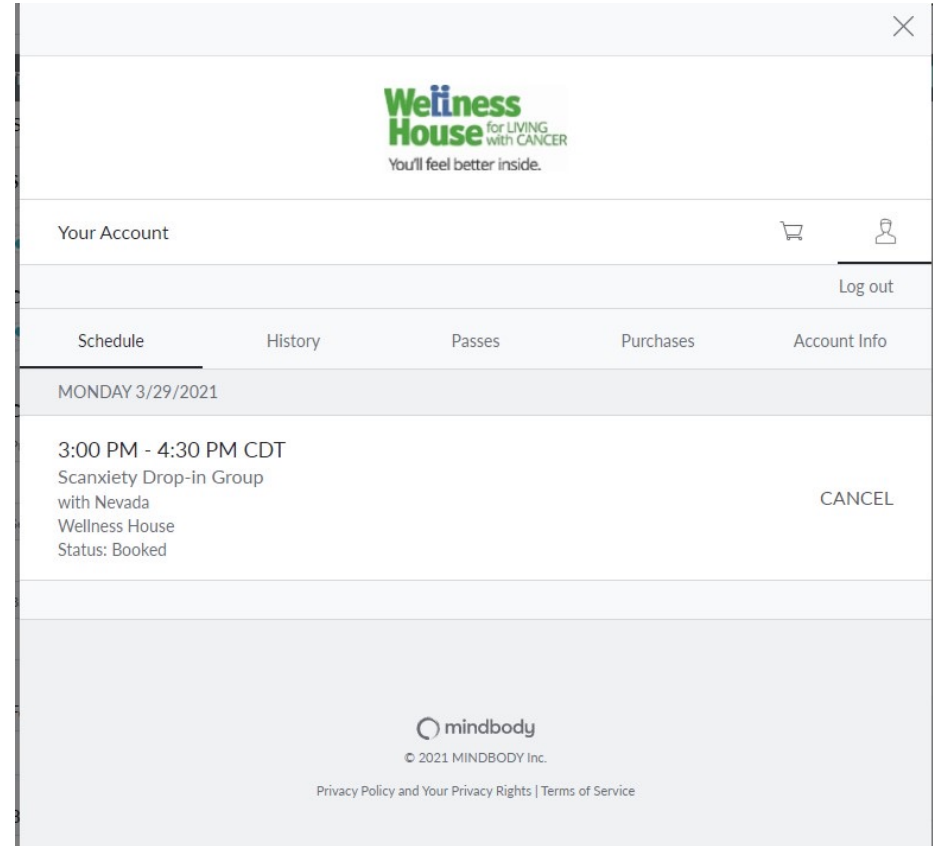
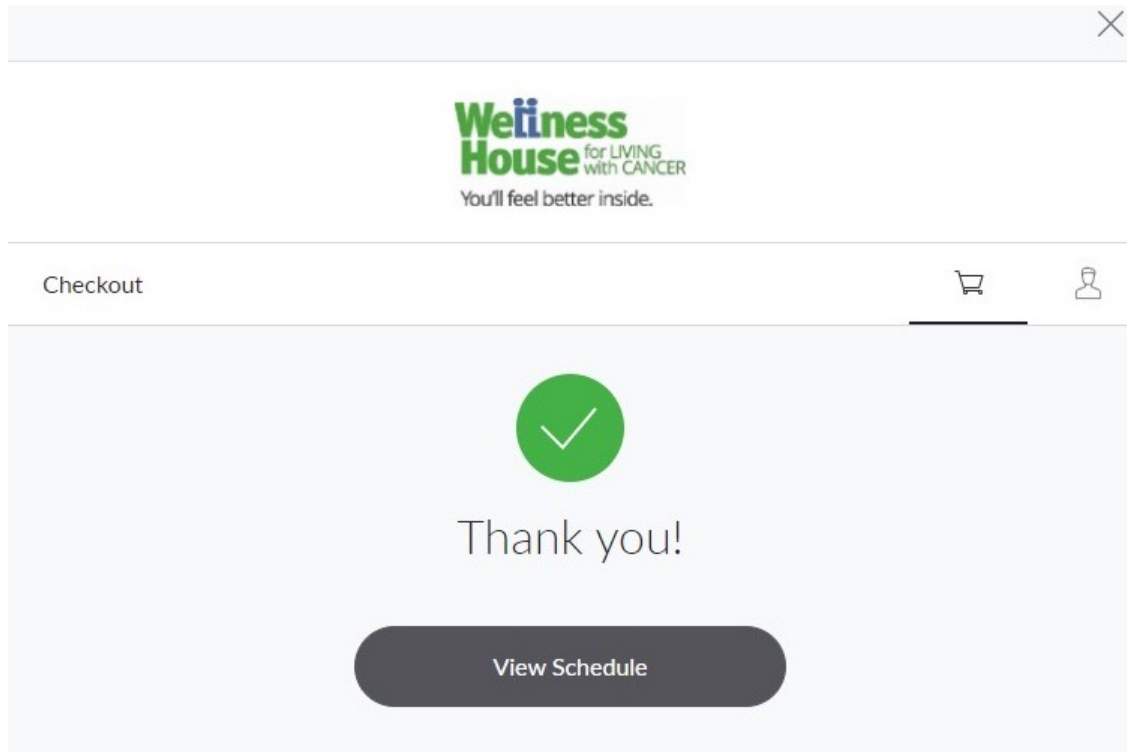
[Need new password?](#)

