

Program Guide

Free
Cancer
Support

David - Participant
Story on page 4

Guest Speakers:
Jodi-Ann Burey, *Black
Cancer podcast host*
Kate Bowler, *No Cure for
Being Human author*
¡Programas en español!

Now online and in-person

Don't Miss Our Special Events!



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 >

SAVE THE DATE!

Kate Bowler **No Cure for Being Human**

Thursday, April 14

Kate Bowler, New York Times bestselling author, cancer survivor, and Duke professor!

Register here >



Some Enchanted Evening **Friday, February 11**

To register, contact Beth Possley at 630.65.5195 or

bpossley@wellnesshouse.org.

You and a love one are invited to join this very special virtual evening. Begin by learning how to prepare a charcuterie board,

enjoy a light dinner, followed by music and virtual conversation with other couples.

Increasing Intimacy

Wednesdays

February 16 and 23

5:00 – 6:30 p.m.

Registration Required

For more information, contact Jill Otto, LCSW at 630.654.7203 or jotto@wellnesshouse.org.

Cancer can have wide ranging impacts on intimate relationships, creating emotional and physical challenges that can increase stress and decrease closeness and sexual intimacy. This interactive series will include exercises to help identify your needs for intimacy and explore new ways to meet them. **Register here >**



Happy Hearts

Tuesday, February 8 | 6:00 – 7:30 p.m.

Staff Registration Required

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

Join us for this family event celebrating love! Dress in your favorite Valentine's Day colors or attire. We will have yummy treats, arts and crafts, and lots of family fun and laughter. Curbside supply pick-up date to be provided following registration.

Table of Contents

Hours of Operation

Monday - Thursday

Reception desk: 9:00 a.m. – 7:30 p.m.
Programs: 7:30 a.m. – 8:30 p.m.

Friday

Reception desk: 9:00 a.m. – 5:00 p.m.
Programs: 7:30 a.m. – 5:00 p.m.

Saturday

Reception desk: 9:00 a.m. – 12:00 p.m.
Programs: 7:30 a.m. – 1:00 p.m.

Sunday: Closed

Closed:

Saturday, January 1

02 | Special Events

04 | Information & Education

08 | Nutrition

11 | Exercise | Drop-in Classes | Committed Classes

15 | Stress Management | Wellness Tune-Ups | Mind/Body | Expressive Arts

18 | Child & Family Programs | Family Wellness | Kids & Teens | Kids & Parents


20 | Support Groups & Counseling | Weekly Support | Peer Networking | Bereavement

25 | Programas de apoyo para el cáncer en español

27 | Wellness House Partner Network Information

Coming Together Again— Wellness House Returns to In-Person Programs

Last spring, after more than a year of 100% online programming, we launched our phased return to in-person program plan, Coming Together Again. This winter, we will continue to offer individual consultations and appointments in-person, and we will continue the phased addition of in-person group programs. Registration is limited for in-person programs, and screening and safety measures will be in place at the house. Online programs will remain available.

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.

New to Wellness House?

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

Welcome to Wellness House Orientation


Mondays

12:00 – 1:00 p.m. **Register here >**

Tuesdays

3:30 – 4:30 p.m. **Register here >**

Wednesdays

 **In-Person**
9:30 – 10:30 a.m. **Register here >**


Thursdays

 **In-Person**
5:30 – 6:30 p.m. **Register here >**

Fridays

12:00 – 1:00 p.m. **Register here >**

Saturdays

 **In-Person**
January 8, 15, 22, 29
February 5, 12, 19, 26
9:30 – 10:30 a.m. **Register here >**

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.



Top Doc Lecture Series



Advances in Treatment of Neuroendocrine Tumors

Thursday, January 13
7:00 – 8:30 p.m.

Registration Required
Xavier Keutgen, MD and
Chih-Yi Liao, MD, University
of Chicago Medicine

Learn about current research and advances in treatment options for neuroendocrine tumors. Overall survivorship and side effect management will also be discussed.

[Register here >](#)



Top Questions Breast Cancer Patients Ask

Tuesday, January 25

7:00 – 8:30 p.m.

Registration Required
Kirti Kulkarni, MD, Radiologist,
UChicago Medicine; and Representative,
Siona Health Care

From genetics and follow-up screenings to lymphedema and mastectomy bras, learn about common questions and misconceptions survivors can have during breast cancer. An expert fitter from Siona Health Care will be present to talk about breast care products post-treatment.

[Register here >](#)



Liver Health & Updates in Liver Cancer Chemotherapy Options

Thursday, January 27
6:30 – 8:00 p.m.

Registration Required
Sheila L. Eswaran, MD, MS,
Rush University Medical Center
Participants will learn about primary liver cancer, metastatic cancer involving the liver, and new advances in liver cancer chemotherapy options. Dr. Eswaran will also discuss liver function and dysfunction, and provide insight on keeping the liver healthy.

[Register here >](#)



Living with Advanced Stage Cancer

Tuesday, February 22

7:00 – 8:30 p.m.

Registration Required
Neil Kanu Dalal, DO, Hematologist
and Oncologist, Advocate Health Care
Join this presentation to learn about medical treatment decisions during advanced stage cancer, talking with loved ones about your situation, and ways to cope with emotional aspects.

[Register here >](#)

David - Participant



It was a beautiful Sunday afternoon in July 2019 when David first noticed unusual symptoms. He was coaching his daughter's softball team when, during warmups, David noticed he couldn't catch any ball that was thrown to his right side. He didn't think much of it until the following week. While at work, David experienced more unusual symptoms including migraine-like pain, vomiting, speaking out of turn, and walking as if inebriated.

By Thursday, he was admitted to the hospital and had an MRI which revealed a baseball-sized tumor in his right frontal temporal lobe. He was diagnosed with oligodendroglioma (Grade 3).

David went to Rush University Medical Center and had surgery under Dr. Richard Byrne, a renowned neurosurgeon. "He removed everything he could see and told me that the best case scenario was that I would never see him again," says David.

After the surgery, David completed several rounds of radiation, chemotherapy and a blood transfusion. His tumor has been stable since then.

While seeking support for his diagnosis, David and his wife attended the American Brain Tumor Association National Conference. A guest speaker advised the attendees to find support locally. This led David to discover Wellness House.

