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.

“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

Visit wellnesshouse.org or call 630.323.5150
Connect with us today!
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

Nutrition

Healthy eating can increase energy and reduce cancer-related side effects.

Cooking Classes, Side Effect Management, Kitchen Skills, Individual Nutrition Consultations

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

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

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To register and learn more, visit wellnesshouse.org.
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.

### Creative Arts for Self-Care featuring Twist Out Cancer

**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!
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 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 Bhorade 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
- 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 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

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.

Now offering online and in-person programs

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.