or

Create Profile

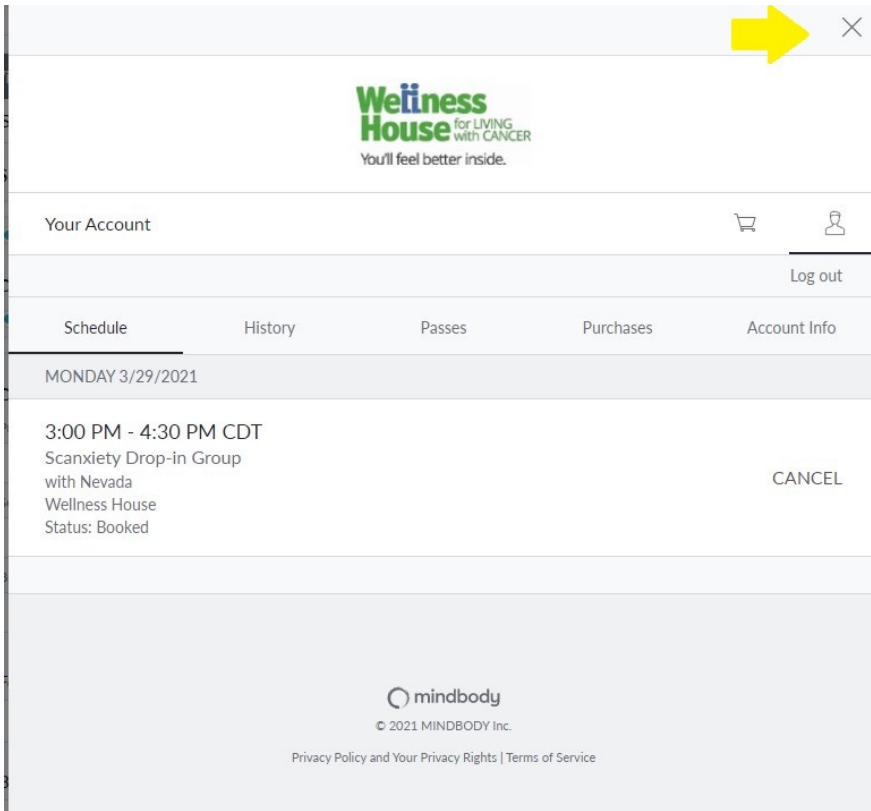
Participant Registration Instructions

You are now registered for the program you have chosen and have can cancel the class from the same screen





Participant Registration Instructions

You can register for more classes by **clicking out of the pop-up box** (photo #1) and going back to the registration page (photo #2) **or** choose a specific date from the calendar (photo #3) at the top of the registration page.



Wellness House for LIVING with CANCER
You'll feel better inside.

Your Account  

Log out

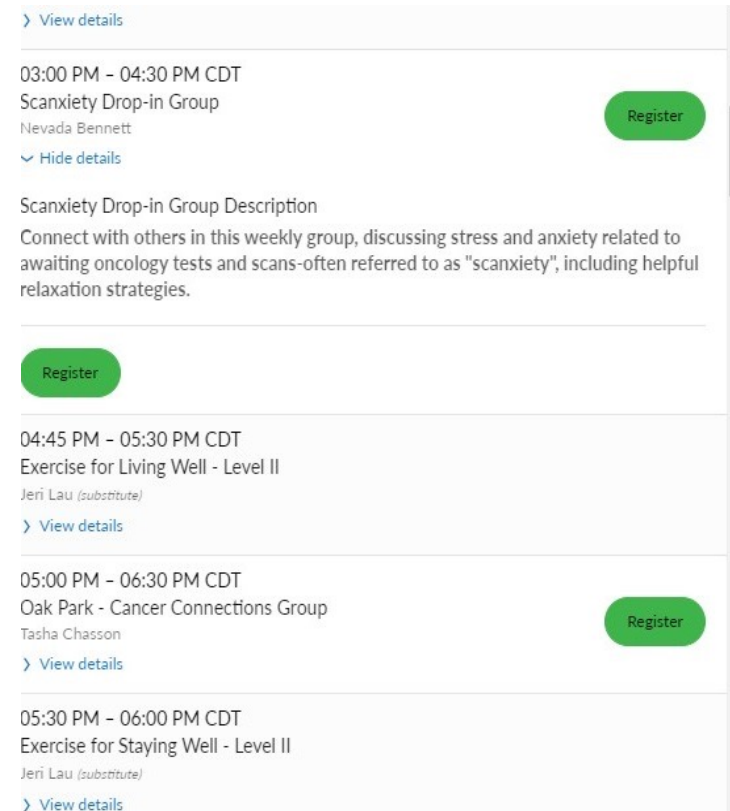
Schedule History Passes Purchases Account Info

