

Program Guide

¡Programas en español!
page 4

SPECIAL EVENT
see inside for details

Jodi-Ann Burey

*Creator and host of the
Black Cancer podcast,
cancer survivor and
TEDx speaker*



Ikea Johnson

Community Relations Advocate
ijohnson@wellnesshouse.org



Scan for more information

**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.*

January | February 2022

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.

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 >

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

Yoga for Cancer Series

Wednesdays

January 19, 26

February 2, 9

5:00 – 6:00 p.m.

Register here >

Pelvic Floor Yoga Level I

Tuesdays

January 4, 11, 18

11:00 a.m. – 12:15 p.m.

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.

Register here >

Pelvic Floor Yoga Level II

February 1, 8, 15, 11:00 – 12:15 p.m.

Build on your learnings from Level I as we focus on a new pelvic health topic each week.

February 1 - Hypertonicity

February 8 - Hypotonocity

February 15 - Initial post surgical support

Register here >

Introduction to Qigong

Wednesdays

February 2, 9, 16, 23

10:30 – 11:30 a.m.

Experience an intro to this gentle, ancient Chinese healing practice.

Register here >

Support and Counseling



Soul Chat: Cancer + Spirituality Discussion Group for Black, Indigenous and People of Color

4th Mondays

January 24, February 28

7:00 – 8:30 p.m.

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.

Register here >

Women of Color Cancer Connections Group

1st and 3rd Tuesdays

January 4, 18; February 1, 15

10:00 – 11:30 a.m.

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 >

LGBTQ+ Cancer Networking Group

3rd Wednesdays

January 19, February 16

10:00 – 11:30 a.m.

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 online support group to share experiences, coping strategies and support during the cancer journey. **Register here >**

Wellness House for LIVING with CANCER
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 Jady Chipman at 630.654.5116 or jchipman@wellnesshouse.org.



Meditation for Stress Management Mondays

5:00 – 6:00 p.m.

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

4:00 – 4:45 p.m.

Ever consider practicing Mindfulness or Meditation but don't know where to begin? TYM for Me is a seated class that introduces you to simple movements and breathing techniques used in Tai Chi and Yoga. These gentle practices improve breathing, reduce stress and increase happiness. We will conclude with a short 5-7 minute Guided Meditation. Level- Introductory/ Beginner.

[Register here >](#)

Dimensions of Wellness

Tuesdays

January 11, 18, 25

February 1

6:00 – 7:00 p.m.

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 >](#)

3D Paper Valentines

In-Person

Monday, February 7

10:00 – 11:30 a.m.

Create beautiful 3D valentines to give and spread some love! All materials provided.

[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

January 12, February 9

5:30 – 7:00 p.m.

*Registration Required Angela Dennison, Oncology Dietitian
Madeline Butler-Sanchez, Bilingual Oncology 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 Q & A: Should I avoid sugar?

Lecture / Active Group Discussion

Wednesday

January 26

6:00 – 7:00 p.m.

*Registration Required
Angela Dennison, Oncology Dietitian*

There is often confusion around the topic of sugar. Join Angela to learn more about this topic and get your questions answered.

[Register here>](#)

Managing Cancer Side Effects Lecture / Active Group Discussion

Wednesdays

January 19

February 16

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>](#)

January | February 2022

Program Guide

Information and Education



GUEST SPEAKER: **Jodi-Ann Burey**



What I Learned from Talking to People of Color About Cancer
Thursday, February 24 | 7:00 – 8:30 p.m.
Jodi-Ann Burey, creator and host of the Black Cancer podcast, cancer survivor and TEDx speaker

Join us for a conversation with sought-after speaker and writer, Jodi-Ann Burey. Jodi-Ann works at the intersections of race, culture, and health equity on a mission to disrupt "business as usual" to achieve social change. She is the creator and host of Black Cancer, a podcast about the nuances of the lives of people of color told through their cancer journeys. Jodi-Ann holds a Master's in Public Health from the University of Michigan. She prides herself on being a cool auntie, a twist-out queen, health advocate, adventurer and reluctant dog owner.

[Register here >](#)

Podcast Club: Black Cancer

Join us on February 17 at 7:00 p.m. to explore and discuss themes from an episode of Jodi-Ann's podcast.

[Register here>](#)

NEW! Hello, Beautiful

4th Wednesdays

January 26, February 23

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.

Returning to Work after Cancer Treatment

February 8

6:30 – 8:00 p.m.

Nicole Jarvis, LMSW, Assistant Director of Programs, Cancer and Careers

Learn about practical concerns that arise when dealing with cancer in the workplace. Whether you are looking for a new job after treatment or returning to the same job you had before treatment, this session will provide information to help you take your next steps.

[Register here >](#)

Programas de apoyo para el cáncer en español

Bienvenidos a Wellness House

Cada miércoles

5:30 – 6:30 p.m.

Se requiere registro

Únase a nosotros para tener la oportunidad de aprender más sobre cómo puede beneficiarse y comenzar en Wellness House.

[Registrarse aquí>](#)

Hacer frente a un nuevo diagnóstico de cáncer

Jueves 13 de enero

1:00 – 2:30 p.m.

Se requiere registro

Elizabeth Raigoza, LCSW, Clinical Social Worker, UI Health

Recibir un diagnóstico de cáncer puede ser abrumador.

Discutiremos las principales preocupaciones sobre un nuevos diagnósticos y estrategias prácticas para hacer frente a sus emociones.

[Registrarse aquí>](#)

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>](#)

Nutrición para el Cáncer 101: Comiendo cereales integrales

Sábado, 5 de febrero

9:30 – 10:30 a.m.

Registro requerido

Andrea Hinojosa, Dietista Registrada

Únase a nosotros para aprender más sobre estos alimentos y cómo incorporarlos en su dieta.

[Registrarse aquí>](#)

Cocinar para el cáncer

Sábado, 8 de enero

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.

[Restrarse aquí>](#)

Club del libro: Las Cinco Invitaciones by Frank Ostaseski

Jueves, 6 de enero al 10 de febrero

3:00 – 4:00 p.m.

Se requiere registro

Thelma Razo, LSW, Terapeuta Familiar de Apoyo Oncólogo Bilingüe, Wellness House

[Registrarse aquí>](#)

¡Nuevo! Manejo de efectos secundarios

Jueves, 20 de enero

10:00 – 11:00 a.m.

Jueves, 17 de febrero

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

[Register here>](#)

Consultas Nutricionales Individuales

Se requiere registro

Para programar una cita, comuníquese con Madeline Bulter-Sanchez al 630.654.5101 o msanchez@wellnesshouse.org.