David has participated in numerous Wellness House programs including the weekly Men's Support Group, the Brain Tumor Group, Cancer in Your 40s Group, the Spirituality Group, and the Meaning-Centered Psychotherapy Group. **"The Spirituality Group in particular deepened my faith immensely.** I always believed God was calling me to be a teacher," says David, who now teaches several faith formation classes.

As for his two daughters, David uses The Legacy Project assignment from his Meaning-Centered Psychotherapy group to pass on a piece of himself to them. He has taken the course a few times, and this time David is purchasing bibles and highlighting his favorite passages. "I want my legacy for my daughters to be my gift of faith," says David. "I feel truly blessed."



Information & Education

“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, January 11 | 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.

Balancing Life as a Caregiver

**In-Person*

Thursday, January 6

6:30 – 8:00 p.m.

Registration Required

Katie Durbin, MSW, LCSW, Owner & Clinician, Health Transitions Counseling

Taking care of a loved one can be rewarding but also weigh on one's emotional health. In this session, participants will learn tips for managing anxiety about the future, building stronger support systems, and finding time for self-care.

[Register here >](#)

Frank Ostaseski

PRÓLOGO DE LA DRA. RACHEL NAOMI REMEN

**Las
cinco
invitaciones**

Descubre lo que la muerte puede enseñarnos sobre la vida plena

WELLNESS HOUSE

BOOK CLUB

**Las cinco invitaciones by
Frank Ostaseski (In Spanish)**

**Jueves, 13 de enero al 10
de febrero**

3:00 – 4:00 p.m.

Mas información en pagina 25

Women's Pelvic Health after Cancer

Tuesday, January 11

7:00 – 8:30 p.m.

Registration Required

*Sarah Oldham, PT, CCCE, CAPP-OB,
Pelvic Floor Specialist, Advocate Good
Samaritan Hospital*

Come and learn about changes to one's body, with a special focus on the pelvic floor, following cancer treatments. Sarah Oldham, PT, will address incontinence, pelvic floor pain, returning to sexual activity and provide tips on what we can do to promote health, wellness and recovery. We will talk about possible changes to our body/side effects of treatment and how to promote a new and healthy normal.

[Register here >](#)



Information & Education

Reiki Share

Tuesdays

January 11, February 8

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 >

Weigh to Go! Managing Weight after Cancer

🌸 In-Person

Thursdays

January 13 - March 10

1:00 – 2:30 p.m.

Staff Registration Required

Please contact Ellen Nieman at

630.654.5198 or

enieman@wellnesshouse.org to register.

Both educational and experiential, this series is for cancer survivors who have completed treatment and explores the behavioral changes needed for healthy weight management. Many cancer survivors struggle with weight-related issues following cancer treatments. This program explores the behavioral changes needed for healthy weight management. Learn simple tips to improve diet and increase physical activity. Each session will provide a supportive group environment where individuals will be guided to understand their readiness to change and use their interests, goals, and needs to create a personal "Lifestyle Change Plan." All participants must complete a consultation prior to Tuesday, January 11.

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

REROUTING: Choosing Your Course After Cancer, Five-Week Post-Treatment Series

Tuesdays

January 18 - February 15

10:00 – 11:30 a.m.

Tuesday, January 18 – Introduction

Tuesday, January 25 – Exercise

Tuesday, February 1 – Nutrition

Tuesday, February 8 – Social, Emotional, and Practical Aspects

Tuesday, February 15

6:30 – 8:00 p.m. – Medical Concerns

Registration Required

(You will receive the most benefit from attending each week in this series, though it is not required)

Finishing cancer treatment often elicits a full range of emotions, as well as a new range of physical concerns and questions for both patients and caregivers. Grab your lunch and join us for this interactive five-week series that will provide the information you need to create your course after cancer treatment.

Register here >

Set Yourself up for Success with Exercise

Thursday, January 20

2:00 – 3:00 p.m.

Registration Required

Amanda Woods, MS, ACSM/ACS CET,

ACSM EP-C, Wellness Programs Coordinator

Regular exercise during and after cancer offers numerous benefits – such as increased energy and reduced anxiety – but getting started or creating a routine you can maintain can be challenging. Learn about ideal weekly activity, the importance of setting goals, and how to stay on track with your exercise routine.

Register here >

Reiki For You: Level 1

🌸 In-Person

Thursday, January 20 and

Thursday, January 27

9:00 a.m. – 1:00 p.m.

Registration Required

Jane Van De Velde, DNP, RN,

Reiki Master Teacher

Reiki is a complementary healing practice that helps promote relaxation and alleviate stress. Reiki is life force energy that works holistically to bring balance physically, emotionally, mentally, and spiritually. In this class, you will learn about working with Reiki energy and how to offer Reiki to yourself every day. Participation in both sessions is required.

Register here >

The Role of Cannabis During Cancer

Tuesday, February 1

6:30 – 8:00 p.m.

Registration Required

Judith Paice, PhD, RN

Director, Cancer Pain Program

Division, Hematology-Oncology

Northwestern University, Feinberg

School of Medicine

Few topics are as controversial, and polarizing, as the use of cannabis in people with cancer. This presentation will describe the types of cannabis, routes of administration, potential benefits as well as risks, and the process for obtaining a medical cannabis registry card in Illinois.

Register here >

Estate Planning in the New Year

Thursday, February 3

5:00 – 6:30 p.m.

Registration Required

Mitha Rao, Founder and Managing

Attorney, Rao Legal, LLC

Start the new year by providing peace of mind for yourself and your loved ones. In this presentation, we will share info on recent legal changes that impact estate planning and provide tips to help you craft an estate plan that honors your needs and wishes.

Register here >



Information & Education



Healing is Always Possible Even When Cure is Not **Thursday, February 10 | 7:00 – 8:30 p.m.**

Registration Required

Kelly Grosklags, National Speaker, Therapist and Author

No matter the struggles you are facing, healing is possible. Learn the four mantras of healing, how to incorporate them into your daily life and how they will add to your quality of living. Kelly will share about the importance of connecting with others, and how families can be together in a simplistic, yet profound way. Finally, she will challenge the belief that hospice is "giving up."