MONDAY 3/29/2021

3:00 PM - 4:30 PM CDT
Scanxiety Drop-in Group with Nevada
Wellness House
Status: Booked

CANCEL

mindbody
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> View details

03:00 PM - 04:30 PM CDT
Scanxiety Drop-in Group
Nevada Bennett

Register

Hide details

Scanxiety Drop-in Group Description
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

04:45 PM - 05:30 PM CDT
Exercise for Living Well - Level II
Jeri Lau (substitute)

> View details

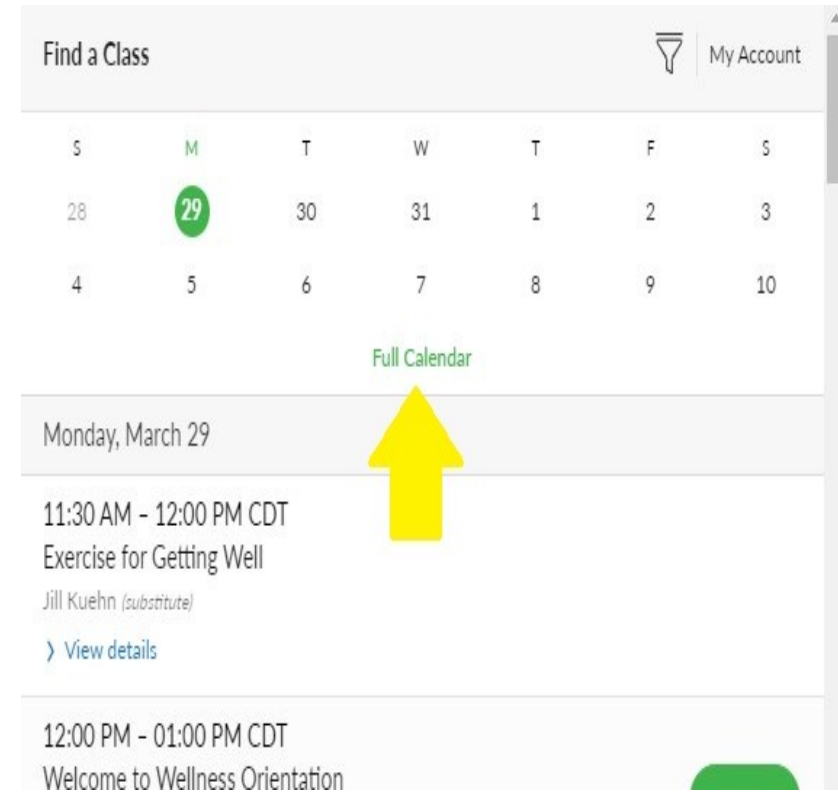
05:00 PM - 06:30 PM CDT
Oak Park - Cancer Connections Group
Tasha Chasson


Register

> View details

05:30 PM - 06:00 PM CDT
Exercise for Staying Well - Level II
Jeri Lau (substitute)

> View details



Find a Class  My Account

S	M	T	W	T	F	S
	28	29	30	31	1	2
4	5	6	7	8	9	10

Full Calendar

Monday, March 29

11:30 AM - 12:00 PM CDT
Exercise for Getting Well
Jill Kuehn (substitute)

> View details

12:00 PM - 01:00 PM CDT
Welcome to Wellness Orientation

Participant Registration Instructions

Class registrations can also be completed through the MindBody Online App. Here's how to download the app:

On a Smartphone or Tablet Device go the Apple App Store or Google Play Store on your device

- Search for **MindBody**
- *Select:* **MindBody: Fitness, Salon & Spa**
- Download the app and follow the steps to load it onto your device

