Program Guide

January | February    Winter 2022

Free Cancer Support

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

David - Participant
Story on page 4
Don't Miss Our Special Events!

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.

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 >
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**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

**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**

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Register here &gt;</th>
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<tr>
<td>Mondays</td>
<td>12:00 – 1:00 p.m.</td>
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<td>Tuesdays</td>
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<tr>
<td>Wednesdays</td>
<td><strong>In-Person</strong></td>
<td>9:30 – 10:30 a.m.</td>
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<tr>
<td>Thursdays</td>
<td><strong>In-Person</strong></td>
<td>5:30 – 6:30 p.m.</td>
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<tr>
<td>Fridays</td>
<td>12:00 – 1:00 p.m.</td>
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<tr>
<td>Saturdays</td>
<td><strong>In-Person</strong></td>
<td>January 8, 15, 22, 29 February 5, 12, 19, 26</td>
</tr>
</tbody>
</table>

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.
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 >

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

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.”
“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
Reiki Share
Tuesdays
January 11, February 8
6:30 – 7:30 p.m.
Registration Required
Jane Van De Velde, DNP, RN, 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.

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 >

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 >
Wellness House 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!

**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.

**Coping with a New Cancer Diagnosis**
*(In Spanish)*
Hacer frente a un nuevo diagnóstico de cancer
**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.

**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.

**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.

**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 Comfirmed 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 Comfirmed 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 Comfirmed 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 >**

**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 >**

**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!
“This is a special place where you can be yourself while undergoing your treatment. You can face fear, uncertainty, laughter and hope with others who are on the same road as you.”
Wellness House Participant

Nutrition

Cooking Programs

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
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 Kichen 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 >
**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.

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

Please pre-register by visiting wellnesshouse.org and using the link next to class on page 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.
## Drop-In Exercise Classes

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 >

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<th><strong>MONDAY</strong></th>
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<tr>
<td>8:00 a.m.</td>
<td>Bodyweight Exercises for Strength and Balance (8:00 – 8:45 a.m.) <a href="#">Register here &gt;</a></td>
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<td>9:30 a.m.</td>
<td>Tai Chi <a href="#">Register here &gt;</a></td>
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<tr>
<td>10:00 a.m.</td>
<td>Yoga for Cancer (10:00 – 10:45 a.m.) <a href="#">Register here &gt;</a></td>
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<td>10:00 a.m.</td>
<td>Beginner Mat Yoga *In partnership with Wheeling Township. <a href="#">Register here &gt;</a></td>
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<tr>
<td>12:30 p.m.</td>
<td>Chair Yoga (12:30 – 1:00 p.m.) <a href="#">Register here &gt;</a></td>
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<tr>
<td>6:30 p.m.</td>
<td>Beginner Mat Yoga <a href="#">Register here &gt;</a></td>
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<th><strong>TUESDAY</strong></th>
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<td>9:00 a.m.</td>
<td>Nia  In-Person *Requires Medical Release/Health History prior to attending.</td>
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<td>9:30 a.m.</td>
<td>Restore Your Core after Cancer (9:30 – 10:15 a.m.) <a href="#">Register here &gt;</a></td>
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<tr>
<td>11:45 a.m.</td>
<td>Chair Yoga (11:45 a.m. – 12:30 p.m.) <a href="#">Register here &gt;</a></td>
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<tr>
<td>6:00 p.m.</td>
<td>Tai Chi <a href="#">Register here &gt;</a></td>
</tr>
<tr>
<td>6:00 p.m.</td>
<td>Beginner Mat Yoga *In partnership with Lemons of Love. <a href="#">Register here &gt;</a></td>
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<tr>
<th><strong>WEDNESDAY</strong></th>
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<tbody>
<tr>
<td>8:00 a.m.</td>
<td>Bodyweight Exercises for Strength and Balance (8:00 – 8:45 a.m.) <a href="#">Register here &gt;</a></td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Pilates *Requires Medical Release/Health History prior to attending.</td>
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<tr>
<td>9:30 a.m.</td>
<td>Yoga for Cancer *In partnership with Mile Square Health Center. <a href="#">Register here &gt;</a></td>
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<tr>
<td>11:45 a.m.</td>
<td>Chair Yoga (11:45 a.m. – 12:15 p.m.) <a href="#">Register here &gt;</a></td>
</tr>
<tr>
<td>4:00 p.m.</td>
<td>Stretching through Cancer (4:00 – 4:45 p.m.) *In partnership with Mile Square Health Center. <a href="#">Register here &gt;</a></td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>Beginner Mat Yoga <a href="#">Register here &gt;</a></td>
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<tr>
<td>9:15 a.m.</td>
<td>Beginner Mat Yoga <a href="#">Register here &gt;</a></td>
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<tr>
<td>9:30 a.m.</td>
<td>Beginner Chair Yoga (9:30 – 10:15 a.m.) <a href="#">Register here &gt;</a></td>
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<tr>
<td>12:30 p.m.</td>
<td>Beginner Chair Yoga (12:30 – 1:00 p.m.) <a href="#">Register here &gt;</a></td>
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<tr>
<td>2:00 p.m.</td>
<td>Restore Your Core after Cancer (2:00 – 2:45 p.m.) <a href="#">Register here &gt;</a></td>
</tr>
<tr>
<td>3:00 p.m.</td>
<td>Chair Tai Chi (3:00 – 3:45 p.m.) *In partnership with Mile Square Health Center. <a href="#">Register here &gt;</a></td>
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<tr>
<td>6:30 p.m.</td>
<td>Stretching through Cancer (6:30 – 7:15 p.m.) *In partnership with Mile Square Health Center. <a href="#">Register here &gt;</a></td>
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<tr>
<td>9:00 a.m.</td>
<td>Qigong <a href="#">Register here &gt;</a></td>
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<tr>
<td>10:00 a.m.</td>
<td>Beginner Chair Yoga *In partnership with Insight Chicago. <a href="#">Register here &gt;</a></td>
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<tr>
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<td>Beginner Mat Yoga <a href="#">Register here &gt;</a></td>
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<tr>
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<td>Beginner Chair Yoga (10:45 – 11:30 a.m.) <a href="#">Register here &gt;</a></td>
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<td>8:30 a.m.</td>
<td>Pilates *Requires Medical Release/Health History prior to attending.</td>
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<tr>
<td>11:00 a.m.</td>
<td>Spanish Language Yoga *In partnership with ALAS-Wings + Pav YMCA. <a href="#">Regístrarse aqui</a></td>
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<tr>
<td>12:30 p.m.</td>
<td>Beginner Chair Yoga (12:30 – 1:15 p.m.)  In-Person</td>
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Committed Exercise Classes | Descriptions