Register here >

WELLNESS HOUSE BOOK CLUB

A Comforted Heart: An oncology psychotherapist's perspective on finding meaning and hope during illness and loss

**Thursdays, February 17, 24
4:00 – 5:00 p.m.**

Registration Required

Ellen Nieman, MSW, LCSW, Wellness House

After Kelly's presentation on February 10, join us to discuss the reflections and insights in her book *A Comforted Heart: An oncology psychotherapist's perspective on finding meaning and hope during illness and loss*.

Over more than 25 years, Kelly Grosklags, LCSW has collected wisdom, hope and perspective from the many people she has served. A *Comforted Heart* is an inspiring glimpse into those stories and an important reminder of living a life of hope and peace regardless of life's circumstances.

Register here >

Returning to Work after Cancer Treatment

**In Partnership with Mile Square Health Center*

**Tuesday, February 8
6:30 – 8:00 p.m.**

Registration Required

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 >

Coping with a New Cancer Diagnosis (In Spanish)

Hacer frente a un nuevo diagnóstico de cáncer

**Jueves 13 de enero
1:00 – 2:00 p.m.**

Mas información en pagina 25.

Podcast Club: Black Cancer

**In partnership with Mile Square Health Center and Young And A Survivor (YAAS)*

**Thursday, February 17
7:00 – 8:30 p.m.**

Registration Required

Join us to explore and discuss themes from an episode of Jodi-Ann's podcast series.

Register here >

Wellness House Webinars and Video Series

Registration Required

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!



Scan the code above to see what's offered

Grief Wellness

**Tuesday, February 15
4:00 – 5:30 p.m.**

Registration Required

Marelda Rodrigues, CNMT, FMCHC, Grief Massage Therapist, Functional Medicine Certified Health Coach

Learn the signs of grief in your body (no matter the loss event), how they affect your health, and what to do so you can ditch the struggle and live a meaningful life.

Register here >

Advanced Care Planning with "Five Wishes"

**In-Person*

**Saturday, February 26
11:00 – 12:30 p.m.**

Registration Required

Kandis Draw, Community Health Worker, JourneyCare

Participants will be guided through an overview of the Five Wishes, legal document (in Illinois) and complete approach to discussing and documenting care and comfort choices should you become seriously ill.

Register here >



Nutrition

“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

Cooking Programs

Cooking Up Wellness

Cooking Demonstration/Discussion

Saturdays

January 8, February 12

10:30 a.m. – 12:00 p.m.

Online

Mondays

January 17, February 21

6:00 – 7:30 p.m.

** In-Person*

Registration Required

*Madeline Butler-Sanchez, Bilingual
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 >

Wellness in Action: Cook-Along Program

** In-Person*

Hands-On Cooking Class

Monday, January 10

10:00 – 11:30 a.m.

Thursday, February 24

5:30 – 7:00 p.m.

Staff Registration Required

*To register, contact Angela at
630.654.5196 or*

adennison@wellnesshouse.org.

Angela Dennison, Oncology Dietitian

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

Cooking for Cancer

Cooking Demonstration/Discussion

**In partnership with Mile Square*

Health Center

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! Cooking with Whole Grains

Cooking Demonstration / Discussion

Thursday, January 13

6:00 – 7:30 p.m.

Registration Required

Adrienne Felder, MA, LCPC,

Professional Chef

Join Adrienne to learn how to incorporate more whole grains in a tasty and healthy way.

Register here >

NEW! Wellness in Season:

Supporting a Healthy Immune System

** In-Person*

Cooking Demonstration/Discussion

Friday, January 14

2:00 – 3:30 p.m.

Registration Required

Madeline Butler-Sanchez, Bilingual

Oncology Dietitian

Join us for a fun afternoon of cooking

with a focus on foods that are supportive of a healthy immune system. Learn how to incorporate these foods into a cancer-fighting diet.

Recipes may contain common food allergens.

Register here >

Eating and Cooking

During Treatment

Cooking Demonstration/Discussion

Thursday, January 20

12:30 – 2:00 p.m.

Online

Monday, February 28

6:00 – 7:30 p.m.

** In-Person*

Registration Required

Adrienne Felder, MA, LCPC,

Professional Chef

Madeline Butler-Sanchez, Bilingual

Oncology Dietitian

Eating during treatment can turn into a chore. Join us to learn more about foods and recipes that can be helpful when you are feeling unwell. Caregivers are welcome.

Register here >

Antioxidant Favorites

Cooking Demonstration/Discussion

Saturday, January 22

9:30 – 10:30 a.m.

Registration Required

Katie Weir, Registered Dietitian

This class will focus on specific antioxidants and the foods they are found in. Learn how these foods can reduce the risk of cancer and tips to include them into your everyday diet.

Register here >

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



Nutrition

Snack & Learn

Cooking Demonstration/Discussion

Tuesday, January 25

Monday, February 14

3:00 – 3:30 p.m.

Registration Required

Angela Dennison, Oncology Dietitian

Madeline Butler-Sanchez, Bilingual

Oncology Dietitian

This short and informative class will focus on one plant-based food or nutrient along with a quick demonstration of how to incorporate it into a delicious and nutritious snack.

[Register here >](#)

NEW! Knife Skills

Demonstration/Discussion

Monday, February 7

6:00 – 7:00 p.m.

Registration Required

Adrienne Felder, MA, LCPC,

Professional Chef

Developing your knife skills can make meal prep more efficient. Join Adrienne to gather tips and tricks that can be used on a daily basis.

[Register here >](#)

Healthy Cooking for Breast Cancer

Cooking Demonstration/Discussion

In-Person at River Forest

Breast Care Center

Thursday, February 17

2:30 – 4:00 p.m.

Registration Required

Madeline Butler-Sanchez Bilingual

Oncology Dietitian

There is often confusion around 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 >](#)

NEW! Adrienne's Favorite Kitchen Tools

Monday, February 28

12:30 – 2:00 p.m.

Registration Required

Adrienne Felder MA, LCPC,

Professional Chef

Kitchen tools may feel overwhelming or seem impractical, but they can save you time in kitchen, while boosting flavor. Join Adrienne to learn more about the kitchen tools she highly recommends.

