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.*
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 contact Jadyn 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.
Register here >

Thursdays
6:30 – 7:15 p.m.
Register here >

Yoga for Cancer
Wednesdays
9:30 – 10:30 a.m.
Register here >

Thursdays
4:00 – 5:00 p.m.
Register here >

Pelvic Floor Yoga Level II
Tuesdays
November 9, 16, 23
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 >

Tai Chi Fundamentals Series
Wednesdays
November 3, 10, 17, 24
10:30 – 11:30 a.m.
Registration Required
This special series combines a simplified approach to Yang-Style Tai Chi with mindfulness practices to enhance mind, body, and spirit.
Register here >

Support and Counseling

NEW! Soul Chat: Cancer + Spirituality Discussion Group for Black, Indigenous and People of Color
November 22
(group will not meet in December)
7:00 – 8:30 p.m.
Drop-ins Welcome
Register here >

For questions, contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@wellnesshouse.org.
Co-facilitated by Sydwel 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.

NEW! Women of Color Cancer Connections Group
1st and 3rd Tuesdays
November 2, 16
December 7, 21
10:00 – 11:30 a.m.
Drop-ins Welcome
For questions, 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 drop-in support group, to share experiences, coping strategies, and support one another during the cancer journey.

LGBTQ Cancer Networking Group
3rd Wednesdays
November 17, December 15
10:00 – 11:30 a.m.
Drop-ins Welcome
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
All members of the LGBTQ community who are currently diagnosed with cancer or caring for someone diagnosed with cancer are invited to join this drop-in, online support group to share experiences, coping strategies and support during the cancer journey.
Register here >
**Stress Management**

Reducing stress will allow you to feel more in control.

*For more information and to register, contact Kelli Mitchell at 630.654.5197 or kmitchell@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**
November 3, 10
5:00 – 5:45 p.m.
*Registration Required*

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

**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**
**Wednesdays, November 10 and December 8**
5:30 – 7:00 p.m.
*Registration Required*
Andrea Hinojosa,
Registered 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**
**Lecture / Active Group Discussion**
**Wednesdays, November 3 and December 15**
6:00 – 7:00 p.m.
*Registration Required*
Andrea Hinojosa,
Registered Dietitian

Navigating online resources can be confusing and overwhelming. Join Andrea to learn more about current resources for cancer, how to assess credibility and how to navigate them online.

Register here >

**NEW! Cancer Nutrition 101:**
**Navigating Online Resources**
**Lecture / Active Group Discussion**
**Wednesday, November 17**
6:00 – 7:00 p.m.
*Registration Required*
Andrea Hinojosa,
Registered 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.

For more information, visit wellnesshouse.org | 3
Program Guide

November | December 2021

Information and Education

Top Doc: Finding Self Compassion during Cancer
Thursday, November 4
7:00 – 8:30 p.m.
Registration Required
Marcelo Bento Soares, Ph.D., University of Illinois College of Medicine at Peoria
Self-compassion and mindfulness can be powerful tools for emotional resilience during challenging times. Learn about how self-compassion can enhance one’s overall emotional well-being, and how to approach difficult thoughts and feelings during cancer.
Register here

NEW! Hello, Beautiful
4th Wednesdays
November 17, December 22
4:00 – 5:00 p.m.
Staff Registration Required
To register and for more information, contact Ikea Johnson 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 the workshop. This program is offered to participants in active treatment.

Organizing Medical Information & Appointments during Cancer
Thursday, November 11
7:00 – 8:30 p.m.
Registration Required
Kimberly Gilbert, LPN, GI Nurse Navigator, University of Illinois Cancer Center
Keeping track of upcoming appointments, medical records and bills during cancer can be challenging. Learn about helpful tools and creative ways to stay organized and reduce stress caused by treatment information.
Register here

Nurses Know: Tips for Communicating with your Care Team
December 8
5:00 – 6:30 p.m.
Registration Required
Kristin Andersen, MSN, RN, Cancer Survivorship Program Clinical Nurse, UI Health
Nurses are the trusted guides and steady hands that provide compassion, healing, and reliable information throughout cancer treatment. Join us as Kristin Andersen, MSN, RN shares ideas for comfortably communicating to your care team, and the importance of reporting side effects.
Register here

Programs de apoyo para el cáncer en español

Meditación Guiada
Cada tercer miércoles del mes
3:00 – 4:00 p.m.
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.

¡Nuevo! Nutrición Preguntas y Respuestas (P & R): Navegar por los recursos en línea
Sábado 6 de noviembre 9:30-10:30 a.m.
Registro requerido
Andrea Hinojosa, Dietista Registrada
Navegar por los recursos en línea puede ser confuso y abrumador. Únase con Andrea para obtener más información sobre los recursos actuales, cómo evaluar la credibilidad y cómo navegar por ellos en línea.

¡Nuevo! Manejo de efectos secundarios
Jueves, 18 de noviembre 10:00 – 11:00 a.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

Consultas Nutricionales Individuales
Se requiere registro
Para programar una cita, comuníquese con Madeline Bulte-Sanchez al 630.654.5101 o msanchez@wellnesshouse.org

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.