Program Guide

December 2021

Holiday Party
Wellness Evolving: Creative Arts for Self-Care featuring Twist Out Cancer
Polar Express

Free Cancer Support

Now online and in-person
Don't Miss Our Special Events!

Wellness Evolving:

Creative Arts for Self-Care featuring Twist Out Cancer

Thursday, December 2
6:30 – 8:00 p.m.

Jacqueline Carmody, LCPC ATR-BC

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.

Register here >

Holiday Party

In-Person

Friday, December 10
4:00 – 6:00 p.m.

Registration Required

Join us for a very special evening! You and your family are invited to share the holiday spirit at Wellness House. Watch the Weekly Digest for more event details to come.

Register here >

Polar Express Drive - Through

Tuesday, December 14
6:00 – 7:30 p.m.

Staff Registration Required

To register, contact Beth Gomez, LCSW at 630.654.5115 or bgomez@wellnesshouse.org.

Children and families are invited to take a drive through our Polar Express Winter Wonderland, with station stops along the way featuring fun activities and games, plus special surprises from Santa!
### Hours of Operation

<table>
<thead>
<tr>
<th>Day</th>
<th>Reception desk</th>
<th>Programs</th>
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</thead>
<tbody>
<tr>
<td>Monday - Thursday</td>
<td>9:00 a.m. – 7:30 p.m.</td>
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<td>Friday</td>
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<td>Saturday</td>
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<td>Sunday</td>
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<td>Friday, December 24</td>
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<tr>
<td>Open with no programs</td>
<td>8:30 a.m. – 5:00 p.m.</td>
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</table>

### Table of Contents

<table>
<thead>
<tr>
<th>Page</th>
<th>Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>02</td>
<td>Special Events</td>
</tr>
<tr>
<td>04</td>
<td>Information &amp; Education</td>
</tr>
<tr>
<td>06</td>
<td>Nutrition</td>
</tr>
<tr>
<td>08</td>
<td>Exercise</td>
</tr>
<tr>
<td>12</td>
<td>Stress Management</td>
</tr>
<tr>
<td>15</td>
<td>Child &amp; Family Programs</td>
</tr>
<tr>
<td>17</td>
<td>Support Groups &amp; Counseling</td>
</tr>
<tr>
<td>22</td>
<td>Programas de apoyo para el cáncer en español</td>
</tr>
<tr>
<td>23</td>
<td>Wellness House Partner Network Information</td>
</tr>
</tbody>
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### Welcome to Wellness House Orientation

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<td>12:00 – 1:00 p.m.</td>
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<td>3:30 – 4:30 p.m.</td>
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<td>5:30 – 6:30 p.m.</td>
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<td>Fridays</td>
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<td>Saturdays</td>
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Join us for an opportunity to learn more about how you can benefit and get started. We’ll share an overview of programs, a virtual tour and a chance to meet staff.

### Individual & Family Orientation

*Call 630.323.5150 to schedule an appointment.*

If Welcome to Wellness House is not convenient, schedule an individual or family appointment to learn more about programs and services.

### Coming Together Again—Wellness House Plans for Return to In-Person Programs

After more than a year of online programs, we are excited to continue our phased approach to returning to in-person programs at the main location in Hinsdale. This fall, we will continue to offer individual consultations and appointments in-person and will begin offering limited group programs in-person as well. Registration will be limited for in-person programs and screening and safety measures will be in place at the house.

Look for the **In-Person** icon throughout the guide to indicate in-person programming.

We recognize in-person programs may not be the best choice for all participants at this time and encourage you to consult your healthcare team if you have questions about your safety. The majority of programs will continue to be offered online.

It’s easy to get started. Connect in the way that works for you.

**Call us at 630.323.5150**

Or

Attend a Welcome to Wellness House Orientation

Or

Register for a program at **wellnesshouse.org**
"Wellness House offers comprehensive services for people dealing with cancer, self or loved ones. All of the people there are kind, caring, compassionate, and friendly. It is an environment of total care and acceptance."

Wellness House Participant

**Unique Boutique**

**Brows, Scarves and More!**
**Tuesday, December 7**
**2:00 – 4:00 p.m.**
**Registration Required**
Gayle Perzek, Catherine McMahon & Alicia Carroll
Join us for a fun and practical session that teaches you how to create realistic brows and stylish scarf techniques. We also cover makeup tips, skin and body care. This program is offered for participants in active treatment.

Register here >

**Wig Consultation**
Offered in-person or virtually by appointment
Receive personalized recommendations for wig style, color, fit and care with one of our experts. Call 630.654.5110 to schedule an appointment.

For questions, call 630.654.5110 or email uniqueboutique@wellnesshouse.org.

Unique Boutique is made possible by the Eisel family in memory of wife and mother, Linda Eisel.

**Wellness House Life Café**
**Wednesday, December 1**
**10:00 – 11:30 a.m.**
**Registration Required**
Michael Williams, Psy.D., Senior Oncology Support Counselor, Wellness House
You are bigger, stronger and deeper than cancer, and indeed any challenging life circumstances that come your way. While you are entitled to every one of your feelings about what life sends you, it is useful and pleasurable to invest in ideas and practices that help you reconnect to your whole self and feel good again. This event is for participants to actively exchange ideas about what makes you feel most alive or your search for those experiences.

Register here >

**Top Doc Lecture Series**

Preventing and Managing Lymphedema
**Tuesday, December 7**
**6:30 – 8:00 p.m.**
**Registration Required**
Rabia Bhatti, MD, Breast Surgeon, AMITA Resurrection Medical Center
Swelling of arms after breast cancer surgery is called lymphedema. While the complication is not life threatening, it can cause both emotional and physical distress. Hear a breast surgeon’s insights about why lymphedema develops, how it can be prevented by certain surgical techniques, ways to recognize it early and treatment of lymphedema. We will also discuss the role of exercise in prevention of lymphedema and the common myths regarding the condition.

Register here >

Skin Health During Cancer Treatment and Beyond
**Thursday, December 16**
**7:00 – 8:30 p.m.**
**Registration Required**
Jennifer Choi, MD, Associate Professor of Dermatology, Chief, Division of Oncodermatology, Robert H. Lurie Comprehensive Cancer Center
From scars, dry skin, and hair loss to rashes, nail changes, and sun sensitivity, cancer treatments can cause various skin-related side effects. During this program, learn about how to care for your skin, hair, and nails during cancer treatment and ways to reduce discomfort.