[Register here >](#)

Presentations/ Discussions

NEW! Cancer Nutrition 101:

Eating Whole Grains

Lecture / Active Group Discussion

Monday, January 3

6:00 – 7:00 p.m.

Registration Required

Madeline Butler-Sanchez Bilingual

Oncology Dietitian

Whole grains are important for a healthy diet. Join us to learn more about these foods and how to incorporate them into a cancer fighting diet.

[Register here >](#)

Managing Side Effects

Thursday, January 6

12:30 – 1:30 p.m.

Mondays

February 7, 21

12:30 – 1:30 p.m.

Online

Thursdays

January 13, February 3

12:30 – 1:30 p.m.

In-Person

Registration Required

Madeline Butler-Sanchez,

Bilingual Oncology Dietitian

Angela Dennison, 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 >](#)





Nutrition

NEW! Cancer Nutrition 101: Building a Healthy Pantry

Lecture / Active Group Discussion

**In-Person*

Thursday, January 6

6:00 – 7:00 p.m.

Registration Required

Angela Dennison, Oncology Dietitian

Keeping healthy foods at home can aid in healthy and easy meal prep. Join us to learn more about recommended pantry staples to keep on hand.

Register here >

NEW! Mindful Eating Series

**In Partnership with Lemons of Love*

Lecture / Active Group Discussion

Mondays

January 10, 24

6:00 – 7:00 p.m.

Registration Required

Madeline Butler-Sanchez, Bilingual

Oncology Dietitian

During this series, you will be introduced to mindful eating. We will explore "the nine hungers" that commonly drive how we eat. Join us to mindfully investigate levels of hunger, cravings, fullness, satisfaction, eating patterns, body sensations and gratitude for the body.

Register here >

Managing Cancer Side Effects

Lecture / Active Group Discussion

**In partnership with Mile Square*

Health Center

Wednesday, 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 >

NEW! Cancer Nutrition Q & A: Should I avoid sugar?

Lecture / Active Group Discussion

**In partnership with Mile Square*

Health Center

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 >

NEW! Managing Taste Changes from Treatment

Lecture / Active Group Discussion

**In partnership with Insight Chicago*

Thursday, January 27

6:00 – 7:00 p.m.

Registration Required

Angela Dennison, Oncology Dietitian

If you are experiencing taste changes that leave your food tasting metallic, bitter, salty or muted, join us to gather helpful strategies that may improve this side effect.

Register here >

NEW! Cancer Nutrition Q & A: Alcohol Intake

Monday, January 31

6:00 – 7:00 p.m.

Registration Required

Madeline Butler-Sanchez Bilingual

Oncology Dietitian

Join this program to learn more about alcohol intake and cancer risk, while getting your questions answered on this important topic.

Register here >

NEW! Cancer Nutrition Connections: Heart Health

Thursdays

February 3, 10

6:00 – 7:30 p.m.

Registration Required

Angela Dennison, Oncology Dietitian

Cancer treatments may have a negative impact on heart health. Join Angela to learn more about this topic and how nutrition

can make a positive impact. The follow up cooking demonstration will help you put the recommended foods onto your plate.

February 3: Lecture

February 10: Cooking Demonstration

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 25.*

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.



Exercise

Drop-In Exercise Classes | Descriptions

Please pre-register by visiting wellnesshouse.org and using the link next to class on page 12. 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.

Qigong

Standing meditation with very gentle hand movements that relaxes the body and mind while activating the parasympathetic system. The gentle, rhythmic movements can reduce stress, build stamina, increase vitality, and enhance the immune system.

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.





Exercise

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.



Yoga for Cancer Series
*In Partnership with Mile Square Health Center
Wednesdays
January 19, 26
February 2, 9
5:00 – 6:00 p.m.
[Register here >](#)

MONDAY

- 8:00 a.m.** Bodyweight Exercises for Strength and Balance (8:00 – 8:45 a.m.) [Register here >](#)
- 9:30 a.m.** Tai Chi [Register here >](#)
- 10:00 a.m.** Yoga for Cancer (10:00 – 10:45 a.m.) [Register here >](#)
- 10:00 a.m.** Beginner Mat Yoga **In partnership with Wheeling Township.* [Register here >](#)
- 12:30 p.m.** Chair Yoga (12:30 – 1:00 p.m.) [Register here >](#)
- 6:30 p.m.** Beginner Mat Yoga [Register here >](#)

TUESDAY

- 9:00 a.m.** Nia 🌸 *In-Person* *Requires Medical Release/Health History prior to attending.
- 9:30 a.m.** Restore Your Core after Cancer (9:30 – 10:15 a.m.) [Register here >](#)
- 11:45 a.m.** Chair Yoga (11:45 a.m. – 12:30 p.m.) [Register here >](#)
- 6:00 p.m.** Tai Chi [Register here >](#)
- 6:00 p.m.** Beginner Mat Yoga **In partnership with Lemons of Love.* [Register here >](#)

WEDNESDAY

- 8:00 a.m.** Bodyweight Exercises for Strength and Balance (8:00 – 8:45 a.m.) [Register here >](#)
- 9:30 a.m.** Pilates *Requires Medical Release/Health History prior to attending.
- 9:30 a.m.** Yoga for Cancer **In partnership with Mile Square Health Center.* [Register here >](#)
- 11:45 a.m.** Chair Yoga (11:45 a.m. – 12:15 p.m.) [Register here >](#)
- 4:00 p.m.** Stretching through Cancer (4:00 – 4:45 p.m.) **In partnership with Mile Square Health Center.* [Register here >](#)
- 5:30 p.m.** Beginner Mat Yoga [Register here >](#)

THURSDAY

- 9:15 a.m.** Beginner Mat Yoga [Register here >](#)
- 9:30 a.m.** Beginner Chair Yoga (9:30 – 10:15 a.m.) [Register here >](#)
- 12:30 p.m.** Beginner Chair Yoga (12:30 – 1:00 p.m.) [Register here >](#)
- 2:00 p.m.** Restore Your Core after Cancer (2:00 – 2:45 p.m.) [Register here >](#)
- 3:00 p.m.** Chair Tai Chi (3:00 – 3:45 p.m.) **In partnership with Mile Square Health Center.* [Register here >](#)
- 6:30 p.m.** Stretching through Cancer (6:30 – 7:15 p.m.) **In partnership with Mile Square Health Center.* [Register here >](#)

