

# Welcome Guide

For living with cancer

Now  
offering  
online and  
in-person  
programs

“It helps when you can talk to other people going through it. It's all about community.”

Fleet – 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](https://wellnesshouse.org) or call **630.323.5150**  
**Connect with us today!**



Scan to learn more.

Now offering  
online and  
in-person programs

[wellnesshouse.org](http://wellnesshouse.org)

Mire nuestros  
nuevos programas  
en español

[wellnesshouse.org/espanol](http://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](http://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](mailto: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](mailto:awoods@wellnesshouse.org) or 630.654.5194 to schedule an appointment.



## Stress Management

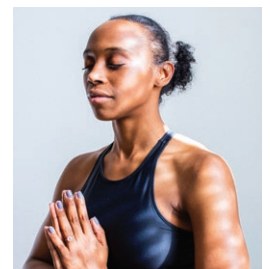
**Experience relaxation** and learn stress management techniques to relax your body, still your mind, engage your spirit, and improve quality of life.

*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](mailto: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](mailto: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](mailto: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](http://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

A great way  
to start!

## WELCOME TO WELLNESS HOUSE ORIENTATION

Now offering online  
and in-person programs

**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](https://wellnesshouse.org/welcome) or call **630.323.5150**.

Comuníquese por correo electrónico a [información@wellnesshouse.org](mailto: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](mailto: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](https://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](https://wellnesshouse.org)  
or call 630.323.5150.**