Register here >
Reiki Share
Tuesday, December 7
6:30 – 7:30 p.m.
Registration Required
Jane Van De Velde, DNP, RN,
Reiki Master Teacher
This program is for practitioners of any level who have taken Reiki classes at Wellness House or with other teachers. This program is sponsored by The Reiki Share Project.
Register here >

Nurses Know: Tips for Communicating with Your Care Team
Wednesday, 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 >

Improving Intimacy and Relationships after Cancer Treatment
Thursday, December 9
7:00 – 8:30 p.m.
Registration Required
Jeffrey Albaugh, PhD, APRN, CUCNS and Angelica Kozlowski, NP, Northshore University Health System
The majority of patients with cancer report issues with sexual function, which can impact both intimacy and quality of life. This presentation will focus on common sexual problems associated with cancer treatment. In addition, information will be provided on how to improve intimacy, sex. and your relationship.
Register here >

Benefits of Acupuncture During Cancer
Tuesday, December 14
6:30 – 8:00 p.m.
Registration Required
Bruce Xu, LAC, Licensed Acupuncturist, Pacific College
A component of Traditional Chinese Medicine, acupuncture has been in practice for 2,000 years. Learn about how acupuncture works, and its potential to relieve cancer and treatment-related side effects, like neuropathic pain, stress, anxiety, and fatigue.
Register here >

Mindfulness through the Holidays
Thursday, December 9
2:00 – 3:00 p.m.
Registration Required
Bridget Juister, B Holistic Way
Be the joy, the jolly, and the magic this season! Holidays can mean chaos and added stressors on top of the challenges that cancer can already present. Join us for a workshop on tapping into symbolism to embody the spirit of the season. Participants will learn mindfulness techniques for cultivating positive feelings towards the holiday season and enjoying it all, even the chaos.
Register here >

Wellness House Webinars and Video Series
Looking for ways to stay active during the holidays? Check out Wellness House Webinars and Video Series.
Wellness House offers recorded programs that you can watch when it's convenient for you. Programs range from guided meditations, to cooking classes and more!

SAVE THE DATE!
What I Learned from Talking to People of Color About Cancer
Thursday, February 24
7:00 - 8:30 p.m.
A Conversation with Black Cancer podcast host and TEDx Speaker Jodi-Ann Burey
Scan the code to see what’s offered
SCAN ME
“This is a special place where you can be yourself while undergoing your treatment. You can face fear, uncertainty, laughter and hope with others who are on the same road as you.”
Wellness House Participant

Nutrition

Cooking Programs

**Healthy Ingredient Swaps**
Cooking Demonstration/Discussion
Saturday, December 4
9:30 – 10:30 a.m.
Registration Required
Adrienne Felder, MA, LCPC, Professional Chef

This cooking class will focus on modifying one classic recipe to make it plant-based. Use these tips and tricks to improve your intake while meeting your dietary needs. Recipes may contain common food allergens.
Register here >

**Cooking for Cancer**
Cooking Demonstration/Discussion
*In partnership with Mile Square Health Center
Wednesday, 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 >

**Cooking for the New Year**
Cooking Demonstration/Discussion
Thursday, December 16
6:00 – 7:30 p.m.
Registration Required
Adrienne Felder, MA, LCPC, Professional Chef

Join Adrienne for exciting and healthy recipe ideas to ring in the New Year.
Register here >

**Eating and Cooking During Treatment - Holiday Edition**
Thursday, December 9
12:30 – 2:00 p.m.
Registration Required
Adrienne Felder, MA, LCPC, Professional Chef

Navigating food choices during the holiday season can be a challenge, while experiencing side effects. Join Adrienne to gather recipe and food ideas during the holiday season that are both nourishing and exciting to eat.
Register here >

**Healthy Cooking for Breast Cancer**
*In Partnership with River Forest Breast Cancer Center
Thursday, December 16
2:30 – 4:00 p.m.
Registration Required
Madeline Butler-Sanchez, Bilingual Oncology Dietitian

There is often confusion about which foods are safe to eat for breast cancer. Join us for this cooking class that will include a variety of foods and nutrients that are highly recommended.
Register here >

**Cooking Up Wellness**
Cooking Demonstration/Discussion
Saturday, December 11
10:30 a.m. – 12:00 p.m.
*Monday, December 20
6:00 – 7:30 p.m.
Registration Required
Madeline Butler-Sanchez, Bilingual Oncology Dietitian
*Angela Dennison, Oncology Dietitian

This class and cooking demonstration will feature recipes to help you deliciously incorporate cancer-fighting foods into your diet to support optimal health.
Register here >

**NEW! Cancer Nutrition Q & A:**
Additives and Preservatives in Food
Friday, December 3
11:00 a.m. – 12:00 p.m.
Registration Required
For centuries, ingredients have served useful functions in a variety of foods. Still, we have concerns about additives due to their long, unfamiliar names, causing confusion around what these compounds are. Join Madeline to learn about this hot topic and get answers to your questions.
Register here >

**Wellness in Action:**
Cook-Along Program
*In-Person
**Hands-On Cooking Class**
Monday, December 13
10:00 – 11:30 a.m.
Staff Registration Required
To register, contact Angela at 630.654.5196 or adennison@wellnesshouse.org.
This hands-on cooking class is designed to boost your confidence and experience in the kitchen. During class, you will follow Angela’s lead while putting together a delicious and healthy recipe. Recipes may contain common food allergens.

**NEW! Cooking for the New Year**
Cooking Demonstration/Discussion
Thursday, December 16
6:00 – 7:30 p.m.
Registration Required
Adrienne Felder, MA, LCPC, Professional Chef

Join Adrienne for exciting and healthy recipe ideas to ring in the New Year.
Register here >
Managing Side Effects
Monday, December 6
6:00 – 7:00 p.m.
In-Person
Thursdays, December 16, 23
12:30 – 1:30 p.m.
Online
Registration Required
Angela Dennison, Oncology Dietitian,
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. During this session, we will discuss side effects that are relevant to you:
- Low Appetite or Excessive Weight Loss
- Taste Changes or Lack of Taste
- Nausea and Vomiting
- Diarrhea and Constipation
- Neuropathy
Register here >

NEW! Cancer Nutrition Q & A:
Do Acidic Diets Cause Cancer?
Lecture / Active Group Discussion
Monday, December 13
5:30 – 6:30 p.m.
Registration Required
Angela Dennison, Oncology Dietitian
Join Angela to learn more about this common cancer nutrition myth and get answers to your questions.
Register here >

Managing Cancer Side Effects
*In partnership with Mile Square Health Center
Wednesday, December 15
6:00 – 7:00 p.m.
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.
Register here >

Cancer Nutrition 101 Series:
Lecture / Active Group Discussion
Thursdays, December 9 – January 6
*No class December 30
3:30 – 4:30 p.m.
Registration Required
Angela Dennison, Oncology Dietitian
This four-week series will begin a step-by-step journey to change the way you eat. Each week there will be a building block of information to establish habit changes while focusing on a plant-based diet. This series is for cancer survivors who want to improve their eating habits and have not known where to begin.
Register here >

¿Busca apoyo nutricional en español?
Para obtener más información sobre los programas de nutrición y las consultas de nutrición en español, consulte la página 22.

Individual Nutrition Consultations by Appointment
To schedule an appointment:
Madeline Butler-Sanchez at 630.654.5101 or msanchez@wellnesshouse.org
Angela Dennison at 630.654.5196 or adennison@wellnesshouse.org
Our Registered Dietitians will assist you in meeting your nutrition goals by providing personalized strategies based on your specific needs. No matter where you are on your cancer journey, you can learn how to nourish your body while focusing on healthy eating habits.
Drop-In Exercise Classes | Descriptions

Please pre-register by visiting wellnesshouse.org and using the link next to class on page 10. Any questions, please contact Amanda Woods at awoods@wellnesshouse.org.