FRIDAY

- 8:00 a.m.** Bodyweight Exercises for Strength and Balance (8:00 – 8:45 a.m.) [Register here >](#)
- 9:00 a.m.** Qigong [Register here >](#)
- 10:00 a.m.** Beginner Chair Yoga **In partnership with Insight Chicago.* [Register here >](#)
- 10:30 a.m.** Beginner Mat Yoga [Register here >](#)
- 10:45 a.m.** Beginner Chair Yoga (10:45 – 11:30 a.m.) [Register here >](#)

SATURDAY

- 8:30 a.m.** Pilates *Requires Medical Release/Health History prior to attending.
- 11:00 a.m.** Spanish Language Yoga **In partnership with ALAS-Wings + Pav YMCA.* [Registrarse aquí](#)
- 12:30 p.m.** Beginner Chair Yoga (12:30 – 1:15 p.m.) 🌸 *In-Person*



Exercise

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.



Exercise

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

9:00 a.m.	Exercise After Cancer Tx I (9:00 – 9:45 a.m.) 🌸 <i>In-Person</i>
10:30 a.m.	Exercise During Cancer Tx II
11:30 a.m.	Exercise During Cancer Tx I
4:30 p.m.	Exercise After Cancer Tx II (4:30 – 5:15 p.m.) 🌸 <i>In-Person</i>
5:30 p.m.	Exercise After Cancer Tx I
6:30 p.m.	Pink Ribbon Fitness

TUESDAY

7:30 a.m.	Exercise After Cancer Tx II
8:00 a.m.	Prostate Exercise (8:00 – 8:45 a.m.)
8:30 a.m.	Exercise After Cancer Tx I 🌸 <i>In-Person</i>
10:15 a.m.	Exercise During Cancer Tx II
11:00 a.m.	Exercise During Cancer Tx I (11:00 – 11:45 a.m.) 🌸 <i>In-Person</i>
12:00 p.m.	Pink Ribbon Fitness

WEDNESDAY

9:00 a.m.	Exercise After Cancer Tx I
9:45 a.m.	Exercise After Cancer Tx I
10:45 a.m.	Exercise During Cancer Tx II (10:45 – 11:30 a.m.) 🌸 <i>In-Person</i>

THURSDAY

7:30 a.m.	Exercise After Cancer Tx II
8:00 a.m.	Prostate Exercise (8:00 – 8:45 a.m.)
8:30 a.m.	Exercise After Cancer Tx I
9:15 a.m.	Exercise After Cancer Tx I
10:00 a.m.	Exercise During Cancer Tx II (10:00 – 10:45 a.m.) 🌸 <i>In-Person</i>

11:00 a.m.	Exercise During Cancer Tx I
11:45 a.m.	Exercise During Cancer Tx I
5:30 p.m.	Exercise After Cancer Tx II (5:30 – 6:15 p.m.) 🌸 <i>In-Person</i>

FRIDAY

9:00 a.m.	Exercise After Cancer Tx I (9:00 – 9:45 a.m.) 🌸 <i>In-Person</i>
10:00 a.m.	Exercise After Cancer Tx I
11:30 a.m.	Exercise During Cancer Tx I

SATURDAY

7:30 a.m.	Exercise After Cancer Tx II
8:30 a.m.	Exercise After Cancer Tx I
9:30 a.m.	Exercise After Cancer Tx I
10:30 a.m.	Exercise During Cancer Tx II
11:30 a.m.	Pink Ribbon Fitness

Pelvic Floor Yoga Level I

**In Partnership with Mile Square Health Center*

Tuesdays | January 4, 11, 18 11:00 – 12:15 p.m.

In this series, participants will experience a weekly lesson before a workshop of yoga poses, meditation, and breath. Level II will follow. [Register here >](#)

Pelvic Floor Level II

**In Partnership with Mile Square Health Center*

Tuesdays | 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 - Hypotonicity

February 15 - Initial post surgical support

[Register here >](#)

Introduction to Qigong

**In Partnership with Mile Square Health Center*

Wednesdays | February 2, 9, 16, 23 10:30 – 11:30 a.m.

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

[Register here >](#)



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

Distant Energy-based techniques to help reduce stress, pain, and fatigue. Distant appointments available

Reiki

✿ *In-Person*

Distant Energy-based holistic practice to help increase relaxation and inner balance. Distant or in person appointments available

Massage Therapy

✿ *In-Person*

Light, fully-clothed massage for relaxation. Physician medical release required. Limited in person appointments available

For distant Tune Ups, 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*

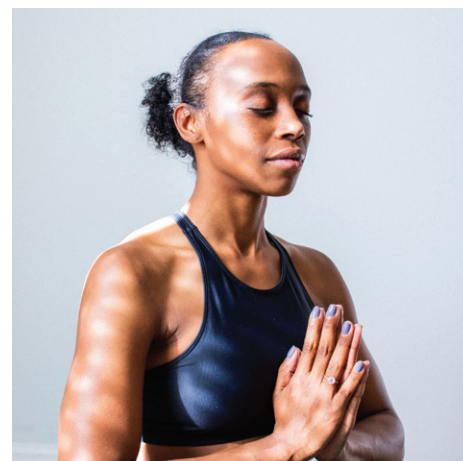
Tuesdays

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 >

TYM for Me

**In partnership with Mile Square Health Center*

Thursdays

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 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.

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 >



Stress Management

Stress-Free Saturday

Saturdays

January 8, 22

February 12, 26

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 >](#)

Journeying Inward: Deep Relaxation for Stress Relief and Well-Being

Saturdays

January 8, February 5

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 >](#)

Dimensions of Wellness

**In Partnership with Mile Square Health Center*

Tuesdays

January 11 - February 1

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 >](#)

Mindfulness for Caregivers

Wednesday, January 12

11:00 a.m. – 12:00 p.m.

Registration Required

Connect with other caregivers during a brief discussion about the benefits of mindfulness meditation as a caregiver and practice relaxing your mind and body through a guided mindful breathing meditation.

