

Program Guide

Free
Cancer
Support

“Wellness House online programs have been a blessing during the pandemic. I started with nutrition programs and continued from there.”

Betty - Participant
Story on page 4

¡Programas en español!

SPECIAL EVENT:
Kate Bowler, author
No Cure for Being Human

Now online and in-person

Don't Miss Our Special Events!



GUEST SPEAKER: **Kate Bowler**

Kate Bowler, New York Times best-selling author, Duke professor, and incurable optimist

No Cure for Being Human

Thursday, April 14

7:00 – 8:30 p.m.

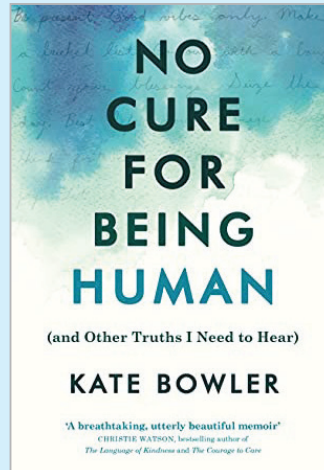
Registration Required

In the wake of a sudden stage IV colon cancer diagnosis at the age of 35, Kate Bowler was left asking the question, how do you move forward with a life you didn't choose?

Searching for peace with her limitations in a culture that says anything is possible, Kate re-examines the way she was living with unflinching honesty and lightheartedness in her newest book, *No Cure for Being Human*. Learn how she finds hope, courage, and truth – without the insincere positivity that our world can overwhelm us with – and be inspired to discover a new perspective on the human experience.

We are as fragile as the day we were born, and we will need each other if we're going to tell the truth: Life is beautiful and terrible, full of hope and despair and everything in between, **but there's no cure for being human.**

Register here >



Book Club:

No Cure for Being Human

**Tuesdays,
March 22 - April 19
4:00 – 5:00 p.m.**

*More information
on page 6.*

Register here >



SPECIAL EVENT:

Hot Topics in Colorectal Cancer 2022

Saturday, March 26

9:00 a.m. – 12:00 p.m.

Registration Required

Mary F. Mulcahy, MD, medical oncologist,

Northwestern Medicine

Patrick Sweeney, MD, radiation oncologist,

AMITA Cancer Institute

Toufic Kachaamy, MD, gastroenterologist,

Cancer Treatment Centers of America

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

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

Special Hours:

Friday, April 15, close at 3:00 p.m.

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

This spring, Wellness House will continue to offer individual consultations and appointments in-person, as well as select 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**

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

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**
March 5, 12, 19, 26
April 2, 9, 16, 23, 30
 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.

beneficiarse y comenzar en Wellness House. Compartiremos una descripción general de los programas, un recorrido virtual y la oportunidad de conocer al personal.
[Register here >](#)



Top Doc Lecture Series



The Role of Personalized Medicine for Lung Cancer

**Tuesday, March 8
6:30 – 8:00 p.m.**

Registration Required

Cheryl Czerlanis, MD, Loyola Medicine

Learn how lung cancer treatment can be tailored to an individual's needs based on their cancer's genetic make-up. Clinical trials and future treatment options will also be discussed.

[Register here >](#)



Chemo Brain: What causes the fog?

**Monday, May 2
7:00 – 8:30 p.m.**

Registration Required

*Sean Grimm, MD, neurologist,
Rush University Medical Center*

Cognitive impairment due to chemotherapy can lead to forgetfulness, mental fogginess and attention issues. Learn about the causes, what you can do at home to help manage chemo brain, and when to seek more advanced treatment.

[Register here >](#)



Advances in Multiple Myeloma Treatment

**Tuesday, April 12
7:00 – 8:30 p.m.**

Registration Required

*Arlene D'Souza, MD, Hematologist and
Oncologist, Northwestern Medicine*

New treatment updates for multiple myeloma will be discussed. This program is held in-person and online. If you would like to attend in-person, please contact Brittany at bbrady@wellnesshouse.org or at 630-654-7205.

[Register here >](#)



Life After Treatment and Your Medical Care Plan

**Monday, April 18
6:00 – 7:30 p.m.**

Registration Required

Samir Desai, MD, Duly Health and Care

Learn about typical scans, lasting or late onset side effects, how often to visit your oncologist, and other medical concerns that may arise after treatment.

[Register here >](#)

Betty - Participant



Betty Lofton has always practiced gratitude, even before her journey with cancer. Her journey began in November 2019 after a routine mammogram led to Betty's diagnosis with breast cancer. "I was getting a lot of information from my surgeon and oncologist who believed my cancer was estrogen-driven," says Betty.

To learn more about the cancer experience, Betty participated in two Wellness House support groups at Rush-Oak Park. Betty also participated in Mile Square

Health Center programs Cooking for Cancer, Thriving and Surviving, Tai Chi, Total Body Stretch, Soul Chat and the Mindfulness Series.