**Beginner Chair Yoga**  
Gentle, beginner and restorative chair-based and standing yoga postures.

**Beginner Mat Yoga**  
Beginner and restorative mat-based and standing yoga postures.

**Bodyweight Exercises for Strength and Balance**  
Standing and mat-based bodyweight exercises designed to improve endurance, strength, and balance without the use of equipment.

**Restore Your Core After Cancer**  
Mat-based Pilates and Yoga combination with a focus on core strength and stability after cancer.

**Chair Tai Chi**  
Traditional Tai Chi movements for stress relief and balance in the comfort and safety of a chair.

**Nia**  
Mind-body movement choreographed dance class to soul-stirring music. Inspired by elements from the martial, dance and healing arts.

**Pilates**  
Beginner mat Pilates help develop control and endurance by putting an emphasis on alignment, breathing and developing a strong core.

**Qi Gong & Tai Chi**  
Learn a set of calming Qi Gong movements to enhance strength and circulation. The last portion of class will include an introduction to Tai Chi.

**Tai Chi**  
This ancient form of movement and exercise leads to harmony of mind and body while decreasing stress. You will learn a modified Yang form, which will help increase balance, strength and control.

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

**Yoga for Cancer**  
Introduction to gentle, beginner and restorative standing and mat-based yoga postures.
# Drop-In Exercise Classes Schedule

All drop-in exercises classes are held live through Zoom video. Please pre-register using the link next to class. For Pilates or Nia, please contact Amanda Woods to request and/or check paperwork status. Any questions, please contact Amanda Woods at awoods@wellnesshouse.org.

*Classes are 1 hour unless otherwise noted.*

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<thead>
<tr>
<th>MONDAY</th>
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<tr>
<td><strong>8:00 a.m.</strong> Bodyweight Exercises for Strength and Balance (8:00 – 8:45 a.m.)</td>
<td>Register here &gt;</td>
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<td><strong>9:30 a.m.</strong> Tai Chi</td>
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<td><strong>10:00 a.m.</strong> Yoga for Cancer (10:00 – 10:45 a.m.)</td>
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<td><strong>10:00 a.m.</strong> Beginner Mat Yoga <em>In partnership with Wheeling Township.</em></td>
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<td><strong>12:30 p.m.</strong> Chair Yoga (12:30 – 1:00 p.m.)</td>
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<td><strong>6:30 p.m.</strong> Beginner Mat Yoga</td>
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<tr>
<th>TUESDAY</th>
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<tr>
<td><strong>9:00 a.m.</strong> Nia <em>In-Person</em> <em>Requires Medical Release/Health History prior to attending.</em></td>
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<tr>
<td><strong>9:30 a.m.</strong> Restore Your Core after Cancer (9:30 – 10:15 a.m.)</td>
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<tr>
<td><strong>11:45 a.m.</strong> Chair Yoga (11:45 a.m. – 12:30 p.m.)</td>
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<td><strong>6:00 p.m.</strong> Tai Chi</td>
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<td><strong>6:00 p.m.</strong> Beginner Mat Yoga</td>
<td><em>In partnership with Lemons of Love.</em> Register here &gt;</td>
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<th>WEDNESDAY</th>
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<td><strong>8:00 a.m.</strong> Bodyweight Exercises for Strength and Balance (8:00 – 8:45 a.m.)</td>
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<td><strong>9:30 a.m.</strong> Pilates <em>Requires Medical Release/Health History prior to attending.</em></td>
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<td><strong>9:30 a.m.</strong> Yoga for Cancer</td>
<td><em>In partnership with Mile Square Health Center.</em> Register here &gt;</td>
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<tr>
<td><strong>11:45 a.m.</strong> Chair Yoga (11:45 a.m. – 12:15 p.m.)</td>
<td>Register here &gt;</td>
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<tr>
<td><strong>4:00 p.m.</strong> Stretching through Cancer (4:00 – 4:45 p.m.)</td>
<td><em>In partnership with Mile Square Health Center.</em> Register here &gt;</td>
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<tr>
<td><strong>5:30 p.m.</strong> Beginner Mat Yoga</td>
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<td><strong>9:15 a.m.</strong> Beginner Mat Yoga</td>
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<td><strong>9:30 a.m.</strong> Beginner Chair Yoga (9:30 – 10:15 a.m.)</td>
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<td><strong>12:30 p.m.</strong> Beginner Chair Yoga (12:30 – 1:00 p.m.)</td>
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<td><strong>2:00 p.m.</strong> Restore Your Core after Cancer (2:00 – 2:45 p.m.)</td>
<td>Register here &gt;</td>
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<td><strong>3:00 p.m.</strong> Chair Tai Chi (3:00 – 3:45 p.m.)</td>
<td><em>In partnership with Mile Square Health Center.</em> Register here &gt;</td>
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<td><strong>4:00 p.m.</strong> Yoga for Cancer (4:00 – 5:00 p.m.)</td>
<td><em>In partnership with Mile Square Health Center.</em> Register here &gt;</td>
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<td><strong>10:00 a.m.</strong> Beginner Chair Yoga <em>In partnership with Insight Chicago.</em></td>
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<tr>
<td><strong>10:45 a.m.</strong> Beginner Chair Yoga (10:45 – 11:30 a.m.)</td>
<td>Register here &gt;</td>
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<table>
<thead>
<tr>
<th>SATURDAY</th>
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<tbody>
<tr>
<td><strong>8:30 a.m.</strong> Pilates <em>Requires Medical Release/Health History prior to attending.</em></td>
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<tr>
<td><strong>11:00 a.m.</strong> Spanish Language Yoga</td>
<td><em>In partnership with ALAS-Wings + Pav YMCA.</em> Register here &gt;</td>
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</tbody>
</table>
Committed Exercise Classes | Descriptions

The following classes are committed classes that require a Medical Release, Health History and an exercise consultation prior to registration. Please contact Amanda Woods at awoods@wellnesshouse.org to schedule an exercise consultation. Treatment is abbreviated below as Tx.

**Exercise During Cancer Tx I**
Gentle, chair-based and supportive standing exercises for participants experiencing difficulties due to cancer treatment.

**Exercise During Cancer Tx II**
Exercises designed to improve activities of daily living while preparing participants for exercise after treatment.

**Exercise After Cancer Tx I**
Exercises for participants who have completed treatment and are interested in improving their health and fitness through regular exercise.

**Exercise After Cancer Tx II**
Exercises for maintaining health and fitness after cancer treatment. Appropriate for participants who can complete floor exercises and get up without assistance.

**Pink Ribbon Fitness**
Customized exercises for breast cancer survivors.
*This program is suitable for breast cancer survivors in treatment and/or one year post-treatment.*

**Prostate Exercise**
Customized exercises for prostate cancer survivors.
*This program is suitable for participants within any stages of prostate cancer.*
Committed Exercise Classes | Schedule

The following classes are committed classes that require a Medical Release, Health History and an exercise consultation prior to registration. Please contact Amanda Woods at awoods@wellnesshouse.org to schedule an exercise consultation. Treatment is abbreviated below as Tx.

