

Welcome Guide

For living with cancer



Now offering
online programs

“I’ve learned
tools to help me
get stronger –
mind, body
and soul.”

Betsy – Participant

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!



Scan to learn more.

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.

Information and Education

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.

Top Doc Lectures, Classes, Workshops, Webinars and On-Demand Videos

- ✓ Feel empowered with reliable information
- ✓ Learn about options
- ✓ Gain new skills

Brows, Scarves, Wigs, and More

Wig consultations and make-up and scarf-tying classes are designed to help you look and feel your best.



Nutrition

Healthy eating can increase energy and reduce cancer-related side effects.

Cooking Classes, Side Effect Management, Kitchen Skills, Individual Nutrition Consultations

- ✓ Improve food choices
- ✓ Discover new nutrient-dense foods and delicious recipes
- ✓ Reduce side effects such as poor appetite, nausea, diarrhea/constipation

Connect with an oncology dietitian

For individualized nutrition and class recommendations, contact Angela Dennison at adennison@wellnesshouse.org or 630.654.5196.



Exercise

Exercise is safe and recommended before, during and after cancer treatment. No experience required.

Exercise, Yoga, Mind/Body Movement and Individual Consultations

- ✓ Increase energy
- ✓ Improve quality of life
- ✓ Reduce side effects such as fatigue, neuropathy, lymphedema, osteoporosis and nausea

Connect with an oncology exercise specialist

Contact Amanda Woods at awoods@wellnesshouse.org or 630.654.5194 to schedule an appointment.



Stress Management

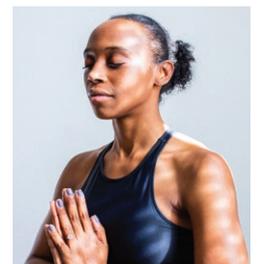
Experience relaxation and learn stress management techniques to relax your body, still your mind, engage your spirit, and improve quality of life.

Meditation, Mindfulness, Expressive Arts, Distant Reiki and Healing Touch

- ✓ Learn to manage stress
- ✓ Improve coping skills
- ✓ Increase your sense of well being

Call for a consultation

Contact Amanda Woods at awoods@wellnesshouse.org or 630.654.5194.



You'll find community here. **Connect with us today. Call 630.323.5150**

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.



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.



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.

**HOT
TOPICS
in
BREAST
CANCER**



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

Wellness House | Main Location
The Kay & Mike Birck Home of Hope
131 North County Line Road
Hinsdale, Illinois 60521

All of our programs are currently online

A great way to start!

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

12:00 – 1:00 p.m.
6:00 – 7:00 p.m.

Tuesdays

3:30 – 4:30 p.m.

Wednesdays

9:30 – 10:30 a.m.

Thursdays

5:30 – 6:30 p.m.

Fridays

12:00 – 1:00 p.m.

Select Saturdays

9:30 – 10:30 a.m.

We are proud to provide support in partnership with the following healthcare providers:

Advocate Good Samaritan Bhorade Cancer Center
AMITA Health
DuPage Medical Group
Edward-Elmhurst Healthcare
MacNeal Hospital
Mercy Hospital and Medical Center
Northwest Community Healthcare
Rush Oak Park Hospital
UI Health/Mile Square Health Center
West Suburban Medical Center

Thank you to our generous grantors:

Guy A. and N. Kay Arboit Charitable Trust, Bears Care, T. Colin Campbell Center for Nutrition Studies, Chicago Board of Trade Foundation, The Coleman Foundation, 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

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.

Online

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-P, 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 at wellnesshouse.org



Visit wellnesshouse.org or call **630.323.5150**.