[Register here >](#)

Mindfulness Meditation Circle

Mondays

January 17, February 21

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 >](#)

Self-Compassion Practice

Wednesdays

January 19, February 16

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 >](#)

Wellness through Deep Hypnosis

**In partnership with Countryside Church*

1st Saturdays **In-Person*

February 5 (no session in January)

10:00 a.m. – 12:00 p.m.

Staff registration required for in-person session only. Contact Kelli Mitchell at kmitchell@wellnesshouse.org or 630.654.5197.

3rd Saturdays *Online*

January 15, February 19

10:00 – 11:30 a.m.

[Register here >](#)

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.

January: Fixing and Strengthening Relationships

February: Overcoming Fear

Reiki Clinic

**In partnership with Countryside Church*

1st Saturdays **In-Person*

February 5 (no session in January)

10:00 a.m. – 1:00 p.m.

Staff registration required for in-person session only. Contact Kelli Mitchell at kmitchell@wellnesshouse.org or 630.654.5197.

3rd Saturdays *Online*

January 15, February 19

11:35 a.m. – 12:15 p.m.

[Register here >](#)

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.

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 25.

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.*

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 >](#)

Color by Number

Mondays

January 10, February 7

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 image. Supplies will be provided.

[Register here >](#)

Copper Tooling 2.0

** In-Person*

Tuesdays

January 11 - February 15

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. This is a second level class, however, you do not need to have attended Copper Tooling to take part in this 6 week session. There will be basic and advanced techniques discussed.

Mixed Media

Thursdays

January 20, February 17

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.

January: Winter Stained Glass-Style Drawings
We'll take inspiration from Louis Comfort Tiffany's beautiful creations in stained glass and capture the beauty and simplicity of a birch tree in winter.

February: Winter Landscape Impressions
Using pastels (or paint if you prefer) we'll capture the drama of a winter landscape as the Impressionists would.

[Register here >](#)

Handbound Journals

Fridays

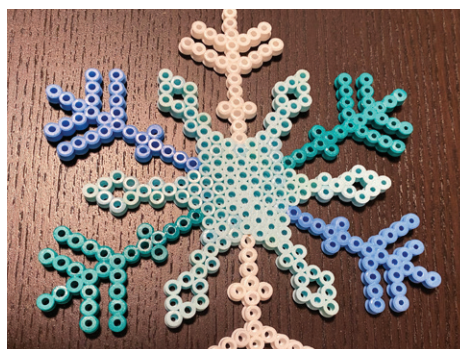
January 21 - February 11

1:00 – 2:30 p.m.

Registration Required

You'll create your own handbound journals. Each week will combine mindfulness and writing prompts to inspire creative flow.

[Register here >](#)



Creations with Perler Beads

** In-Person*

Friday, February 25

1:00 – 2:30 p.m.

Registration Required

Join us by using non-toxic fusible beads on pegboards to create long lasting artwork. Designs provided, but freestyle creation welcome too.

[Register here >](#)

Intro to Origami

Friday, January 28

1:00 – 2:30 p.m.

Registration Required

Learn easy-to-fold paper models. Focusing on the process and the lovely geometries found in each step is a way to cultivate mindfulness and discover the joy in the process, regardless of the final result.

[Register here >](#)

Beginner Embroidery

** In-Person*

Thursdays

February 3 - 24

12:00 – 1:00 p.m.

Registration Required

Combine the joy of creativity and mindfulness in this embroidery class. No experience needed to learn this classic and calming craft.

[Register here >](#)

3D Paper Valentines

**In partnership with UI Health Cancer Clinic*

** In-Person*

Monday, February 7

10:00 – 11:30 a.m.

Registration Required

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

[Register here >](#)

DIY Greeting Cards

Monday, February 7

1:00 – 3:00 p.m.

Staff Registration Required

*To register, contact Amanda Woods at 630.654.5194 or
awoods@wellnesshouse.org.*
Homemade cards are heartfelt and in this class we'll use basic tools to create simple, elegant cards, that are fun to make and special to receive.

Watercolor Painting

** In-Person*

Wednesdays

February 9 - March 16

5:30 – 7:30 p.m.

Staff Registration Required

*To register, contact Amanda Woods at 630.654.5194 or
awoods@wellnesshouse.org.*
Come learn and implement different watercolor techniques in this 6 week series.



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

Parent, Child, Teen and Family Consultations

Consultations and short-term counseling are available to assist parents, children, teens, families, family caregivers and couples in addressing concerns about cancer and developing positive coping strategies.

For more information or to schedule an appointment, please contact Beth Gomez, LCSW at 630.654.5115 or bgomez@wellnesshouse.org.

Special Events



Happy Hearts

Tuesday, February 8

6:00 – 7:30 p.m.

Staff Registration Required

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

Join us for this family event celebrating love! Dress in your favorite Valentine's Day colors or attire. We will have yummy treats, arts and crafts, and lots of family fun and laughter. Curbside supply pick-up date to be provided following registration.



Some Enchanted Evening

Friday, February 11

Staff Registration Required

To register, contact Beth Possley at 630.654.5195

bpossley@wellnesshouse.org.

You and a love one are invited to join this very special virtual evening. Begin by learning how to prepare a charcuterie board, enjoy a light dinner, followed by music and virtual conversation with other couples.

Groups for Kids and Teens

Kids Support Group

Meeting time provided upon registration

Staff Registration Required

To register, contact Beth Gomez, LCSW at 630.654.5115 or

bgomez@wellnesshouse.org.

This group is designed to support kids ages 5-12 in developing coping skills, clarifying misconceptions surrounding cancer, and promoting feelings of normalcy as they meet other children who are impacted by cancer.

Kids Survivors Group

Meeting time provided upon registration

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

** In-Person*

Mondays

4:30 – 5:45 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

Meeting time provided upon registration

Staff Registration Required

To register, contact Beth Gomez, LCSW at 630-654-5115 or

bgomez@wellnesshouse.org.

A bereavement group for older children



Child & Family Programs

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

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 >](#)

Teen Turtles Bereavement Group

In-Person

2nd Tuesdays

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

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

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.

Groups for Parents and Family Caregivers

Parents of Children with Cancer Networking Group

Time and Date provided upon registration

Drop-ins Welcome

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.

Grandparents Networking Group

In-Person

1st Thursdays

10:00 – 11:30 a.m.