*Classes are 30 minutes unless otherwise noted.*

### MONDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 a.m.</td>
<td>Exercise After Cancer Tx I (9:00 – 9:45 a.m.)</td>
<td>In-Person</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>Exercise During Cancer Tx II</td>
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<tr>
<td>11:30 a.m.</td>
<td>Exercise During Cancer Tx I</td>
<td></td>
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<tr>
<td>4:30 p.m.</td>
<td>Exercise After Cancer Tx II (4:30 – 5:15 p.m.)</td>
<td>In-Person</td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>Exercise After Cancer Tx I</td>
<td></td>
</tr>
<tr>
<td>6:30 p.m.</td>
<td>Pink Ribbon Fitness (6:30 – 7:15 p.m.)</td>
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### TUESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Description</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>7:30 a.m.</td>
<td>Exercise After Cancer Tx II</td>
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<tr>
<td>8:00 a.m.</td>
<td>Prostate Exercise (8:00 – 8:45 a.m.)</td>
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<tr>
<td>8:30 a.m.</td>
<td>Exercise After Cancer Tx I</td>
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<tr>
<td>10:15 a.m.</td>
<td>Exercise During Cancer Tx II</td>
<td>In-Person</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>Exercise During Cancer Tx I (11:00 – 11:45 a.m.)</td>
<td>In-Person</td>
</tr>
<tr>
<td>12:00 p.m.</td>
<td>Pink Ribbon Fitness (12 – 12:45 p.m.)</td>
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### WEDNESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Description</th>
<th>Location</th>
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<tbody>
<tr>
<td>9:00 a.m.</td>
<td>Exercise After Cancer Tx I</td>
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<tr>
<td>9:45 a.m.</td>
<td>Exercise After Cancer Tx I</td>
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</tr>
<tr>
<td>10:45 a.m.</td>
<td>Exercise During Cancer Tx II</td>
<td>In-Person</td>
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### THURSDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Description</th>
<th>Location</th>
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<tbody>
<tr>
<td>7:30 a.m.</td>
<td>Exercise After Cancer Tx II</td>
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<tr>
<td>8:00 a.m.</td>
<td>Prostate Exercise (8:00 – 8:45 a.m.)</td>
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<tr>
<td>8:30 a.m.</td>
<td>Exercise After Cancer Tx I</td>
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<tr>
<td>9:15 a.m.</td>
<td>Exercise After Cancer Tx I</td>
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<tr>
<td>10:00 a.m.</td>
<td>Exercise During Cancer Tx II</td>
<td>In-Person</td>
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<tr>
<td>11:00 a.m.</td>
<td>Exercise During Cancer Tx I</td>
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<tr>
<td>11:45 a.m.</td>
<td>Exercise During Cancer Tx I</td>
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</tr>
<tr>
<td>5:30 p.m.</td>
<td>Exercise After Cancer Tx II (5:30 – 6:15 p.m.)</td>
<td>In-Person</td>
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### FRIDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Description</th>
<th>Location</th>
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<tbody>
<tr>
<td>9:00 a.m.</td>
<td>Exercise After Cancer Tx I (9:00 – 9:45 a.m.)</td>
<td>In-Person</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Exercise After Cancer Tx I</td>
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<tr>
<td>11:30 a.m.</td>
<td>Exercise During Cancer Tx I</td>
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### SATURDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Description</th>
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<tbody>
<tr>
<td>7:30 a.m.</td>
<td>Exercise After Cancer Tx II</td>
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<tr>
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<tr>
<td>9:30 a.m.</td>
<td>Exercise After Cancer Tx I</td>
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<tr>
<td>10:30 a.m.</td>
<td>Exercise During Cancer Tx II</td>
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<tr>
<td>11:30 a.m.</td>
<td>(Pink Ribbon Fitness (11:30 – 12:15 p.m.)</td>
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<tr>
<td>12:30 p.m.</td>
<td>Beginner Chair Yoga (12:30 – 1:15 p.m.)</td>
<td>In-Person</td>
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</table>
Stress Management

“The programs at Wellness House have helped me to understand the impact that stress has had on my daily life and to reduce that stress.”

Kathy, Wellness House Participant

Wellness Tune-Ups

Email UniqueBoutique@wellnesshouse.org or leave a message at 630.654.5110 to request a 45-minute session with a trained practitioner.

Healing Touch Energy-based techniques to help reduce stress, pain, and fatigue.

Reiki Energy-based holistic practice to help increase relaxation and inner balance.

Please be sure to be in a quiet/private space at your scheduled appointment time. The Reiki or Healing Touch practitioner will call you to check in. The practitioner will then hang up and begin sending distant Reiki (healing energy) to you remotely. You may experience relaxation, sleepiness, gentle waves of energy. We request respectful participation with the intention of receiving Reiki/Healing Touch distantly.

Mind/Body

To register, please visit wellnesshouse.org or call 630.323.5150. For questions, please contact Amanda Woods at awoods@wellnesshouse.org or 630.654.5194.

Meditation for Stress Management

*In partnership with Mile Square Health Center

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 >

Mindfulness for Everyday Living

* In-Person

Tuesdays
10:30 – 11:30 a.m.
Registration Required
Learn how to use everyday mindfulness and guided imagery to relax the body, still the mind, and engage the spirit to cultivate positive feelings that can help cope with challenges.

Register here >

Guided Meditation

* In-Person

Thursdays
10:30 – 11:30 a.m.
Registration Required
Learn to relax your body, still your mind and engage your spirit through guided meditation.

Register here >

Meditation for Improved Sleep

Fridays
4:00 – 5:00 p.m.
Registration Required
Practice and experience relaxing your body and mind through deep breathing and guided imagery meditation. Utilize the learned techniques when experiencing difficulty sleeping.

Register here >

Wellness through Deep Hypnosis

*In partnership with Countryside Church

Saturday, December 4

In-Person in Palatine
10:00 a.m. – 12:00 p.m.
Staff registration required for in-person program only. Contact Kelli Mitchell at kmitchell@wellnesshouse.org or 630.654.5197.

Saturday, December 18

Online
10:00 – 11:30 a.m.
Rev. C. Scot Giles, D.Min.
Diplomat, National Guild of Hypnotists
Heartmath Certified Coach
Registration Required
Dr. Scot Giles, Renowned medical hypnotherapist, guides the group through self-hypnosis designed to help release pain and facilitate healing.

December: Creating a Relentless Positive Expectancy

Register here >

“The programs at Wellness House have helped me to understand the impact that stress has had on my daily life and to reduce that stress.”

Kathy, Wellness House Participant
Stress Management

Reiki Clinic
*In partnership with Countryside Church
Saturday, December 4
In-Person in Palatine
10:00 a.m. – 1:00 p.m.
Staff registration required for in-person program only. Contact Kelli Mitchell at kmitchell@wellnesshouse.org or 630.654.5197.

