

Program Guide

¡Programas en español! page 4



**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.*

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 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.

[Register here >](#)

Thursdays

6:30 – 7:15 p.m.

[Register here >](#)

Registration Required

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

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 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.

NEW! Women of Color Cancer Connections Group

1st and 3rd Tuesdays

November 2, 16

December 7, 21

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 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 >](#)



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 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

Week 3: Quieting the Mind

Week 4: Happiness and Joy

[Register here >](#)

NEW! Dimensions of Wellness

Tuesdays

November 2, 9, 16, 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 >](#)

Midday Mindful Reset Series

Wednesdays

December 1, 8, 15, 22

12:00 – 1:00 p.m.

Registration Required

Join us for this guided lunchtime meditation series. Each week we'll share a practice of purposeful rest in community. No experience needed, with options to be seated or lying down.

[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

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 >](#)

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

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 >](#)

Managing Cancer Side Effects

Lecture / Active Group Discussion

Wednesdays, November 3 and December 15

6:00 – 7:00 p.m. [Register here >](#)

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.

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 Clinic 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 >](#)

Programas 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.

[Registrarse aquí >](#)

¡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.

[Registrarse aquí >](#)

¡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

[Registrarse aquí >](#)

Consultas Nutricionales Individuales

Se requiere registro

Para programar una cita, comuníquese con Madeline Bulter-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 informacion@wellnesshouse.org o llame al 630.654.5529.