Drop-ins Welcome

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 >](#)

Turtles Bereavement Group for Parents

In-Person

Mondays

4:30 – 5:45 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. A simultaneous group for children is offered, though attendance at both groups is not required.

Bereavement Group for Parents Who Have Lost a Child of Any Age to Cancer

1st Tuesdays

3:00 – 4:30 p.m.

Drop-ins Welcome

For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

Losing a child to cancer is a profound experience. Attend this twice monthly group to exchange support and understanding with other parents.

[Register here >](#)

Networking Group for Bereaved Dads of Young Children and Teens

2nd Tuesdays

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

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.



Meaning-Centered Group for those Diagnosed with Cancer and Caregivers

Thursdays

12:00 – 1:30 p.m.

February 10 - March 31

Staff Registration Required

To register, contact Michael Williams,

Psy.D. at 630.654.5117 or

mwilliams@wellnesshouse.org

Meaning-Centered Psychotherapy (MCP) was designed by Memorial Sloan-Kettering Cancer Center to help people with cancer create and sustain meaning in their lives. This is an 8-week, committed group open to participants who have lost a loved one to cancer and who have regularly attended a Wellness House bereavement group.

Increasing Intimacy

Wednesdays

February 16 and 23

5:00 – 6:30 p.m.

Registration Required

For more information, contact

Jill Otto, LCSW at 630.654.7203

or jotto@wellnesshouse.org.

Cancer can have wide ranging impacts on intimate relationships, creating emotional and physical challenges that can increase stress and decrease closeness and sexual intimacy. This interactive series will include exercises to help identify your needs for intimacy and explore new ways to meet them.

Register here >

Support Groups

New! Lung Cancer 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.

Join others diagnosed with lung cancer in this online drop-in group to share information and experiences and navigate the lung cancer journey together.

Register here >

Women of Color Cancer Connections Group

**In partnership with Mile Square Health Center*

1st and 3rd Tuesdays

10:00 – 11:30 a.m.

Advanced Registration Required

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 Support Group

**In-Person*

2nd and 4th Tuesdays

10:00 – 11:30 a.m.

Advanced Registration Required

For questions, contact Nevada Bennett, LPC, at 630.654.5346 or

nbennett@wellnesshouse.org.

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 >



Support Groups & Counseling

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 >

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.

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

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.

Grupo de apoyo para el cáncer metastásico

Cada jueves

10:00 – 11:30 a.m.

Más información en página 24

Young Adult Caregiver Support Group

4th Mondays

January 24, February 28

5:30 – 7:00pm

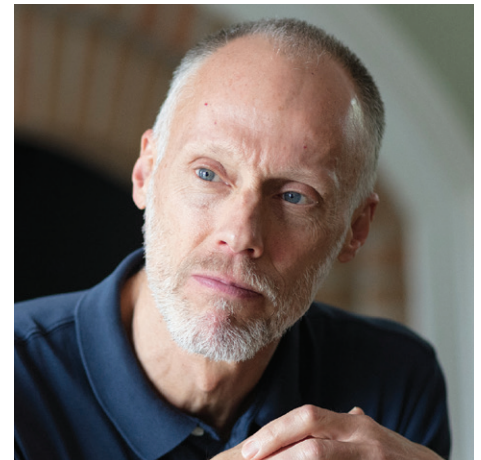
Staff Registration Required

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.

Register here >

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 >

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 Groups & Counseling

Support in Overcoming Stress (SOS)

🌸 *In-Person*

Mondays

January 3, 10, 17

5:00 – 6:15 p.m.

Staff Registration Required

Please contact Nevada Bennett, LPC, at 630.654.5346 or

nbennett@wellnesshouse.org to register.

Join in this special series, or attend just one session, addressing strategies to manage stress in the cancer journey. Open to those who have or have had a cancer diagnosis and caregivers.

Week 1: Self-care

Week 2: Scanxiety

Week 3: Mindfulness

Register here >

SOS Alumni Support Group

4th Thursdays

January 27, February 24

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

Bereavement Support Series

🌸 *In-Person*

Mondays

February 7, 14, 21

5:00 – 6:15 p.m.

For questions, contact Nevada Bennett, LPC, at 630.654.5346 or

nbennett@wellnesshouse.org.

Join in this series, or just one session, for those who have lost a loved one to cancer.

Week 1: Managing Grief through Mindfulness

Week 2: Bereavement Expressive Art

Week 3: Bereavement Sleep Strategies

Register here >

Bereavement Networking Group for Those Who Have Lost a Parent

🌸 *In-Person*

1st Thursdays

January 6, February 3

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.

Transitions Alumni Networking

4th Tuesdays

January 25, February 22

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

Family Tree Networking Group

3rd Tuesdays

January 18, February 15

3:00 – 4:30 p.m.

Drop-ins Welcome

Human interconnectedness is a great pleasure and powerful emotional self-care tool in life in general and in life with cancer. Join with others in this monthly group to share interests and strategies for connecting more actively with your living family, including your friend family, and to exchange ideas about how to map out your historical family.

Register here >

Death Café Alumni Networking Group

1st Tuesdays

January 4, February 1

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

January 20, February 17

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 >



Support Groups & Counseling

LGBTQ Cancer Networking Group

**In partnership with Mile Square Health Center*

3rd Wednesdays

January 19, February 16

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 19 for full description.

Meaning-Centered Psychotherapy Alumni Networking Group

2nd Tuesdays

January 11, February 8

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.

Spiritual Side of Cancer

2nd Thursdays

January 13, February 10

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 >

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

January 24, February 28

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 >

Survivorship Networking Group

3rd Mondays

January 17, February 21

6:30 – 8:00 p.m.

Drop-ins Welcome

For questions, contact Nevada Bennett, LPC, at 630.654.5346 or nbennett@wellnesshouse.org. Join others who are 1 year or more post-treatment to discuss the special concerns of post-cancer survivorship.

Register here >

Young Adults with Cancer Networking Group

1st Thursdays

January 6, February 3

7:00 – 8:30 p.m.

Drop-ins Welcome

For questions, contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@wellnesshouse.org.

This group is part of an international initiative to recognize and address the unique circumstances related to lifestyle, work, school, family life, and emotional development that young adults face when living with cancer.

