

Program Guide

¡Programas en español! pág. 4

“Imagine having friends that care about the whole you. That’s Wellness House.”

- Ikea Johnson,
Community Relations
Advocate

**FREE
Cancer
Support**

Wellness House programs will help you gain strength, manage side effects and feel less alone.

Because everyone is different, we offer a variety of programs so you can choose what feels right for you. Attend as many programs as you’d like. *Everything we do is to help you fully live life with cancer and beyond.*

October 2021

Program Guide

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 required for all exercise classes. For more information and schedule a consult, contact Jady Chipman at 630.654.5116 or jchipman@wellnesshouse.org.

Chair Tai Chi

Thursdays

3:00 – 3:45 p.m.

Registration Required

Traditional Tai Chi movements for stress relief and balance in the comfort and safety of a chair.

[Register here >](#)

Stretching through Cancer

Wednesdays

4:00 – 4:45 p.m.

Thursdays

6:30 – 7:15 p.m.

Registration Required

Gentle stretches for all major muscle groups to address joint and flexibility difficulties from cancer treatment.

[Register here >](#)

Pelvic Floor Yoga Level I

Tuesdays

October 12, 19, 26

11:00 – 12:15 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 >](#)

Support and Counseling



NEW! Soul Chat:

Cancer + Spirituality

Discussion Group for Black, Indigenous and People of Color

4th Mondays

October 25

7:00 – 8:30 p.m.

For questions, contact Maigenete

Mengesa, PhD, at 630.654.5111

or mmengesa@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

October 5, 19

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 support group, to share experiences, coping strategies, and support one another during the cancer journey.

[Register here >](#)

Wellness House
for LIVING with CANCER

You'll feel better inside.



UI Health

UI Health Cancer Clinic
Outpatient Care Center,
Suite 1 E
1801 W. Taylor Street
Chicago, IL 60612

Mile Square Health Center
1220 S. Wood Street
Chicago, IL 60612

Program Guide

Stress Management

Reducing stress will allow you to feel more in control.



For more information and to register, contact Ikea Johnson at 630.654.5356 or ijohnson@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

October 20 - November 10

5:00 – 5:45 p.m.

Ever consider practicing Mindfulness or Meditation but don't know where to begin? TYM for Me is a 4-week seated class series that introduces you to simple movements and breathing techniques used in Tai Chi and Yoga. These practices improve your breathing, reduce stress and increase happiness. We will conclude with a short 5-7 minute Guided Meditation.

Level - Introductory/Beginner.

Week 1: It's All About the Breath

Week 2: Relax

Week 3: Quieting the Mind

Week 4: Happiness and Joy

NEW!

Dimensions of Wellness Tuesdays

October 5 - November 23

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 >



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, contact Madeline Butler-Sanchez at 630.654.5101 or msanchez@wellnesshouse.org.

Cooking for Cancer

Cooking Demonstration/Discussion

Wednesday, October 13

5:30 – 7:00 p.m.

Registration Required

Angela Dennison, Oncology 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

Wednesday, October 20

5:30 – 6:30 p.m.

Registration Required

Madeline Butler-Sanchez,
Bilingual Oncology Dietitian

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 >

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Information and Education



NEW! - Hello, Beautiful

Wednesday, October 27

4:00 – 5:00 p.m.

Staff Registration Required

To register and for more information, contact Ikea Johnson, Wellness House Community Relations Advocate, at 630.654.5356 or ijohnson@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.

Register here >

Nurses Know: Managing Radiation Side Effects

Thursday, October 28

6:30 – 8:00 p.m.

Registration Required

Sonja Claridge, BSN, RN, OCN, Nurse Manager, Radiation Oncology Services, Northwestern Memorial

Nurses are the trusted guides and steady hands that provide compassion, healing, and reliable information throughout cancer treatment. Join us as Sonja Claridge covers what to expect when getting radiation, side effect management, and the long-term side effects of radiation.

Register here >

Weigh to Go! Managing Weight After Cancer Treatment

Thursdays, November 4 – December 16

1:00 – 2:30 p.m.

Staff Registration Required

To register, contact Brittany Brady at 630.654.7205 or bbrady@wellnesshouse.org.

Both educational and experiential, this 6-week series is for cancer survivors who have completed treatment and explores the behavioral changes needed for healthy weight management. Many cancer survivors struggle with weight-related issues following cancer treatments. Learn simple tips to improve diet and increase physical activity. Each session will provide a supportive environment where individuals will be guided to understand their readiness to change and use their interests, goals, and needs to create a personal “Lifestyle Change Plan.”

Programas de apoyo para el cáncer en español

Meditación Guiada

Cada tercer miércoles del mes

3:00 – 4:00 p.m.

Register here>

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.

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.

Nutrición

Cocinar para el cáncer

Cocinando Demostración / Discusión

Sábado 2 de octubre

9:30 – 10:30 a.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 >

Manejo de efectos secundarios

Lunes 4 de octubre

6:00 – 7:00 p.m.

Se requiere registro

Madeline Butler-Sanchez, Dietista Oncóloga Bilingüe

Esta clase está destinada a personas que se someten o están a punto de comenzar un tratamiento y se centrará en minimizar o prevenir los efectos secundarios comunes. Durante esta sesión, discutiremos los efectos secundarios que son relevantes para usted:

- Poco apetito o pérdida excesiva de peso
- Cambios en el gusto o falta de gusto
- Náuseas y vómitos
- Diarrea y estreñimiento
- Neuropatía

Regístrese aquí >

Consultas Nutricionales Individuales

Se requiere registro

Para programar una cita, comuníquese con Madeline Bulter-Sanchez al 630.654.5101 o msanchez@wellnesshouse.org.