Saturday, December 18 Online
11:35 a.m. – 12:15 p.m.
Rev. Lindsay Bates, D.Min.
Level III Reiki Master Teacher
Reiki is a complementary healing practice that helps promote relaxation and alleviate stress; it is life force energy that works holistically to bring balance physically, emotionally, mentally and spiritually.
Register here >

Meditation for Holiday Stress
*In partnership with Advocate Good Samaritan | Bhorade Cancer Center
Wednesday, December 1
6:00 – 7:00 p.m.
Registration Required
Begin this holiday season by giving yourself the gift of meditation and breath. Join us for this session of meditation, visualization and affirmation. No previous meditation experience required. All are welcome.
Register here >

Journeying Inward:
Deep Relaxation for Stress Relief and Well-Being
Saturday, December 4
11:00 a.m. – 12:00 p.m.
Registration Required
Cecily Hunt, Certified Yoga Therapist
Join Cecily for an exploration of body, mind and breath as you gently move into a peaceful space. This class will combine relaxing breathwork, guided imagery where participants may experience deep relaxation.
Register here >

Mind Science Yoga
Saturday, December 4, 18
9:30 – 10:30 a.m.
Registration Required
Saumen Chattopadhyay, Mind Science Researcher and Meditation Guide
Experience a unique journey on a guided path developed with ancient Vedic practices of breathing, powerful mantra meditation and ‘samadhi.’ The workshop highlights the benefits that have been studied, experimented and validated by science and practice.
Register here >

Stress-Free Saturday
Saturday, December 11
9:30 – 10:30 a.m.
Registration Required
Enjoy the benefits of starting your weekend stress-free. Come to this class and experience a variety of stress reduction techniques.
Register here >

Mindfulness Meditation Circle
Monday, December 20
10:30 – 11:30 a.m.
Registration Required
This class will start with a short discussion and check-in and then will be guided with breathwork and meditation to help connect with your inner calm.
Register here >

Midday Mindful Reset Series
*In Partnership with Mile Square Health Center
Wednesdays
December 1, 8, 15, 22
12:00 – 1:00 p.m.
Registration Required
Looking for an alternative way to infuse your afternoons with energy and clearer purpose? Join Rachel 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 >

Self-Compassion Practice
Wednesday, December 15
6:30 – 7:30 p.m.
Registration Required
Participants will focus on increasing their capacity to appreciate the moment to help cultivate self-compassion.
Register here >

Stress-Less Breathing Techniques Series
Mondays
December 6, 13, 20
2:00 – 3:00 p.m.
Registration Required
Join Mary Lisa (ML) Wahlfeldt, owner and instructor Begin With Ten, in this experiential program. This 3-week series will slowly progress with content and light breathing exercises each week. Practicing the art of diaphragmatic breathing can help reduce stress and aid with sleep, among several added health benefits.
Register here >

Guided Meditation
Meditación Guiada
*En asociación con Mile Square Health Center
Cada tercer miércoles del mes
3:00 – 4:00 p.m.
Más información en página 22.

To learn more about our programs, please visit wellnesshouse.org
Stress Management

Expressive Arts

For questions, please contact Amanda Woods at awoods@wellnesshouse.org or 630.654.5194.

Winter Holiday Luminaria
*In partnership with Lemons of Love

In-Person

Monday, December 6
6:30 – 8:00 p.m.
Registration Required.

As a follow-up to our November Managing Stress Through the Holidays program, please join Caring Arts as we make space to relax and create beautiful hand-crafted luminaria to welcome the holiday season with light. If you missed Managing Stress Through the Holidays, you’re still welcome to join us!

Register here >

Flute Circle

Tuesdays
10:00 – 11:00 a.m.
Registration Required

Learn to play the Native American flute and how to express yourself through music. Flutes are not being distributed due to COVID-19 precautions. If you do not own a Native American flute, you are welcome to join and listen to the music.

Register here >

Copper Tooling

In-Person

Tuesdays
November 16 - December 21
4:30 – 6:30 p.m.
Staff Registration Required

To register, contact Amanda Woods at 630-654-5194 or awoods@wellnesshouse.org.

Participants will create images on copper foil using basic wood tools and techniques. Images will be raised above the surface for a 3D effect.

Mixed Media

Thursday, December 16
1:00 – 3:00 p.m.
Registration Required

Join Caring Arts Foundation to explore and develop your own creative center for the purpose of healing. A different theme and use of varied artistic materials will guide this session.

December: Snowy Trees

Register here >

Winter Color by Number

Thursday, Dec 9
1:00 – 2:30 p.m.
Registration Required

Enter a state of tranquility with color by number. Relax and focus your mind on completing a beautiful winter image.

Register here >

Fabricación de tarjetas en español
*En asociación con ALAS-Wings

Sábado, 13 de noviembre
10:00 – 11:30 a.m.
Más información en página 22.

Pastels

Friday, December 17
1:00 – 2:30 p.m.
Staff Registration Required

To register, contact Amanda Woods at 630-654-5194 or awoods@wellnesshouse.org.

Participants will create a beautiful winter image using pastels. Supplies will be provided.
Child & Family Programs

Child & Family Programs offer comprehensive educational and supportive programs for children, teens, parents and couples. Whether it is a parent, grandparent, child, sibling, partner or loved one diagnosed, these programs provide a safe, supportive space for all members of the family.

“At first I felt strange, but I can act like a regular kid here. I fit in here.”
Wellness House Participant

Groups for Kids and Teens

**NEW! Family Craft Time**
*In-Person*
**Thursday, December 2**
4:00 – 5:00 p.m.
**Registration Required**
Kids and parents will have a wonderful time creating crafty projects around a special theme each session. Led by an art instructor, this group provides families with the opportunity to express themselves and learn new art skills. All materials are provided!
**Register here >**

**Kids Survivors Group**
1st and 3rd Tuesdays
December 7, 21
4:00 – 5:00 p.m.
**Staff Registration Required**
To register, contact Beth Gomez, LCSW at 630.654.5115 or bgomez@wellnesshouse.org.
Children ages 5-12 who have a cancer diagnosis will have the opportunity to develop coping skills, explore feelings surrounding their diagnosis and connect with other children impacted by cancer.

**Turtles**
Mondays
No Group December 20 and 27
4:30 – 5:30 p.m.
**Staff Registration Required**
To register, contact Beth Gomez, LCSW at 630.654.5115 or bgomez@wellnesshouse.org.
A bereavement group for children ages 5-9. Through expressive arts and discussion, kids have an opportunity to express their grief and connect with others in a similar situation.

**Tween Turtles**
2nd and 4th Wednesdays
December 8 (no group December 22)
4:00 – 5:00 p.m.
**Staff Registration Required**
To register, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.
A bereavement group for older children ages 10-12. Through expressive arts and discussion, kids have an opportunity to express their grief and connect with others in a similar situation.

**Bedtime Relaxation for Kids**
2nd Thursdays
December 9
6:30 – 7:15 p.m.
**Registration Required**
Falling asleep can be hard to do! Children ages 5-12 are invited to join in this guided meditation time designed especially for kids, who will learn ways to calm their minds and relax their bodies to help ensure a good night’s sleep.
**Register here >**

Special Events

**Polar Express Drive-Through**
Tuesday, December 14
6:00 – 7:30 p.m.
**Staff Registration Required**
To register, contact Beth Gomez, LCSW at 630.654.5115 or bgomez@wellnesshouse.org.
Children and families are invited to take a drive through our Polar Express Winter Wonderland, with station stops along the way featuring fun activities and games, plus special surprises from Santa! Additional information about this event to be provided upon registration.