But the pandemic hit shortly after she began attending programs. **"Wellness House was a blessing during the pandemic, specifically the online classes," says Betty. "I started with nutrition classes and continued from there."**

Before taking the nutrition classes, Betty was unaware of how much our bodies are affected by what we eat. Now she reads food labels and tries to maintain a plant-based diet. She says the food is both delicious

and nutritious and credits Wellness House for her newfound nutritional acumen. "I learned so much," says Betty. "There is just a wealth of information and those classes are invaluable."

Betty has also participated in exercise classes which are geared towards cancer patients and adaptable to individual needs. She finds Chair Yoga calming and the Stress-less Breathing classes useful for managing her anxiety. Says Betty, "The instructor demonstrated diaphragmatic breathing which has been so helpful. I still breathe like that. During the pandemic when I couldn't go anywhere, I was able to find those classes online."

Betty found Wellness House support groups equally impactful. Betty began with the Breast Cancer Support Group, the Drop-in Women's Group, Strategies for Stress, and Meaning-Centered Psychotherapy classes. "Through these classes, I learned what I really want to leave as my legacy to my grandchildren," says Betty.

The Spiritual Side of Cancer was perhaps the most meaningful program to Betty. "The classes taken at Wellness House have only enhanced me," says Betty. "Sharing with other women who have had breast cancer and listening to their journeys was insightful. I learned to have an attitude of gratitude on a daily basis. I believe that every day, I was put here to help someone else."



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!

Wednesday, March 9 | 2:00 – 4:00 p.m.

Wednesday, April 6 | 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 >](#)

Hello, Beautiful

**In Partnership with Mile Square Health Center*

4th Tuesdays

March 22, April 26

5:30 – 6:30 p.m.

Staff Registration Required

To register and for more information, contact Blanca Diaz-Martinez at 630.560.0336 or bdiazmartinez@wellnesshouse.org.

Join beauty expert Blanca Diaz-Martinez as she leads this intimate and fun session that will teach you how to wow your brows!

Cosmetic supplies will be shipped to your home following the workshop. This program is offered to participants in active treatment.

Wig Consultation

Offered in-person or virtually by appointment

Receive personalized recommendations for wig style, color, fit and care with one of our experts. One wig is provided at no cost to participants experiencing hair loss due to treatment. *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.*

Your Story is Sacred and Powerful: A Story-Telling Experience

**In Partnership with Mile Square Health Center*

Tuesday, March 1

6:30 – 8:00 p.m.

Registration Required

Sherri Wick, LCPC, NCC

Everyone has a story to tell. Expressing yours, privately or with others, can help you process emotions, reduce stress and connect with others. Following themes of Jodi-Ann Burey’s talk, participants will learn about different means for expressing their story and be inspired by various story prompts.

[Register here >](#)

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

**In Partnership with Duly Health & Care*

Mondays, March 21 - April 18

6:00 – 7:30 p.m.

March 21 – Introduction

March 28 – Exercise

April 4 – Social, Emotional, and Practical Aspects

April 11 – Nutrition

April 18 – 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. Join us for this interactive five-week series that will provide the information you need to create your course after cancer treatment.

[Register here >](#)



Information & Education

Reiki Share

Tuesdays

March 15, April 19

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 >](#)

Financial Wellness during COVID-19

Tuesday, March 15

6:30 – 8:00 p.m.

Registration Required

David Blaydes, MS, CFP, Founder and CEO of RPI Inc.

David has worked with Wellness House for over 20 years, sharing financial strategies on how to financially navigate times during an illness and beyond. Learn about practical steps for managing your finances and common questions based on current legislation.

[Register here >](#)

Nature's Benefits for Our Health

Thursday, March 17

7:00 – 8:30 p.m.

Registration Required

Jan Roehll, DuPage County Program Director, The Conservation Foundation

Why does a walk in a park, in fresh air, make you feel better? It is more than just a feeling. There is actual research that proves your body and mind go through physiological changes when you spend time in nature. Come find out why you should get outside and engage all your senses by immersing yourself in nature.

[Register here >](#)

Reiki For You: Level 1

Thursdays

March 10, 17, 31

April 7

1:00 – 3:00 p.m.

Registration Required

Jane Van De Velde, DNP, RN,

Reiki Master Teacher



We Are Our Biggest Health Advocate

Thursday, March 24

6:30 – 8:00 p.m.

Registration Required

Wenora Johnson, three-time cancer survivor, research/patient advocate, and Navy veteran

As someone who is a three-time cancer survivor, Wenora Johnson understands the importance of advocating for yourself as a patient. From learning about your own family history and genetics, to having the confidence to ask the right questions or digging into clinical trials, it all starts with showing up for yourself through the process. Learn about Wenora's personal experience with colon cancer as well as her other diagnoses, how she stays motivated to show up for herself, and ways you can commit to your own health.

[Register here >](#)

Reiki is a complementary healing practice that helps promote relaxation and alleviates 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 all sessions is required.

[Register here >](#)

Managing Neuropathy with Movement

Tuesday, April 5

7:00 – 8:30 p.m.

