



PROFESSIONAL PERK

Wellness House Networking and Education Series

JOIN US FOR A MORNING BLEND!

CONNECT AND NETWORK • LEARN AND SHARE • PERCOLATE THOUGHTS

SECOND FRIDAYS - NOW VIRTUAL

People impacted by cancer do better and feel better with psychosocial support. As a professional in the field, you want the best outcome for those in your care. Research shows an increased survival rate and better quality of life for people impacted by cancer who receive psychosocial support. Join us to exchange thoughts, connect with other professionals and learn about psychosocial topics from the experts at Wellness House.

8:45 – 9:00 a.m.	Check-in and Networking
9:00 – 9:45 a.m.	Presentation
9:45 – 10:00 a.m.	Q & A

FREE REGISTRATION: [Wellnesshouse.org](https://wellnesshouse.org)
Located under Professionals tab.

Cancer and the World We Live In

January 8- How to Make Technology More Personal
February 12 - Relationships and Communication
March 12 - Self-Care and Compassion Fatigue
April 9 - Cultural Competency

Cancer through the Lifespan

May 4 - Working with Pediatric Patients
June 18 - Working with Young Adults - 3rd Friday
July 9 - Working with Middle-Adult Patients
August 13 - Working with Geriatric Patients

Oncology Wellness

September 10 - Busting Cancer Nutrition Myths
October 8 - Overcoming Physical Activity Barriers
November 12- Go-To Interventions
December 10 - Complementary RX - Laughter, Happiness and Gratitude

REFILL YOUR CUP | Second Wednesdays 4:00 - 5:15 p.m.

Refill Your Cup



Self-care for professionals. Designed to support healthcare professionals who provide direct service to oncology patients in Illinois. This monthly group provides the opportunity to both give and receive support from others who understand the rewards and challenges of working with the oncology population. Evidence-based stress management techniques will be discussed, and each group will conclude with a guided meditation. **This program is virtual.** Beginning in July, the date and time for Refill Your Cup will change to 4th Fridays from 8:45 - 10:00 a.m.