To learn more about our programs, please visit wellnesshouse.org
Child & Family Programs

Teen Turtles Bereavement Group
In-Person
2nd Tuesdays
December 14
4:00 – 5:00 p.m.
Staff Registration Required
To register, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.
A monthly bereavement support group for teens ages 13-18 who have lost a parent to cancer. The group provides teens with the opportunity to connect with others who are grieving the loss of a parent, discuss and learn about healthy coping strategies to manage stress and changes they are experiencing.

Teen Survivors Group
In-Person
3rd Tuesdays
December 21
4:00 – 5:00 p.m.
Staff Registration Required
To register, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.
A monthly support group for teens ages 13-18 who have a cancer diagnosis. The group will provide the opportunity for teens to connect with others who are in similar life situations, focusing on creative self-expression and discussion of healthy coping strategies to manage cancer-related stress, challenges and survivorship.

Teen Connections Support Group
In-Person
4th Tuesdays
No group in December
4:00 – 5:00 p.m.
Staff Registration Required
To register, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.
A monthly support group with discussion and hands-on activities for teens ages 13-18 who have a loved one with a current cancer diagnosis. The group provides teens with the opportunity to connect with others who are going through similar situations and discuss the impact cancer has had on their family. Teens will take part in creative self-expression activities while learning about healthy coping strategies.

Turtles Bereavement Group
for Parents
Wednesdays 5:00 – 6:15 p.m.
Staff Registration Required
To register, contact Jill Otto, LCSW at 630.654.7203 or jotto@wellnesshouse.org.
The loss of a spouse is a difficult time of life, especially when you are also faced with the challenges of parenting. This is an eight-week bereavement support group that will help connect you with other parents to receive support around your loss, discuss parenting concerns and find ways to help your family heal.

Groups for Parents and Family Caregivers

Parents of Children with Cancer
Networking Group
3rd Mondays
December 20
6:00 – 7:30 p.m.
Registration required
For questions, contact Beth Gomez, LCSW at 630.654.5115 or bgomez@wellnesshouse.org.
This monthly peer group provides an opportunity for parents of children and teens with a cancer diagnosis to explore the emotional, physical, and spiritual challenges of a child’s cancer diagnosis. Receive support, connect with other parents, and learn about helpful resources. Register here >

Grandparents Networking Group
In-Person
1st Thursdays
December 2
10:00 – 11:30 a.m.
Registration required
For questions, contact Beth Gomez, LCSW at 630.654.5115 or bgomez@wellnesshouse.org.
This networking group is designed especially for grandparents experiencing cancer in the family to connect with others and discuss ways to cope with challenges and connect with children and grandchildren during the cancer journey. Grandparents who are diagnosed with cancer and caregivers are all welcome. Register here >

Networking Group for Bereaved Dads of Young Children and Teens
2nd Tuesdays
December 14
7:00 – 8:30 p.m.
Registration required
For more information, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
Please attend this group if you are a bereaved dad of kids from newborn through college age and would like to benefit from the opportunity to exchange experiences, single dad parenting tips and support with others in the same situation. Register here >
Support Groups & Counseling

“Wellness House offers a huge range of support to all of us. The people working there are amazingly knowledgeable and kind. You will feel a part of something wonderful.” Wellness House Participant

Support Groups

New! Women of Color Cancer Connections Group
*In partnership with Mile Square Health Center
1st and 3rd Tuesdays
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.
Register here >

Newly Diagnosed Drop-in Support Group
In-Person
2nd and 4th Tuesdays
December 14 (no group December 28)
10:00 – 11:30 a.m.
Drop-ins Welcome
Connect with others who have been diagnosed in the last year, in this twice monthly drop-in support group to share experiences of navigating the cancer journey and improve coping skills.
Register here >

Cancer Connections Group
*In partnership with Rush-Oak Park Hospital
Mondays
5:00 – 6:30 p.m.
Drop-ins Welcome
For questions, contact Jill Otto, LCSW at 630.654.7203 or jotto@wellnesshouse.org.
This group provides an opportunity for people experiencing cancer and their caregivers to share information, connect with others in similar circumstances and improve coping skills.
Register here >

Individual Consultations
Consultations and short-term counseling are available to assist those who are diagnosed and family members in processing the impact of cancer and developing positive coping strategies. Individual bereavement support is also available.
For more information or to schedule an appointment, please contact Jill Otto, LCSW at 630.654.7203 or jotto@wellnesshouse.org.
**Breast Cancer Support Group**
*In partnership with Rush-Oak Park Hospital*

**Mondays**
7:00 – 8:30 p.m.
Staff Registration Required
Please contact Jill Otto, LCSW, at 630.654.7203 or jotto@wellnesshouse.org to register prior to attending.

This group provides an opportunity for breast cancer survivors to come together to exchange information and strategies for making decisions and navigating the breast cancer experience.

Please note, this group is for individuals diagnosed with breast cancer only.

**Living with Metastatic Breast Cancer Support Group**

**Tuesdays**
10:00 – 11:30 a.m.
Staff Registration Required
Please contact Jill Otto, LCSW at 630.654.7203 or jotto@wellnesshouse.org to register prior to attending.

Join other women facing metastasis of their breast cancer. This weekly group will focus on the ongoing challenges that arise from dealing with treatment, relationships, and facing the future.

**Cancer Support Group**

**Wednesdays**
3:00 – 4:30 p.m. and 7:00 – 8:30 p.m.
Staff Registration Required
Please contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org to register prior to attending.

Ongoing eight-week support group for people with cancer to share medical information, connect with others in similar circumstances and improve their coping skills.

**Caregiver Support Group**

**Wednesdays**
3:00 – 4:30 p.m. and 7:00 – 8:30 p.m.
Staff Registration Required
Please contact Jill Otto, LCSW at 630.654.7203 or jotto@wellnesshouse.org.

Share and learn with other caregivers about positive coping and self-care strategies in this ongoing support group that meets at the same time as the Cancer Support Group.

**Spanish Support Group for those Diagnosed with Cancer**

**Grupo de Apoyo para Personas Viviendo con Cancer**

**Cada martes**
4:00 – 5:30 p.m.
Más información en página 22

**Grupo de apoyo para el cáncer metastásico**

**Cada jueves**
10:00 – 11:30 a.m.
Más información en página 23

**Young Adult Caregiver Support Group**

**3rd Thursdays, December 16**
6:30 – 8:00 p.m.
Staff Registration Required
Please contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org to register.

Connect with other young adult caregivers in this monthly group, while receiving support, discussing managing a balanced lifestyle, and helpful resources while caring for a loved one with a cancer diagnosis.

**Living with Recurrent or Metastatic Cancer Support Group**

**Fridays**
10:00 – 11:30 a.m.
Drop-ins Welcome
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

This weekly group focuses on issues regarding recurrent and metastatic cancer and welcomes individuals diagnosed as well as family members supporting a loved one with cancer.

**Scanxiety Drop-in Support Group**

**Mondays**
3:00 – 4:30 p.m.
Drop-ins Welcome
For questions, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.

Connect with others in this weekly group, discussing stress and anxiety related to awaiting oncology tests and scans, often referred to as “scanxiety,” including helpful relaxation strategies.