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

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

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

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

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

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

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

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

Classes are 30 minutes unless otherwise noted.

<table>
<thead>
<tr>
<th>MONDAY</th>
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<tbody>
<tr>
<td>9:00 a.m.</td>
<td>Exercise After Cancer Tx I (9:00 – 9:45 a.m.)</td>
<td>In-Person</td>
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<tr>
<td>10:30 a.m.</td>
<td>Exercise During Cancer Tx I</td>
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<td>11:30 a.m.</td>
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<tr>
<td>4:30 p.m.</td>
<td>Exercise After Cancer Tx II (4:30 – 5:15 p.m.)</td>
<td>In-Person</td>
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<td>5:30 p.m.</td>
<td>Exercise After Cancer Tx I</td>
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<tr>
<td>6:30 p.m.</td>
<td>Pink Ribbon Fitness</td>
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<td>7:30 a.m.</td>
<td>Exercise After Cancer Tx II</td>
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<tr>
<td>8:00 a.m.</td>
<td>Prostate Exercise (8:00 – 8:45 a.m.)</td>
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<tr>
<td>8:30 a.m.</td>
<td>Exercise After Cancer Tx I (In-Person)</td>
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<tr>
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<td>Exercise During Cancer Tx II (10:45 – 11:30 a.m.)</td>
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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 - Hypertonocity
February 8 - Hypotonocity
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-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
11:35 a.m. – 12:15 p.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
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.
Register here >

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 >

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@wellness.org.
Homemade cards are heartfelt and in this class we’ll using 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@wellness.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.

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 Possley at 630.654.5195 bpossley@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.

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.

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.

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.
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 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.

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**Groups for Parents and Family Caregivers**

**Parents of Children with Cancer Networking Group**
*In-Person*
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 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

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 >

**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 are diagnosed with cancer or have a loved one diagnosed with cancer.
Register here >

**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 & 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.

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 – 7:00 p.m
Staff Registration Required
Please contact Nevada Bennett, LPC, at 630.654.5346 or nbennett@wellnesshouse.org to register.
Join 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.

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 >

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

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 Sydwell 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
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.*

*Please note the Breast, Gynecologic, and Prostate Groups are for individuals diagnosed with cancer only.*

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**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

**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.

**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.

**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.

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**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.

**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.

**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.

**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

**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.

**Pancreatic Cancer**
3rd Thursdays
January 20, February 17
5:00 – 6:30 pm.
This program is sponsored by the Rolfe Pancreatic Cancer Foundation.
For questions, contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@wellnesshouse.org.

**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.

**Sarcoma Cancers**
In-Person
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.

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**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 asociacion 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 >**

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

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**

**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 >**
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. Aprendan 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 Butler-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

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.

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

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.