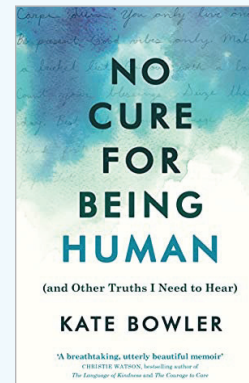
Registration Required

Karyn Holtz, PT MHS CLT

Kathy Pomerleau, PT and Abby Lorber, PT ReVital Cancer Rehabilitation, Rush Physical Therapy

Some cancer treatments can cause peripheral neuropathy, a condition affecting the nerves of the body. Learn about how exercise and balance activities can help improve or maintain function when managing peripheral neuropathy.

[Register here >](#)



WELLNESS HOUSE BOOK CLUB

No Cure for Being Human: (And Other Truths I Need to Hear)

Tuesdays, March 22 - April 19

4:00 – 5:00 p.m.

Registration Required

Ellen Nieman, MSW, LCSW, Wellness House
In her new book, *No Cure for Being Human: (And Other Truths I Need to Hear)*, New York Times best-selling author, theologian, and cancer survivor Kate Bowler asks, how do you move forward with a life you didn't choose? Join us as we read Kate's witty and honest explorations of living with limitations in a culture that says anything is possible. During the last week of the book club, we will have the opportunity to discuss and debrief Kate's live presentation from Thursday, April 14.

[Register here >](#)



Information & Education

Wellness House Death Café

Tuesday, March 29

7:00 – 8:30 p.m.

Registration Required

Michael Williams, Psy.D., Senior Oncology Support Counselor, Wellness House

The practice of gathering in a “Death Café” was begun to provide a place for people to openly and respectfully exchange wonderings, worries, beliefs and support around the topic of dying and death, often providing a sense of connectedness, control and relief to its participants.

[Register here >](#)

Wellness House Life Café

Wednesday, March 30

10:00 – 11:30 a.m.

Registration Required

Michael Williams, Psy.D., Senior Oncology Support Counselor, Wellness House

You are bigger, stronger and deeper than cancer, and indeed any challenging life circumstances that come your way. While you are entitled to every one of your feelings about what life sends you, it is useful and pleasurable to invest in ideas and practices that help you reconnect to your whole self and feel good again. This event is for participants to actively exchange ideas about the work you have done, or want to do, to reliably help you feel good in the midst of a cancer experience.

[Register here >](#)

Managing Weight after Cancer with Exercise and More

**In Partnership with Mile Square Health Center*

Thursday, April 21

4:00 – 5:30 p.m.

Registration Required

Vania Perry, MS, NASM-CPT, CETI CES

Learn about the health benefits of maintaining a healthy weight after cancer treatment and tips for incorporating physical activity into your daily lifestyle. Address barriers to consistent exercise and learn ways to increase your motivation.

[Register here >](#)

Healthy Eating for Colorectal Cancer

Thursday, April 21

6:30 – 8:00 p.m.

Registration Required

Angela Dennison, RD, LDN, Nutrition Program Manager, Wellness House

There is often confusion about which foods increase and decrease risk for colorectal cancer. Join Angela to learn more about this topic and receive the most up-to-date, evidence-based information.

[Register here >](#)

Spring Renewal with Mindfulness

**In-Person*

Tuesday, April 26th

2:00 – 3:00 p.m.

Registration Required

Bridget Juister, B Holistic Way

In this class, Bridget Juister will discuss how daily rituals, gentle self-discipline, and a grateful mindset can align us with the energy of Spring so that our best selves can bloom. Learn how to embrace the creative energy of Spring, even when it can feel difficult to do so during cancer.

[Register here >](#)

Gardening Safely and Sensibly During Survivorship

**In-Person*

Thursday, April 28

1:00 – 2:00 p.m.

Registration Required

Andrew Nowak, PT, D.P.T. LANA C.L.T., Supervisor, Outpatient Physical Medicine, Advocate Good Samaritan Hospital

Gardening is a great activity for maintaining joint flexibility, bone density, range of motion and quality of life.

In this presentation, you will learn tips for sensible garden planning, smart digging and lifting, friendly tools and gardening warm-ups, as well as ideas on how to prevent common injuries to the back, knees, and hands as we continue to heal.

[Register here >](#)

Nutrition for Pancreatic Cancer

Tuesday, March 22

6:30 - 8:00 p.m.

Registration Required

Melissa Picchiatti, RDN, LDN, Clinical Oncology Dietician, Cancer Treatment Centers of America

From good nutrition during treatment to overall healthy food choices post-treatment, come learn about the best food choices you can make for your body during or after pancreatic cancer.

[Register here >](#)

Save the date! Hot Topics in Breast Cancer 2022

Saturday, June 18 - Friday, June 24

- Updates in Breast Cancer Treatment and Research Panel
- Updates in Treatment of Metastatic Breast Cancer
- Sexual Health after Breast Cancer
- Managing Hormonal Therapy Side Effects
- Film Viewing: Grace.

[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



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

Snack & Learn

Cooking Demonstration/Discussion

Tuesday, March 8

Monday, April 11

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 >](#)

Cooking for Cancer

Cooking Demonstration/Discussion

**In partnership with Mile Square
Health Center*

Wednesdays

March 9, April 13

5:30 – 7:00 p.m.