**Women’s Drop-in Support Group**

**Tuesdays**
2:00 – 3:30 p.m.
Drop-ins Welcome
For questions, contact Thelma Razo, LSW at 630.654.7208 or trazo@wellnesshouse.org.

Women of all ages with a cancer diagnosis are invited to join in this weekly drop-in group to share in their experiences and cancer journey.

Register here >
Support Groups & Counseling

Men’s Drop-in Support Group
Tuesdays
12:00 – 1:30 p.m.
Drop-ins Welcome
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
Men of all ages with a cancer diagnosis are invited to join in this weekly drop-in group to share in their experiences and cancer journey.
Register here >

Support in Overcoming Stress (SOS) Alumni Support Group
4th Thursdays
December 23
5:00 - 6:30 p.m.
Staff Registration Required
Please contact Nevada Bennett, LPC, at 630.654.5346 or nbennett@wellnesshouse.org to register.
An ongoing support group for those who have completed the Support in Overcoming Stress (SOS) Series.

Bereavement Groups

Young Adult Bereavement Group
3rd Mondays
December 20
6:30 – 8:00 p.m.
Drop-ins Welcome
For questions, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.
Young adults ages 19-44 are invited to join in this monthly drop-in bereavement support group for an opportunity to connect with others who have experienced a cancer-related loss.
Register here >

Bereavement Networking Group for Those Who Have Lost a Parent
1st Thursdays
December 2
5:30 – 7:00 p.m.
Drop-ins Welcome
For more information, contact Nevada Bennett, LPC at 630.654.5346 or nbennett@wellnesshouse.org.
Join other bereaved adults (age 18 and older) who have lost a parent to cancer.
Register here >

Bereavement Drop-in Support Group
Tuesdays
5:00 – 6:30 p.m.
Drop-ins Welcome
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
For recently bereaved adults who have had a cancer-related loss. Losing someone you love can feel overwhelming, but you are not alone. Find others who can relate in this supportive environment.
Register here >

Transitions for Spouses
Meets twice every month
Staff Registration Required
Please contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org to register.
This is a committed bereavement support group to help spouses and partners develop coping techniques.
Register here >

Transitions Alumni Networking
4th Tuesdays
No Group in December
5:00 – 6:30 p.m.
Alumni Drop-ins Encouraged
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
Join other adults who have completed the Transitions for Spouses or Turtles bereavement programs at this monthly group to continue supporting one another.
Register here >

Monthly Peer Networking Groups

Death Café Alumni Networking Group
1st Tuesdays
December 7
7:00 – 8:30 p.m.
Drop-ins Welcome
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
Participants who have already participated in at least one Wellness House Death Café conversation and would like to continue to engage in discussion and support about dying and death are invited to participate in this monthly networking group.
Register here >

Healthcare Providers with Cancer Networking Group
3rd Thursdays
December 16
5:00 – 6:30 p.m.
Drop-ins Welcome
For questions, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.
This new monthly group invites those with a cancer diagnosis who are also working in healthcare professions including nurses, medical assistants, physicians and more to share about their experiences, including the unique challenges of serving others in a healthcare setting while navigating the cancer journey.
Register here >

Cancer in Your 30s and 40s Networking Group
4th Thursdays
December 23
7:00 – 8:30 p.m.
Drop-ins Welcome
For questions, contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@wellnesshouse.org.
This monthly group focuses on the unique challenges diagnosed individuals in their 30s and 40s face in addition to their cancer journey.
Register here >

To learn more about our programs, visit wellnesshouse.org
treatment such as juggling career, school-age children, relationships, and caring for aging family members.

Register here >

**LGBTQ Cancer Networking Group**
*In partnership with Mile Square Health Center*
3rd Wednesdays
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 >

**Parents of Children with Cancer Networking Group**
Drop-ins Welcome
See page 16 for full description.

Register here >

**Meaning-Centered Psychotherapy Alumni Networking Group**
2nd Tuesdays
December 14
3:00 – 4:30 p.m.
Staff Registration Required
Contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org to register.
Participants who have completed an eight-week Meaning-Centered Psychotherapy (MCP) course are invited to participate in this monthly peer networking group, which will provide the opportunity to exchange ongoing support toward maintaining and building on the meaning-based self-care plans they achieved in the MCP course.

**Stem Cell Transplant Networking Group**
1st Tuesdays
December 7
1:00 – 2:30 p.m.
Drop-ins Welcome
For questions, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.
This monthly online group is designed to help combat social isolation and address the unique concerns of participants who anticipate having a stem cell transplant and those who have recently undergone a stem cell transplant and are in the hospital or recovering at home.

Register here >

**Spiritual Side of Cancer**
2nd Thursdays
December 9
5:00 – 6:30 p.m.
Drop-ins Welcome
For questions, contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@wellnesshouse.org.
The focus of this monthly group is to create an environment in which people feel free 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.

Register here >

**New! Soul Chat: Cancer + Spirituality Discussion Group for Black, Indigenous and People of Color**
*In partnership with Mile Square Health Center and co-facilitated by Sydwel Nkosi, UI Health Pastoral Care Team*
4th Mondays
No Group in December
7:00 – 8:30 p.m.
Drop-ins Welcome
For questions, contact Maigenete Mengesha, Ph.D. at 630.654.5111 or mmengesha@wellnesshouse.org.
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.

Register here >

**Women’s Cancer Support Group**
*In partnership with Insight Chicago*
4th Fridays
(Note 3rd Friday for December)
December 17
9:00 – 10:00 a.m.
Staff Registration Required
Please contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@wellnesshouse.org to register prior to attending.
This support group provides an open environment for women in the community to discuss their cancer diagnoses, share ideas and support one another during and after their cancer treatment.

Register here >

**Grandparents Networking Group**
*In-Person*
Drop-ins Welcome
Please see page 16 for full description.

Register here >
Support Groups & Counseling

Diagnosis-Specific Monthly Peer Networking Groups

Drop-ins Welcome

Individual networking groups give people an opportunity to meet with others experiencing the same type of cancer as well as their caregivers.* The purpose is to exchange information and strategies for making decisions and navigating the cancer experience.* Please note the Breast, Gynecologic, and Prostate Groups are for individuals diagnosed with cancer only.

