

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, contact Jady Chipman at 630.654.5116 or jchipman@wellnesshouse.org.

Chair Tai Chi

Thursdays
3:00 – 3:45 p.m.

Stretching Through Cancer

Wednesdays
4:00 – 4:45 p.m.
Thursdays
6:30 – 7:15 p.m.

Pelvic Floor Yoga Level I

Mondays
July 12, 19, 26
2:30 – 4:00 p.m.

Registration Required

In this series, participants will experience a weekly lesson before a workshop of yoga poses, meditation, and breath work to support your pelvic floor health. Learn practices of value to adults of all ages, abilities and identities, no prior yoga experience needed.

[Register here >](#)

Pelvic Floor Yoga Level II

Mondays
August 23, 30, September 13
2:30 – 4:00 p.m.

Registration Required

Participants will build on the knowledge learned from Level 1 and explore a different pelvic health topic each week including hypertonicity, hypotonicity, and initial post-surgical support. All participants must complete Level I before joining these sessions.

[Register here >](#)

Tai Chi Fundamentals Series

Wednesdays
July 14 - August 25
9:00 – 10:00 a.m.

Registration Required

This special series combines a simplified approach to Yang- Style Tai Chi with mindfulness practices to enhance mind, body, and spirit.

[Register here >](#)

Support and Counseling



**NEW! Soul Chat:
Cancer + Spirituality
Discussion Group for
Black, Indigenous
and People of Color**
4th Mondays
July 26, August 23,
September 27
7:00 – 8:30 p.m.

Drop-ins Welcome

For questions, contact Maigenete Mengesha, PhD, at 630.654.5111

or mmengesha@wellnesshouse.org

Co-facilitated by Sydwell Nkosi, Pastoral Care Team at UI Health, this monthly group creates a welcoming space 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.

[Register here >](#)

**NEW! Women of Color
Cancer Connections Group**
1st and 3rd Tuesdays
10:00 – 11:30 a.m.

Staff Registration Required

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

Connect with others with a cancer diagnosis, who self identify as women of color, in this twice monthly drop-in support group, to share experiences, coping strategies, and support one another during the cancer journey.

Program Guide

Stress Management

Reducing stress will allow you to feel more in control.



For more information and to register, contact Kelli Mitchell at 630.654.5197 or kmitchell@wellnesshouse.org.

Meditation for Stress Management

Mondays

5:00 – 6:00 p.m.

Registration Required

This class introduces different meditation techniques that once learned, can be easily practiced by participants whenever they feel stressed in daily life. We will explore different breathing exercises, guided meditation, visualization and affirmations. No previous meditation experience is necessary and all are welcome.

[Register here >](#)

TYM for Me

Wednesdays

August 4, 11, 18, 25

5:00 – 5:45 p.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

[Register here >](#)

NEW! Dimensions of Wellness

Tuesdays

August 10 - September 28

6:00 – 7:00 p.m.

Registration Required

This series explores the highly individualized dimensions of wellness. Through discussions, worksheets, and simple art activities, participants will identify strengths and possible areas of change.

[Register here >](#)

Midday Mindful Reset Series

Wednesdays

September 8, 15, 22, 29

12:00 p.m. – 1:00 p.m.

Registration Required

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.

[Register here >](#)



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

For questions about nutrition programs, call Angela Dennison at 630.654.5196 or email adennison@wellnesshouse.org.

Cooking for Cancer

Cooking Demonstration/Discussion

Wednesdays, July 14, August 11, September 8

5:30 – 7:00 p.m.

Registration Required

Andrea Hinojosa, 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

Thursday, July 22, 6:00 – 7:00 p.m.

Monday, August 9, 12:30 – 1:30 p.m.

Monday, September 13, 6:00 – 7:00 p.m.

Registration Required

Madeline Butler-Sanchez, Bilingual Oncology Nutritionist

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 >](#)

Cancer Nutrition 101: Intuitive Eating

Wednesday, August 18, 6:00 – 7:00 p.m.

Registration Required, Andrea Hinojosa, Registered Dietitian

Dietary changes can be challenging. Join Andrea to learn how to incorporate intuitive eating practices while focusing on a diet recommended for cancer. [Register here >](#)

Summer 2021

Program Guide

Information and Education



Yoga and Stretching for Cancer

Monday, July 19

2:00 – 3:00 p.m.

Registration Required

Jeri Lau, ACSM/ACS CET, CETI CES

Oncology Exercise Specialist, Wellness House

In this presentation, participants will learn how yoga and stretching can help deal with common side effects of cancer, help boost your immunity, and improve recovery.

[Register here >](#)

NEW! - Hello, Beautiful

4th Wednesdays

July 28, August 25, September 22

4:00 – 5:00 p.m.

Staff Registration Required

To register and for more information, contact Jamie Ott at 630.560.0336 or jott@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 following workshop. This program is offered to participants in active treatment.



Film Viewing: Mondays at Racine

Thursday, August 5

7:00 – 8:30 p.m.

Registration Required

Every third Monday of the month, two bold, brassy sisters open the doors of their Long Island hair salon to women diagnosed with cancer. As locks of hair fall to the floor, women

gossip, giggle, weep, face their fears, and discover unexpected beauty. Join us for a live film viewing and follow-up discussion with members of the film and other audience members.

[Register here >](#)

Nurses Know: Tips for Communicating with your Care Team

Thursday, September 16

6:30 – 8:00 p.m.

Registration Required

Kristin Andersen, MSN, RN, Cancer Survivorship Program Clinic Nurse, UI Health

Nurses are the trusted guides and steady hands that provide compassion, healing, and reliable information throughout cancer treatment. Join us as Kristin Andersen, MSN, RN shares ideas for comfortably communicating to your care team, and the importance of reporting side effects.

[Register here >](#)

Programas de apoyo para el cáncer en español

Meditación Guiada

Cada tercer miércoles del mes

3:00 – 4:00 p.m.

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.

[Regístrese aquí >](#)

¿Qué es el Quimio Cerebro?

Martes, 7 de Septiembre

6:00 – 7:00 p.m.

Registro requerido

Thelma Razo, MSW, LSW, Wellness House

La quimioterapia puede tener impactos únicos en la memoria, la capacidad de atención y la concentración para los sobrevivientes de cáncer. Únase para aprender más sobre qué es el quimio cerebro y cómo afrontarlo.

[Regístrese aquí >](#)

Cocinar para el cáncer

Sábado, 31 de julio

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.

[Regístrese aquí >](#)

P&R (preguntas y respuestas) sobre nutrición: Azúcar

Sábado, 18 de septiembre

9:30 – 10:30 a.m.

¿Tiene preguntas sobre el azúcar, los carbohidratos o qué bebidas son las mejores para consumir? Únase a Andrea para obtener respuestas a todas sus preguntas.

[Regístrese aquí >](#)

Asesoramiento Individual

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 reconectarse a uno mismo durante y después del tratamiento.

Para hacer una cita, comuníquese por correo electrónico a información@wellnesshouse.org o llame al 630.654.5529.