Registration Required

*Madeline Butler-Sanchez Bilingual
Oncology Dietitian*

Chloe Dwyer, Registered Dietitian

This class and cooking demonstration will feature easy and healthy recipes to help you deliciously incorporate cancer-fighting foods into your diet.

[Register here >](#)

Wellness in Action: Hands-On Cooking Program

**In-Person*

Hands-On Cooking Class

Thursday, March 10

5:30 – 7:00 p.m.

Thursday, April 14

12:30 – 2:00 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 Up Wellness

Cooking Demonstration/Discussion

Saturdays

March 12, April 9

10:30 a.m. – 12:00 p.m.

Online

[Register here >](#)

Mondays

March 21, April 18

6:00 – 7:30 p.m.

**In-Person*

[Register here >](#)

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.

NEW! Cancer Nutrition Spotlight: Artichokes

Cooking Demonstration/Discussion

Wednesday, March 16

6:00 – 7:30 p.m.

Registration Required

Angela Dennison, Oncology Dietitian

Join Angela to celebrate National Artichoke Day. During this class, you will learn about the health benefits of artichokes, while gaining tips and tricks on how to cook with them.

[Register here >](#)

Healthy Ingredient Swaps

Cooking Demonstration / Discussion

Saturday, March 19

9:30 – 10:30 a.m.

Registration Required

Katie Weir, Registered Dietitian

This cooking class will focus on modifying one classic recipe to make it plant-based. Use these tips and tricks to improve your intake while meeting your dietary needs

[Register here >](#)

Eating and Cooking During Treatment

Cooking Demonstration/Discussion

Thursday, March 31

12:30 – 2:00 p.m.

Online

[Register here >](#)

Monday, April 25

6:00 – 7:30 p.m.

**In-Person*

[Register here >](#)

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.



Nutrition

Cooking for Cancer

Cooking Demonstration / Discussion

Monday, April 4

6:00 – 7:15 p.m.

Registration Required

*Madeline Butler-Sanchez, Bilingual
Oncology Dietitian*

*** In-Person at Pav YMCA in Berwyn**

This class and cooking demonstration will feature easy and healthy recipes to help you deliciously incorporate cancer-fighting foods into your diet.

Register here >

NEW! Cancer Nutrition Spotlight: Garlic

Cooking Demonstration / Discussion

Friday, April 8

12:30 – 2:00 p.m.

Registration Required

*Adrienne Felder, MA, LCPC,
Professional Chef*

Join Adrienne in preparation of National Garlic Day and gather healthy and tasty recipes to incorporate more of this power food into your daily routine.

Register here >

Spring Kitchen Makeover

Cooking Demonstration/Discussion

Thursdays, April 21, 28

6:00 – 7:00 p.m.

Registration Required

*Adrienne Felder MA, LCPC,
Professional Chef*

4/21: Transition your pantry for Spring

4/28: Spring Greens

Register here >

Healthy Cooking for Breast Cancer

Cooking Demonstration/Discussion

*** In-Person at River Forest**

Breast Care Center

Thursday, April 21

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 >

Wellness in Season:

Spring Forward with Plants

*** In-Person**

Cooking Demonstration/Discussion

Friday, April 22

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 in season for spring.

*Recipes may contain common food
allergens*

Register here >

NEW! Planning a Plant-Powered Picnic

Cooking Demonstration/Discussion

Saturday, April 23

9:30 – 10:30 a.m.

Saturday, April 30

12:00 – 1:00 p.m.

Registration Required

Katie Weir, Registered Dietitian

Angela Dennison, Oncology Dietitian

4/23 Online: Picnic season is around the corner. Join Katie to learn how to pack a plant-powered picnic with tasty recipes that are good for traveling.

Register here >

4/30 * In-Person: Join Angela and your fellow participants for a picnic at Wellness House. Please bring your own blanket/chair and main dish. Angela will provide you with a couple of healthy and tasty side dishes to round out your meal.

*Recipes served at this program may
contain common food allergens.*

Register here >

Presentations/ Discussions

NEW! Virtual Recipe Swap

Active Group Discussion

Thursday, March 3

6:00 – 7:00 p.m.

Registration Required

Angela Dennison, Oncology Dietitian

Is there a recipe you love that is healthy and delicious? Join us for this program to share your recipe with other participants.

Angela will compile all recipes to send out to those who join.

Register here >

Managing Side Effects

Monday, March 14

12:30 – 1:30 p.m.

Thursday, April 7

12:30 – 1:30 p.m.

Online

Register here >

Thursdays

March 3, April 28

12:30 – 1:30 p.m.

Mondays

March 7, April 11

6:00 – 7:00 p.m.

Monday, March 28

12:30 – 1:30 p.m.

*** In-Person**

Register here >

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

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



Nutrition

NEW! Nutrition Q & A: How will good nutrition help me during treatment?

Lecture / Active Group Discussion
**In partnership with Mile Square
Health Center*

**Monday, March 14
6:00 – 7:00 p.m.**

*Registration Required
Madeline Butler-Sanchez,
Bilingual Oncology Dietitian*

Join Madeline to learn about the benefits of good nutrition during cancer treatment. Bring your questions and connect with others.