Brain Tumor
4th Thursdays
December 23
5:00 – 6:30 p.m.
For questions, contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@wellnesshouse.org
Register here >

Breast Cancer
4th Mondays
(Note 3rd Monday in December)
December 20
7:00 – 8:30 p.m.
For questions, contact Ellen Nieman, LCSW at 630.654.5198 or enieman@wellnesshouse.org.
Register here >

Breast Cancer
*In partnership with Insight Chicago
4th Fridays
(Note 3rd Friday in December)
December 17
11:00 a.m. – 12:30 p.m.
Staff Registration Required
To register, contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@wellnesshouse.org.
Register here >

Colon/Rectal Cancers
2nd Mondays
December 13
7:00 – 8:30 p.m.
For questions, contact Ellen Nieman, LCSW at 630.654.5198 or enieman@wellnesshouse.org.
Register here >

Gynecologic Cancers
2nd Thursdays, December 9
7:00 – 8:30 p.m.
For questions, contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@wellnesshouse.org.
Register here >

Head, Neck & Thyroid Cancers
3rd Tuesdays
December 21
7:00 – 8:30 p.m.
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
Register here >

Leukemia & Lymphoma
2nd Thursdays
December 9
7:00 – 8:30 p.m.
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
Register here >

Lung Cancer
First Thursdays December 2
5:00 – 6:30 p.m.
For questions, contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@wellnesshouse.org.
Register here >

Melanoma
4th Tuesdays
No Group in December
7:00 – 8:30 p.m.
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
Register here >

Metastatic Breast Cancer
1st Mondays
December 6
6:30 – 8:00 p.m.
For questions, contact Nevada Bennett, LPC at 630.654.5346 or nbennett@wellnesshouse.org
Register here >

Multiple Myeloma
3rd Thursdays
December 16
7:00 – 8:30 p.m.
For questions, contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@wellnesshouse.org
Register here >

Neuroendocrine Tumors (NET)
2nd Saturdays
December 4
10:30 a.m. – 12:30 p.m.
For questions, contact Maigenete Mengesha, Ph.D. at 630.654.5111 or mmengesha@wellnesshouse.org.
Register here >

Pancreatic Cancer
3rd Thursdays
December 16
5:00 – 6:30 p.m.
This program is sponsored by the Rolfe Pancreatic Cancer Foundation.
For questions, contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@wellnesshouse.org.
Register here >

Prostate Cancer
2nd and 4th Wednesdays
December 8, 22
9:30 – 11:00 a.m.
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
Register here >

Sarcoma Cancers
*In-Person
Limited Group Size, Advanced Registration Required
3rd Saturdays
December 18
11:00 a.m. – 12:30 p.m.
For questions, contact Ellen Nieman, LCSW at 630.654.5198 or enieman@wellnesshouse.org.
Register here >
**Programas de apoyo para el cáncer en español**

**Meditación Guiada**
*Tercer miércoles del mes*
3:00 – 4:00 p.m.

*Bienvenidos sin cita previa*
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 >]

**Grupo de Apoyo para Personas Viviendo con Cancer**
*Cada martes*
4:00 – 5:30 p.m.

*Bienvenidos sin cita previa*
Este grupo de apoyo está diseñado para abordar los desafíos emocionales que vienen con un diagnóstico de cáncer al brindar un espacio seguro para que las personas diagnosticadas con cáncer se reúnan para apoyarse mutuamente.

[Registrarse aquí >]

**Grupo de Apoyo para el Cáncer Metastásico**
*Cada jueves*
10:00 – 11:30 a.m.

*Se requiere registro con personal*
Para registrarse, comuníquese con Thelma Razo, LSW al 630.654.7208 o por correo electrónico a trazo@wellnesshouse.org.

Este grupo semanal se centra en cuestiones relacionadas con el cáncer recurrente y metastásico y da la bienvenida a las personas diagnosticadas, así como a los familiares que apoyan a un ser querido con cáncer.

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**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 con Thelma Razo a través de correo electrónico a trazo@wellnesshouse.org o por teléfono al 630.654.7208.*

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**Nutrición**

**Cocinar para el cáncer**
*En asociación con Mile Square Health Center*

**Cociñando Demostración / Discusión**
*Sábado, 4 de diciembre*
9:30 – 10:30 a.m.

*Se requiere registro*
Andrea Hinojosa, Dietista Registrada
Esta demostración de clase y cocina contará con recetas fáciles y saludables para ayudarle a incorporar deliciosamente los alimentos que combaten el cáncer en su dieta.

[Registrarse aquí >]

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**¡Nuevo!**

**Manejo de efectos secundarios**
*En asociación con Mile Square Health Center*

**Lunes, 13 de diciembre**
6:00 – 7:00 p.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 >]

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**¡Nuevo!**

**¿Qué es la dieta basada en plantas?**

**Jueves, 16 de diciembre**
10:00 a.m. – 11:00 a.m.

*Se requiere registro*
Madeline Butler-Sanchez, Dietista Oncóloga Bilingüe
Durante este tiempo, responderé sus preguntas sobre las dietas basadas en plantas, hablaré sobre sus beneficios, daré consejos para comer más alimentos de origen vegetal y más.

[Registrarse aquí >]
Wellness House Partner Network

Because Wellness House envisions a community where all people affected by cancer thrive, we maintain robust relationships with healthcare and community-based partners throughout metro Chicago. For people not able to get to our main location in Hinsdale, this creates access to Wellness House programs closer to home.

When we are able to meet in-person, the partnership programs featured throughout this program guide take place at the partner sites listed below; while programming remains online, participants are welcome to join any programs that feel relevant.

**ARLINGTON HEIGHTS**
Wheeling Township Office
1616 N Arlington Heights Rd
Arlington Heights, IL 60004

**BERWYN**
Pav YMCA
2947 Oak Park Ave
Berwyn, IL 60402

**CHICAGO**
ALAS-Wings
3023 N Clark St
Chicago, IL 60657

Center on Halsted
3656 N Halsted
Chicago, IL 60613

Insight Chicago
2525 S Michigan Ave
Chicago, IL 60616

Mile Square Health Center
1220 S Wood St
Chicago, IL 60608

St. Sylvester Church
2157 N Humboldt Blvd
Chicago, IL 60647

UI Health Cancer Clinic
1801 W Taylor St
Chicago, IL 60612

**DOWNERS GROVE**
Advocate Good Samaritan | Bhorade Cancer Center
3745 Highland Ave
Downers Grove, IL 60515

**ELMHURST**
Edward-Elmhurst Health | Elmhurst Memorial Hospital
155 E Brush Hill Rd
Elmhurst, IL 60126

**HINSDALE**
When able to meet in person, Wellness House team members provide on-site support at the Hinsdale locations of AMITA Health Cancer Institute and the offices of Sudarshan Sharma, M.D. and Srilata Gundala, M.D. In lieu of in-person support at this time, staff remains available to provide support through individual and family consultations, as well as information about and connection to Wellness House, over the phone.

Please contact Ellen Nieman, LCSW at 630.654.5198 or enieman@wellnesshouse.org to arrange for a consultation.

**LISLE**
Duly Health and Care
430 Warrenville Rd
Lisle, IL 60532

**MT. PROSPECT**
Lemons of Love
406 W Central Rd
Mt. Prospect, IL 60016

**OAK PARK**
Rush Oak Park Hospital
Medical Office Building
610 S Maple Ave
Oak Park, IL 60304

**PALATINE**
Countryside Church
1025 N Smith St
Palatine, IL 60067

**RIVER FOREST**
West Suburban Medical Center | Breast Care Center, River Forest Campus
420 William St
River Forest, IL 60305

For more information about partner locations, contact Kelli Mitchell at kmitchell@wellnesshouse.org or 630.654.5197.
Partners

Partners do not need to be patients of these hospitals in order to attend the groups and classes.

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.

Monthly donations change lives all year long.
A monthly gift of $10 or more can help people to fully live life with cancer and beyond.

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 Grainger Foundation
The Greer Foundation
Kara Foundation
Elizabeth Morse Genius Charitable Trust
Nayar Family Foundation
Edmond and Alice Opler Foundation
Pfizer