

Welcome Guide

For living with cancer

Now offering online and in-person programs

“Cancer has made me look at life in a different way – it has made me appreciate the things I have. It has taught me that I can count on others for help.”

Debra – Participant

Mire nuestros nuevos programas en español

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.

Now offering
online and
in-person programs

wellnesshouse.org

Mire nuestros
nuevos programas
en español

wellnesshouse.org/espanol

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 makeup and scarf-tying classes are designed to help you look and feel your best. For more information, contact 630.654.5110.



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

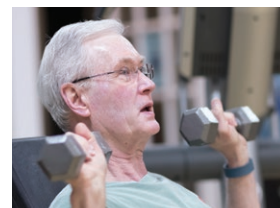
Exercise is safe and recommended before, during and after cancer treatment. No experience required and all abilities welcome.

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. Families of all traditions are welcome. 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, Caregiver 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 & In-Person

Immerse Yourself in a Week of Relaxation

In-Person and Online Experiences
Saturday, August 28 - Friday, September 3

Join us for a week-long festival of activities designed to reduce stress, increase relaxation, and improve your overall sense of well-being. Choose from a variety of Wellness House stress management programs and learn techniques to add to your self-care toolbox.

There will be a mix of both in-person and online programs throughout the week. Participants will have the opportunity to immerse themselves in a relaxing experience while remaining socially distanced in-person on Saturday, August 28.

Attendance at in-person events is limited so register today at wellnesshouse.org or call 630.323.5150.



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

Now offering online
and in-person programs

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**.

Comuníquese por correo electrónico a información@wellnesshouse.org o llame al **630.654.5529**.

Mondays

12:00 – 1:00 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

Child and Family Welcome and Orientation

1st Tuesdays (August 2, September 7; no meeting in July) 5:00 – 6:00 p.m.

Registration Required

For questions, contact Gina Danehl, LCSW at 630.654.5115 or gdanehl@wellnesshouse.org.

Parents and grandparents are invited to join in this orientation where you will meet Child and Family Oncology Staff.

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**.



Stay informed,
empowered
& prepared

Online

Hot Topics in Prostate Cancer

Saturday, September 25 | 9:00 a.m. - 12:00 p.m.

Join top oncologists, surgeons, and healthcare professionals in the Chicagoland area to learn about the latest updates in the research, treatment and side effect management for prostate cancer. **Find out more at wellnesshouse.org or call 630.323.5150.**