Register here >

NEW! Managing A Low Fiber Diet

Lecture / Active Group Discussion
Thursday, March 24

6:00 – 7:00 p.m.

*Registration Required
Angela Dennison, Oncology Dietitian*

High fiber diets are often recommended for good health. However, side effects from cancer treatment can decrease tolerance of high fiber foods. Join Angela to discuss strategies for a low fiber diet, while still focusing on nutritious options.

Register here >

NEW! Cancer Nutrition 101: Phytonutrients and their benefits for cancer

Lecture / Active Group Discussion
Saturday, March 26

9:30 – 10:30 a.m.

*Registration Required
Angela Dennison, Oncology Dietitian*

Join Angela to learn more about phytonutrients, the foods they are found in, and the role they play in cancer protection. Bring your questions and connect with others.

Register here >

Cancer Nutrition 101: Plant-based eating for cancer

Lecture / Active Group Discussion
**In-Person*

**Monday, March 28
6:00 – 7:00 p.m.**

Registration Required



*Madeline Butler-Sanchez,
Bilingual Oncology Dietitian*

Join Madeline to learn the foundations of a plant-based diet and why it's recommended for cancer.

Register here >

Managing Cancer Side Effects Lecture / Active Group Discussion

**In partnership with Mile Square
Health Center*

**Wednesdays, March 23, April 20
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 >

Managing Nausea During Cancer Treatment

**Monday, April 4
12:30 – 1:30 p.m.**

*Registration Required
Angela Dennison, Oncology Dietitian*
Nausea can interfere with appetite and overall quality of life. Join Angela to learn simple dietary strategies to minimize this side effect.

Register here >

NEW! Cancer Nutrition Q & A: Meat intake and cancer

**In partnership with Lemons of Love*

**Wednesday, April 27
6:00 – 7:00 p.m.**

*Registration Required
Angela Dennison, Oncology Dietitian*

There is often confusion around intake recommendations for meat, egg and seafood intake, for cancer. Join Angela to learn about the evidence-based information for these food items. Bring your questions and connect with others.

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 24 hours in advance, if possible, by using the "register here" links on page 12 or by visiting wellnesshouse.org. Any questions, please contact Amanda Woods at awoods@wellnesshouse.org or 630-654-5194.

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.

Meditation with Movement Series

Tuesdays

April 5 – 26

11:00 – 11:30 a.m.

Participants will perform slow, calming movements coupled with meditation designed to deepen the mind-body connection and learn how to incorporate these mindfulness practices at home.

Register here >





Exercise

Drop-In Exercise Classes Schedule

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

March 23, 30

April 6, 13

5:00 – 6:00 p.m.

Experience the benefits of yoga in this special 4- week series. Learn gentle chair and mat-based yoga poses and postures.

[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 **In-Person* [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 >](#)
- 7:00 p.m.** Pink Ribbon Community Yoga *4th Wednesday of every month* (7:00 p.m. – 8:30 p.m.) [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* [Register here >](#)



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.)
* In-Person
- 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.)
* In-Person
- 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 * In-Person
- 10:15 a.m.** Exercise During Cancer Tx II
- 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.)
* In-Person

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.)
* In-Person
- 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.)
* In-Person

FRIDAY

- 9:00 a.m.** Exercise After Cancer Tx I (9:00 – 9:45 a.m.)
* In-Person

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 * In-Person
- 11:30 a.m.** Pink Ribbon Fitness

Core, Balance, and Flexibility Series

Tuesdays | February 15 – March 8 11:00 - 11:45 a.m.
Registration Required

Participants will learn and experience the benefits of incorporating core, balance, and flexibility exercises into daily living. Seated, standing, and mat exercises will be performed with modifications as needed. [Register here >](#)

Pelvic Floor Yoga Level I

**In Partnership with Mile Square Health Center*
Tuesdays | April 5, 12, 19 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 >](#)

Introduction to Qigong

**In Partnership with Mile Square Health Center*
Wednesdays | April 6, 13, 20, 27 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.

New! How to Deal with a Racing Mind: 3 Easy Techniques to Reduce Overwhelm
Monday, March 21

7:00 – 8:30 p.m.

Registration Required

Bernadette (Berni) Kozlowski, Professional Meditation Coach (RYT-200)

When your life is impacted by cancer, you may deal with racing thoughts and a sense of overwhelm. When you give yourself permission to rest and use your senses to trigger the relaxation response, it's easier to drop out of your head and into your body. Learn and practice 3 quick-hitting relaxation skills and then be guided in a gentle meditation. The process is easier than you think!

Register here >

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.

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.

Registration Required

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

March 12, 26

April 9, 23

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

March 5, April 2

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

April 19, 26

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 >](#)

Midday Mindful Reset Series

**In Partnership with Mile Square Health Center*

Wednesdays

March 9, 16, 23, 30

11:00 a.m. – 12:00 p.m.

Registration Required

Looking for an alternative way to infuse your afternoons with energy and clearer purpose? Join us for this guided lunchtime series. Each week we'll share a practice of purposeful rest in community.

[Register here >](#)

Mindfulness Meditation Circle

Mondays

March 21, April 18

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

March 16, April 20

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 >](#)

Garden Walk

**In-Person*

Tuesday, April 26

1:00 – 3:00 p.m.