Register here >

Women's Cancer Support Group

**In partnership with Insight Chicago*

4th Fridays

January 28, February 25

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.

Grandparents Networking Group

**In-Person*

Drop-ins Welcome

Please see page 19 for full description.

Register here >

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



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

January 27, February 24

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

January 24, February 28

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

January 28, February 25

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

Colon/Rectal Cancers

2nd Mondays

January 10, February 14

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

January 13, February 10

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

January 18, February 15

7:00 – 8:30 p.m.

For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org

Register here >

Blood Cancers

2nd Thursdays

January 13, February 10

7:00 – 8:30 p.m.

For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org

Register here >

Melanoma

4th Tuesdays

January 25, February 22

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

January 3, February 7

6:30 – 8:00 p.m.

For questions, contact Nevada Bennett, LPC at 630.654.5346 or nbennett@wellnesshouse.org

Register here >

Neuroendocrine Tumors (NET)

2nd Saturdays

January 8, February 12

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

January 20, February 17

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

January 12, 26; February 9, 23

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**

Advanced Registration Required

3rd Saturdays

January 15, February 19

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

Hacer Frente a un Nuevo Diagnóstico de Cáncer

**En asociación con Mile Square Health Center*

Jueves 13 de enero

1:00 – 2:30 p.m.

Se requiere registro

Elizabeth Raigoza, LCSW, Clinical Social Worker, UI Health

Alondra Salinas, Masters of Social Work prospect, Jane Addams College of Social Work

Recibir un diagnóstico de cáncer puede ser abrumador por decir lo menos. Durante esta sesión, discutiremos las preocupaciones principales sobre un nuevo diagnóstico de cáncer y estrategias prácticas para hacer frente a sus emociones, como técnicas de relajación, vivir en plenitud, y más.

Registrarse aquí >

¡Nuevo! Grupo centrado en el significado para personas con diagnóstico de cáncer y cuidadores

Los jueves

4 de noviembre al 23 de diciembre

12:00 – 1:30 p.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.

Abierto a cualquier persona que haya tenido un diagnóstico de cáncer o que esté atendiendo emocional y / o físicamente a un ser querido con un diagnóstico de cáncer.

Yoga en esterilla para principiantes

**En asociación con ALAS-Wings y Pav YMCA*

Sábados

11:00 a.m. – 12:00 p.m.

Bienvenidos sin cita previa

Posturas de yoga para principiantes y restauradoras basadas en esterilla y de pie.

Registrarse aquí >

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. Compartiremos una descripción general de los programas, un recorrido virtual y la oportunidad de conocer al personal.

Registrarse aquí >



Club del libro: Las cinco invitaciones by Frank Ostaseski

Jueves, 13 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
Ven a hablar sobre lo que Frank ha aprendido sobre podemos vivir plenamente cuando estamos abiertos a aprender de la muerte.

Registrarse aquí >

Meditación Guiada

Tercer miércoles del mes

**En asociación con Mile Square Health Center*

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 Cáncer

Cada martes

4:00 – 5:30 p.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 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.

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 o por teléfono al 630.654.7208, después del tratamiento.

Para hacer una cita, comuníquese con Thelma Razo a través de correo electrónico a trazo@wellnesshouse.org

Para obtener más información sobre nuestros programas, visite wellnesshouse.org/espanol

Programas de apoyo para el cáncer en español

Nutrición

Cocinar para el cáncer

**En asociación con Mile Square Health Center*

Demostración de cocina/Discusión

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.

Registrarse aquí >

¡Nuevo! Manejo de efectos secundarios

**En asociación con Mile Square Health Center*

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

Registrarse aquí >

¡Nuevo! Bienestar en Temporada: Apoyando un sistema inmunológico saludable

Demostración de cocina/Discusión

Viernes, 21 de enero

2:00 – 3:30 p.m.

Se requiere registro

Madeline Butler-Sanchez, Dietista

Oncóloga Bilingüe

Únase a nosotros para una divertida tarde de cocina con un enfoque en alimentos que apoyan un sistema inmunológico saludable. Aprenda a incorporar estos alimentos en una dieta para combatir el cáncer.

Registrarse aquí >

Nutrición contra el cáncer 101: Cómo construir una despensa saludable

Viernes, 28 de enero

10:00 – 11:00 a.m.

Se requiere registro

Madeline Butler-Sanchez, Dietista

Oncóloga Bilingüe

Mantener alimentos saludables en casa puede ayudar a preparar comidas saludables y fáciles. Únase a nosotros para obtener más información sobre los alimentos básicos recomendados para su despensa.

Registrarse aquí >

Nutrición para el Cáncer 101: Comiendo cereales integrales

**En asociación con Mile Square Health Center*

Sábado, 5 de febrero

9:30 – 10:30 a.m.

Se requiere registro

Andrea Hinojosa, Dietista Registrada

Los cereales integrales son importantes para una dieta saludable. Únase a nosotros para aprender más sobre estos alimentos y cómo incorporarlos en una dieta para combatir el cáncer.

Registrarse aquí >

Merienda & Aprende

Viernes, 25 de febrero

3:00 – 3:30 p.m.

Registration Required

Madeline Butler-Sanchez, Dietista

Oncóloga Bilingüe

Esta clase breve e informativa se enfocará en un alimento o nutriente a base de plantas junto con una demostración rápida de cómo incorporarlo en un refrigerio delicioso y nutritivo.

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

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

Office of Sudarshan Sharma, M.D.

121 N Elm St
Hinsdale, IL 60521
Contact Ellen Nieman, LCSW at
630.654.5198 or enieman@wellnesshouse.org
to schedule an onsite consultation.

Hope and Healing Clinic, Srilata Gundala, M.D.

950 N. York Rd, Ste 201A
Hinsdale, IL 60521
Contact Ellen Nieman, LCSW at
630.654.5198 or
enieman@wellnesshouse.org
to schedule an onsite consultation.

When able to meet in person, Wellness House team members provide on-site support at the Hinsdale location of AMITA Health Cancer Institute. 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 Nevada Bennett, LPC, at 630.654.5346 or nbennett@wellnesshouse.org to schedule 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.

Wellness House Partner Network



Excellence Starts Here



Participants 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