Welcome to Wellness House. We are a team of warm and caring experts ready to help. We’re here for those who are newly diagnosed, in treatment, post treatment, caregivers and families. All programs are provided at no cost.

Visit wellnesshouse.org or call 630.323.5150
Connect with us today!
Everything we do is to prepare and empower people to fully live life with cancer and beyond. Wellness House is a nonprofit and here for everyone, no matter where you’re receiving your medical treatment. Our classes are taught by experts who can help you through every step of cancer. Learn more at wellnesshouse.org.

Information and Education

Access to current and reliable information on topics like new treatments, managing side effects and coping with cancer can help you feel empowered and stay informed.

Top Doc Lectures, Classes, Workshops, Webinars and On-Demand Videos

- Feel empowered with reliable information
- Learn about options
- Gain new skills

Brows, Scarves, Wigs, and More
Wig consultations and makeup and scarf-tying classes are designed to help you look and feel your best. For more information, contact 630.323.5150.

Nutrition

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

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

- Improve food choices
- Discover new nutrient-dense foods and delicious recipes
- Reduce side effects such as poor appetite, nausea, diarrhea/constipation

Connect with an oncology dietitian
For individualized nutrition and class recommendations, contact Angela Dennison at adennison@wellnesshouse.org or 630.654.5196.

Exercise

Exercise is safe and recommended before, during and after cancer treatment. No experience required and all abilities welcome.

Exercise, Yoga, Mind/Body Movement and Individual Consultations

- Increase energy
- Improve quality of life
- Reduce side effects such as fatigue, neuropathy, lymphedema, osteoporosis and nausea

Connect with an oncology exercise specialist
Contact Amanda Woods at awoods@wellnesshouse.org or 630.654.5194 to schedule an appointment.

Stress Management

Experience relaxation and learn stress management techniques to relax your body, still your mind, engage your spirit, and improve quality of life.

Meditation, Mindfulness, Expressive Arts, Distant Reiki and Healing Touch

- Learn to manage stress
- Improve coping skills
- Increase your sense of well being

Call for a consultation
Contact Amanda Woods at awoods@wellnesshouse.org or 630.654.5194.
You'll find community here. **Connect with us today. Call 630.323.5150**

### Child and Family

**Our family programs** give kids, teens, and parents a place to learn, express how they're feeling, and heal.

*Kids and Teen Groups, Counseling for Children, Teens, Couples and Families, Fun Family Events*

- Navigate cancer together as individuals and families
- Improve communication
- Feel understood

**Connect with a Child & Family Counselor**

Consultations and short-term counseling assist parents, families, and couples in talking to children about cancer. Families of all traditions are welcome. Contact Beth Gomez, LCSW at 630-654-5115 or bgomez@wellnesshouse.org to schedule an appointment.

### Support Groups and Counseling

**Connecting with others** who understand what you’re going through is important, whether you have cancer or are close to someone who does.

*Support Groups, Caregiver Groups, Diagnosis-Specific Networking, Individual Counseling, Bereavement*

- Manage the emotions of the cancer journey
- Share and connect with supportive peers
- Improve health outcomes by reducing isolation

**Connect with an oncology counselor**

Contact Nevada Bennett at nbennett@wellnesshouse.org or 630.654.5346 to learn which groups will best fit your needs or schedule a counseling appointment.

### 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 at wellnesshouse.org/burey](http://wellnesshouse.org/burey)

### SAVE THE DATE!

**No Cure for Being Human with Kate Bowler**

**Thursday, April 14**

Kate Bowler, New York Times Bestselling Author, Cancer Survivor, Duke Professor and Incurable Optimist!
WELCOME TO WELLNESS HOUSE ORIENTATION

New to Wellness House? This is a great place to begin. Join us for an orientation that provides an overview of programs and an opportunity to learn more about the ways to benefit from Wellness House. Choose a day and time that works for you.

Register at [https://wellnesshouse.org/welcome-to-wellness-house/](https://wellnesshouse.org/welcome-to-wellness-house/) or call 630.323.5150.

Comuníquese por correo electrónico a [información@wellnesshouse.org](mailto:información@wellnesshouse.org) o llame al 630.654.5529.

### Hot Topics in Colorectal Cancer

**Saturday, March 26**
**9:00 a.m. – 12:00 p.m.**

**Registration Required**

Join top oncologists, surgeons, and healthcare professionals in the Chicagoland area to learn about the latest updates in the research, treatment and side effect management for colorectal cancer.

Find out more at wellnesshouse.org or call 630.323.5150.

**Visit wellnesshouse.org or call 630.323.5150.**