Registration Required

Join Susan Beard to view gardens in their Spring Blooms. Participants will meet at Wellness House Hinsdale, then use own transportation to go to local garden destinations.

[Register here >](#)

Mind Science Yoga

Saturdays

March 5, 12, 19

April 9, 16, 23, 30

May 7

9:30 – 10:30 a.m.

Registration Required

Saumen Chattopadhyay, Mind Science Researcher and Meditation Guide.

Experience a unique journey on a guided path developed with ancient Vedic practices of breathing, powerful mantra meditation and 'samadhi.' The workshop highlights the benefits that have been studied, experimented and validated by science and practice. Participation in all sessions in the 8-week series is strongly encouraged.

[Register here >](#)

Wellness through Deep Hypnosis

**In partnership with Countryside Church*

1st Saturdays **In-Person*

March 5, April 2

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*

March 19, April 16

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.

March: Expressing Anger Appropriately

April: Connecting Motivation and Action

Reiki Clinic

**In partnership with Countryside Church*

1st Saturdays **In-Person*

March 5, April 2

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*

March 19, April 16

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.



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 >](#)

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.

Drawing Perspectives

Tuesdays

March 1 – 22

1:00 – 3:00 p.m.

Registration Required

Learn drawing basics, draw one- and two- point perspective, and facial features with the value of light and dark using pencil.

[Register here >](#)

Color by Number

Mondays

March 7, April 4

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 >](#)

Mixed Media

Thursdays

March 10, April 21

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.

March: In March we start dreaming of spring gardens. We'll create our own "mind gardens" using simple materials and our own creativity. Fun, creative & easy!

April: Nothing says "April" like a rainy day. We'll capture the sense of looking through a window streaked with rain using pastels.

[Register here >](#)

Painting on a Canvas Tote Bag

In-Person

Friday, March 18

1:00 – 3:00 p.m.

Staff Registration Required

To register, contact Amanda Woods at 630.654.5194 or awoods@wellnesshouse.org.

In this workshop, participants will use acrylic paint to decorate a re-usable canvas tote bag. Tote bag provided.

Spring Intention Board

In-Person

Wednesday, March 23

2:00 – 4:00 p.m.

Staff Registration Required

To Register, contact Amanda Woods at 630.654.5194 or awoods@wellnesshouse.org

Spring is a wonderful time to create intentions. In this workshop, participants will create a vision board as a tool to help maintain your intentions.

Spring Ceramics

In-Person

Fridays

March 25 - April 8

1:00 – 3:00

Staff Registration Required

To Register, contact Amanda Woods at 630.654.5194 or awoods@wellnesshouse.org

Join us in using traditional ceramic hand-building techniques to complete individual projects using wet clay. Each week will have a specific theme. Creations will be professionally fired by a generous donor and returned to Wellness House for pick-up.

Gratitude Journals

Tuesdays

April 5 - 26

12:30 – 2:00 p.m.

Registration Required

Extend the powerful effects of gratitude and create a custom journal. In this four-week series, participants will combine craft, writing, and mindfulness to capture the essence of gratitude.

[Register here >](#)

Spring Paper Flowers

In-Person at the UI Health Cancer Center

Monday, April 11

10:00 – 11:30 a.m.

No need to wait for gardens to bloom; let's create our own lovely bouquets from tissue paper! They're almost as pretty as the real thing and they'll last forever. So easy too—Barbara will show you how and all materials will be provided.

[Register here >](#)

Torn Paper Transformation

Friday, April 22

12:00 – 2:00 p.m.

Participants will use positive affirmations, mantras, phrases to transform into paper mosaic/collage art creations.

[Register here >](#)

Self-Care Collage

In-Person

Monday, April 25

1:00 – 3:00 p.m.

Staff Registration Required

To Register, contact Amanda Woods at 630.654.5194 or awoods@wellnesshouse.org

Daily regimen of self-care is critical for cancer patients, survivors, and caregivers. In this workshop, participants will create a collage as a visual tool for self-care from mantras to mindsets to help get the most out of every day.



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



Superhero Day!

Tuesday, April 26

6:00 – 7:30 p.m.

Staff Registration Required

To register, please contact

Beth Gomez, LCSW at 630.654.5115

or bgomez@wellnesshouse.org.

Did you know that National Superhero Day is April 28? It's a day to celebrate all superheroes, but especially our youngest who are impacted by or fighting cancer. Dress in your favorite superhero costume or attire; we will have yummy treats, make a superhero cape, and have lots of family fun and laughter.

Teen Spring Bash

Thursday, March 17

6:30 – 8:00 p.m.

** In-Person*

Staff Registration Required

Please contact Nevada

Bennett, LPC, at

630.654.5346 or

nbennett@wellnesshouse.org

to register.

Calling all teens for a special in-person spring event to connect with other teens impacted by cancer, featuring a creative art project and spring treats.

Registration deadline is March 7.

Groups for Kids and Teens

Teen 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.

Turtles

** In-Person*

Tuesdays

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.

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.



