Welcome to Wellness House. We are a team of warm and caring experts ready to help. We’re here for those who are newly diagnosed, in treatment, post treatment, caregivers and families. All programs are provided at no cost.

Visit wellnesshouse.org or call 630.323.5150
Connect with us today!
Everything we do is to prepare and empower people to fully live life with cancer and beyond.

Wellness House is a nonprofit and here for everyone, no matter where you’re receiving your medical treatment. Our classes are taught by experts who can help you through every step of cancer. Learn more at wellnesshouse.org.

<table>
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<tr>
<th>Information and Education</th>
<th>Wellness House provides access to current and reliable information on topics like new treatments, managing side effects and coping with cancer can help you feel empowered and stay informed.</th>
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| Access to current and reliable information | Feel empowered with reliable information  
Learn about options  
Gain new skills  |
| on topics like new treatments, managing side effects and coping with cancer | Brows, Scarves, Wigs, and More  
Wig consultations and make-up and scarf-tying classes are designed to help you look and feel your best. |
| and coping with cancer can help you feel empowered and stay informed. | Top Doc Lectures, Classes, Workshops, Webinars and On-Demand Videos |
| **Healthy eating** | Healthy eating can increase energy and reduce cancer-related side effects. |
| **Exercise** | **Exercise is safe** and recommended before, during and after cancer treatment. No experience required. |
| **Nutrition** | **Healthy eating**  
Can increase energy and reduce cancer-related side effects. |
| **Stress Management** | **Experience relaxation** and learn stress management techniques to relax your body, still your mind, engage your spirit, and improve quality of life. |
| **Information and Education** | Exercise, Yoga, Mind/Body Movement and Individual Consultations |
| **Nutrition** | Cooking Classes, Side Effect Management, Kitchen Skills, Individual Nutrition Consultations |
| **Exercise** | Exercise, Yoga, Mind/Body Movement and Individual Consultations |
| **Stress Management** | Meditation, Mindfulness, Expressive Arts, Distant Reiki and Healing Touch |
| **Exercise** | Exercise is safe and recommended before, during and after cancer treatment. No experience required. |
| **Nutrition** | Improve food choices  
Discover new nutrient-dense foods and delicious recipes  
Reduce side effects such as poor appetite, nausea, diarrhea/constipation |
| **Stress Management** | Learn to manage stress  
Improve coping skills  
Increase your sense of well being |

**Connect with a nutritionist**  
For individualized nutrition and class recommendations, contact Angela Dennison at adennison@wellnesshouse.org or 630.654.5196.

**Connect with an oncology exercise specialist**  
Contact Amanda Woods at awoods@wellnesshouse.org or 630.654.5194 to schedule an appointment.

**Connect with an oncology dietitian**  
For individualized nutrition and class recommendations, contact Angela Dennison at adennison@wellnesshouse.org or 630.654.5196.

**Connect with an oncology exercise specialist**  
Contact Amanda Woods at awoods@wellnesshouse.org or 630.654.5194 to schedule an appointment.

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**Connect with an oncology exercise specialist**  
Contact Amanda Woods at awoods@wellnesshouse.org or 630.654.5194 to schedule an appointment.
You’ll find community here. **Connect with us today. Call 630.323.5150**

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**Child and Family**

**Our family programs** give kids, teens, and parents a place to learn, express how they’re feeling, and heal.

Kids and Teen Groups, Counseling for Children, Teens, Couples and Families, Fun Family Events

- Navigate cancer together as individuals and families
- Improve communication
- Feel understood

**Schedule a family consultation**
Consultations and short-term counseling assist parents, families, and couples in talking to children about cancer. Contact Gina Danehl at gdanehl@wellnesshouse.org or 630.654.5115 to schedule an appointment.

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**Support Groups and Counseling**

**Connecting with others** who understand what you’re going through is important, whether you have cancer or are close to someone who does.

Support Groups, Caregivers Groups, Diagnosis-Specific Networking, Individual Counseling, Bereavement

- Manage the emotions of the cancer journey
- Share and connect with supportive peers
- Improve health outcomes by reducing isolation

**Connect with an oncology counselor**
Contact Tasha Chasson at tchasson@wellnesshouse.org or 630.654.7215 to learn which groups will best fit your needs or schedule a counseling appointment.

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**Online**

**Hot Topics in Breast Cancer**

**Saturday, June 19 - Tuesday, June 29**

**Registration Required**
Join us online and learn from top oncologists, surgeons, and healthcare professionals in the Chicagoland area. You’ll hear about the latest updates in the research and treatment of breast cancer. This event is presented so that you can be prepared and empowered to make decisions.

**Provided at no cost**

**Updates in Breast Cancer Treatment and Research Panel**  
Saturday, June 19 | 9:00 – 11:30 a.m.

**Updates in the Treatment of Metastatic Breast Cancer**  
Tuesday, June 22 | 6:30 – 8:00 p.m.

**Surgical Management of Lymphedema**  
Wednesday, June 23 | 2:30 – 4:00 p.m.

**Hormonal Therapy for Breast Cancer**  
Thursday, June 24 | 6:30 - 8:00 p.m.

**Advocating for Yourself as a Breast Cancer Patient**  
Tuesday, June 29 | 6:30 – 8:00 p.m.

For more information or to register for events and classes, go to wellnesshouse.org

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All of our programs are currently online

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To register and learn more, visit wellnesshouse.org
WELCOME TO WELLNESS HOUSE ORIENTATION

New to Wellness House? This is a great place to begin. Join us for an orientation that provides an overview of programs and an opportunity to learn more about the ways to benefit from Wellness House. Choose a day and time that works for you.

Register at wellnesshouse.org/welcome or call 630.323.5150.

Mondays  Tuesdays  Wednesdays  Thursdays  Fridays  Select Saturdays
12:00 – 1:00 p.m.  3:30 – 4:30 p.m.  9:30 – 10:30 a.m.  5:30 – 6:30 p.m.  12:00 – 1:00 p.m.  9:30 – 10:30 a.m.  6:00 – 7:00 p.m.

A great way to start!

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.

Visit wellnesshouse.org or call 630.323.5150.