

Welcome Guide

For living with cancer

“I started to do everything; cooking up wellness, exercise, art and the young adult group. It helped me assess what was going on in my life.”

Heather – Participant

Now
offering
online and
in-person
programs



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 for our main website

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 630.323.5150.



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 Nevada Bennett at nbennett@wellnesshouse.org or 630.654.5346 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 Jill Otto at jotto@wellnesshouse.org or 630.654.7203 to learn which groups will best fit your needs or schedule a counseling appointment.



Wellness Evolving:

Discovering Nature's Impact on Cancer Survivors and Caregivers



Saturday, October 23, 2021
9:30 a.m. - 11:00 a.m.

Registration Required

Dr. David Victorson, PhD, Professor of Medical Social Sciences, Northwestern University Feinberg School of Medicine, Associate Director, Cancer Survivorship Institute, Robert H. Lurie Comprehensive Cancer Center at Northwestern University

Breathe in the fresh autumn air – how does that make you feel? Relaxed? Refreshed? Research reveals that time in nature can reduce stress and increase our overall sense of well-being. Dr. David Victorson, co-founder of True North Treks, an organization that guides young adult cancer survivors and caregivers through wilderness treks across the United States, shares about the positive health benefits that nature provides to those affected by cancer. From cognitive and emotional to social and physical benefits, the good that comes from time outdoors is vast. Learn about how nature delivers these effects, and ways to connect with it from wherever you are. Following the talk, we encourage you to get outside and join us for an optional virtual walk from your own backyard!



Creative Arts for Self-Care featuring Twist Out Cancer

Thursday, December 2, 2021
6:30- 8:00 p.m.

Registration Required

Creating art can help reduce stress and anxiety while also allowing one to explore

feelings and express emotions in a healthy way. In this program, Twist Out Cancer's Jacqueline Carmody LCPC ATR-BC will introduce the concept of art therapy and using creative arts as a form of healing within the cancer community. We will end the program with an experiential portion, where participants are invited to create art from their own home!



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 <https://wellnesshouse.org/welcome-to-wellness-house/> 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 Bhora Cancer Center
AMITA Health
DuPage Medical Group
Edward-Elmhurst Healthcare
MacNeal Hospital
Insight Chicago
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
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The DuPage Foundation
DuPage Medical Group Charitable Fund
of the DuPage Foundation
The Greer Foundation
Hinsdale Junior Woman's Club
Elizabeth Morse Genius Charitable Trust
Nayar Family Foundation
Edmond and Alice Opler Foundation
Pfizer

Special Hours this Fall

Close at 3:00 p.m. Wednesday,
Nov 24

Closed:

Thursday, November 25
Friday, November 26
Saturday, November 27
Friday, December 24

Saturday, December 25
Monday, December 27
Friday, December 31

Open with no programs:

8:30 a.m. – 5:00 p.m.
Tuesday, December 28
Wednesday, December 29
Thursday, December 30

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**.

Online

Hot Topics in Lung Cancer

**Saturday,
November 20**

9:00 a.m. – 12:00 p.m.

Registration Required

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 lung cancer. **Find out more at wellnesshouse.org or call 630.323.5150.**

VIRTUAL
HOT
TOPICS
in
LUNG
CANCER
2021