Child & Family Programs

Turtles Transitions

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, who have graduated Turtles Bereavement Group. Through expressive arts and discussion, kids have an opportunity to express their grief and connect with others in a similar situation.

New! Beginning Mindfulness for Teens Series

In-Person

3rd Thursdays

April - June

Apr 21, May 19, June 16

6:30 – 7:30 p.m.

Staff Registration Required

To register, contact Nevada Bennett, LPC, at 630-654-5346 or nbennett@wellnesshouse.org.

Are you a teen that has been impacted by cancer? Have you been curious about mindfulness and what that means? Come find out! Learn about mindful journaling, sound meditation and abstract art.

Teen Survivors Group

In-Person

3rd Tuesdays,

March 15, April 19

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.

New! Teen Cancer Chat

In-Person

2nd Thursdays

March 10, April 14

6:00 – 7:00 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

New! Connecting Parents of Children with Cancer

Online

Mondays

3:00 – 4:00 p.m.

Drop-ins Welcome

For questions, contact Beth Gomez, LCSW at 630.654.5115 or bgomez@wellnesshouse.org

This weekly peer group provides an opportunity for parents of children and teens with a cancer diagnosis to explore the emotional, physical, and spiritual challenges of a child's cancer diagnosis. Receive support, connect with other parents, and learn about helpful resources.

Register here >

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 >

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



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.



Support in Overcoming Stress (SOS) Series

In-Person

Mondays

March 7, 14 and 21

5:00 – 6:15 p.m.

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

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 >

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

March 1, 15 and April 5, 19

10:00 – 11:30 a.m.

Drop-ins Welcome

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

nbennett@wellnesshouse.org.

Connect with others with a cancer diagnosis, who self-identify as women of color, in this twice monthly drop-in support group to share experiences, coping strategies, and support one another during the cancer journey.

Register here >

Newly Diagnosed Support Group

In-Person

2nd and 4th Tuesdays

March 8, 22 and April 12, 26

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 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 25

Young Adult Caregiver Support Group

4th Mondays

March 28, April 25

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

Bereavement Groups

Bereavement Support Series

In-Person

Mondays

April 4, 11 and 18

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

March 3, April 7

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

Dates provided upon registration

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

March 22, April 26

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

Strengthening Family Ties Networking Group

3rd Tuesdays

March 15, April 19

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 even exchange ideas about how to map out your historical family.

[Register here >](#)

Death Café Alumni Networking Group

1st Tuesdays

March 1, April 5

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

March 17, April 21

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 >](#)

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



Support Groups & Counseling

LGBTQ+ Cancer Networking Group

**In partnership with Mile Square Health Center*

3rd Wednesdays

March 16, April 20

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 >

Connecting Parents of Children with Cancer

Drop-ins Welcome

See page 19 for full description.

Register here >

Meaning-Centered Psychotherapy Alumni Networking Group

2nd Tuesdays

March 8, April 12

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.

Register here >

Spiritual Side of Cancer

2nd Thursdays

March 10, April 14

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

March 28, April 25

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 >

Young Adults with Cancer Networking Group

1st Thursdays

March 3, April 7

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

March 25, April 22

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.



Support Groups & Counseling

Diagnosis-Specific Monthly Peer Networking Groups

Drop-ins Welcome! The following groups give people the opportunity to meet with others experiencing the same type of cancer. The purpose is to exchange information and strategies for navigating the cancer experience. Caregivers are welcome to all groups except the Breast, Gynecologic and Prostrate Groups which are for those diagnosed with cancer only.

Brain Tumor

4th Thursdays

March 24, April 28

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

March 28, April 25

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

March 25, April 22

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

March 14, April 11

7:00 – 8:30 p.m.

For questions, contact Ellen Nieman, LCSW at 630.654.5198 or enieman@wellnesshouse.org.

[Register here >](#)

Bladder Cancer

1st Wednesdays

March 2, April 6

10:00 – 11:30 a.m.

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

[Register here >](#)

Gynecologic Cancers

2nd Thursdays

March 10, April 14

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

March 15, April 19

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

March 10, April 14

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

March 22, April 26

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

March 7, April 4

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

March 12, April 9

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

March 17, April 21

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.

[Register here >](#)

Prostate Cancer

2nd and 4th Wednesdays

March 9, 23 and April 13, 27

9:30 – 11:00 a.m.

For questions, contact Michael Williams, Psy.D. at 630.654.5117 or

mwilliams@wellnesshouse.org.

[Register here >](#)

Sarcoma Cancers

**In-Person Limited Group Size, Advanced Registration Required*

3rd Saturdays

March 19, April 16

11:00 a.m. – 12:30 p.m.

For questions, contact Ellen Nieman, LCSW at 630.654.5198 or enieman@wellnesshouse.org.

[Register here >](#)

Kidney Cancer

4th Tuesdays

March 22, April 26

3:00 – 4:30 p.m.

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

[Register here >](#)

Programas de apoyo para el cáncer en español

Bienvenidos a Wellness House

Cada miércoles

5:30 – 6:30 p.m.

Se requiere registro

Únase a nosotros para tener la oportunidad de aprender más sobre cómo puede beneficiarse y comenzar en Wellness House. Compartiremos una descripción general de los programas, un recorrido virtual y la oportunidad de conocer al personal.

Registrarse aquí >

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 >

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.

Bienvenidos sin cita previa

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

Registrarse aquí >

Grupo de Apoyo para el Cáncer

Metastásico

Cada jueves

10:00 – 11:30 a.m.

Se requiere registro con personal

Para registrarse, comuníquese con

Thelma Razo, LSW al 630.654.7208 o

por correo electrónico a

trazo@wellnesshouse.org.

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

¡A perder peso! Controlar el peso

después del cáncer

**En asociación con Mile Square*

Health Center

Jueves, 24 de marzo – 28 de abril

3:00 – 4:00 p.m.

Para registrarse, comuníquese con

Madeline Butler-Sanchez al 630.654.5101

o msanchez@wellnesshouse.org.

Tanto educativa como experiencial, esta serie es para sobrevivientes de cáncer que han completado el tratamiento y explora los cambios de comportamiento necesarios para un control de peso saludable. Muchos sobrevivientes de cáncer luchan con problemas relacionados con el peso después de los tratamientos contra el cáncer. Aprende consejos sencillos para mejorar la dieta y aumentar la actividad física. Cada sesión proporcionará un ambiente grupal de apoyo donde las personas serán guiadas para comprender su disposición al cambio y usar sus intereses, metas y necesidades para crear un "Plan de cambio de estilo de vida" personal. Todos los participantes deben completar una consulta antes del martes 22 de marzo.

Asesoramiento Individual

El asesoramiento individual ofrece un espacio seguro para abordar las complejidades que conlleva un diagnóstico de cáncer, hacer frente a los desafíos y las demandas del cáncer y para reconectarse a uno mismo durante y después del tratamiento.

Para hacer una cita, comuníquese con Thelma Razo a través de correo electrónico a trazo@wellnesshouse.org o por teléfono al 630.654.7208.

Nutrición

Cocinar para el cáncer

**En asociación con Mile Square*

Health Center

Demostración de cocina/Discusión

Sábado, 5 de marzo

Sábado, 2 de abril

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 ayudarlo a incorporar deliciosamente los alimentos que combaten el cáncer en su dieta.

Registrarse aquí >

Manejo de efectos secundarios

**En asociación con Mile Square*

Health Center

Jueves, 17 de marzo

10:00 – 11:00 a.m.

Lunes, 25 de abril

12:30 – 1:30 p.m.

Se requiere registro

Madeline Butler-Sanchez, Dietista

Oncóloga Bilingüe

Esta clase está destinada a personas que se someten o están a punto de comenzar un tratamiento y se centrará en minimizar o prevenir los efectos secundarios comunes. Durante esta sesión, discutiremos los efectos secundarios que son relevantes para usted:-
-Poco apetito o pérdida excesiva de peso
-Cambios en el gusto o falta de gusto
-Náuseas y vómitos
-Diarrea y estreñimiento
-Neuropatía

Registrarse aquí >

Programas de apoyo para el cáncer en español

Nutrición para el Cáncer 101: Alimentación basada en plantas para el cáncer

Discusión activa en grupo

**Miércoles, 30 de marzo
6:00 – 7:00 p.m.**

Se requiere registro

*Madeline Butler-Sanchez,
Dietista oncológica bilingüe*

Únase a Madeline para aprender los fundamentos de una dieta basada en plantas y por qué se recomienda para el cáncer.

Registrarse aquí >

¡NUEVO! Bienestar en Temporada: Primavera hacia adelante con las plantas

Discusión de Cocina

**Viernes, 29 de abril
2:00 – 3:30 p.m.**

Se requiere registro

*Madeline Butler-Sanchez,
Dietista Oncóloga Bilingüe*

Únase a nosotros para una tarde divertida de cocina con un enfoque en los alimentos que están en temporada para la primavera.

Registrarse aquí >

¡NUEVO! Nutrición contra el cáncer 101: Consumo de alcohol

*En asociación con Mile Square
Health Center*

**Sábado, 26 de marzo
9:30-10:30 a.m.**

Se requiere registro

Andrea Hinojosa, Dietista Registrada

Únase a este programa para obtener más información sobre la ingesta de alcohol y el riesgo de cáncer, mientras obtiene respuestas a sus preguntas sobre este importante tema.

Registrarse aquí >

¡NUEVO! Merienda & Aprende

**Viernes, 18 de marzo
10:30 – 11:00 a.m.**

**Viernes, 28 de abril
3:00 – 3:30 p.m.**

Se requiere registro

*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 >

¡Reserva la fecha! Tratamientos Actuales: Cáncer de Seno

**Sábado, 21 de Mayo
9:30 – 11:45 a.m.**

Temas:

- Discusión del oncólogo médico
- Nutrición para el cáncer de seno

*Consultas Nutricionales
Individuales Se requiere
registro para programar
una cita, comuníquese con
Madeline Bulter-Sanchez
al 630.654.5101 o
msanchez@wellnesshouse.org*

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

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
MacNeal Hospital
3249 S Oak Park Ave
Berwyn, IL 60402

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