Wellness House programs will help you gain strength, manage side effects and feel less alone. Because everyone is different, we offer a variety of programs so you can choose what feels right for you. Attend as many programs as you’d like. Everything we do is to help you fully live life with cancer and beyond.
Program Guide

Exercise/Mind-Body Movement

Exercise is safe and encouraged during and after cancer treatment. Our classes help you:

- Increase energy
- Decrease nausea
- Improve treatment outcomes
- Reduce risk of recurrence

No experience necessary. All abilities welcome. Registration required for all exercise classes. For more information contact Jadyn Chipman at 630.654.5116 or jchipman@wellnesshouse.org

Soul Chat: Cancer + Spirituality Discussion Group for Black, Indigenous and People of Color
4th Mondays
March 28, April 25
7:00 – 8:30 p.m.
For questions, contact Maigenete Mengesha, PhD, at 630.654.5111 or mmengesha@wellnesshouse.org.
Co-facilitated by Sydwell Nkosi, Pastoral Care Team at UI Health, this monthly group creates a welcoming space to discuss the challenges and joys found in the spiritual side of the cancer journey. Wellness House does not affiliate with any one belief system; people of all faith backgrounds are encouraged to participate.

Women of Color Cancer Connections Group
1st and 3rd Tuesdays
March 1, 15; April 5, 19
10:00 – 11:30 a.m.
Staff Registration Required
To register, 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.

LGBTQ+ Cancer Networking Group
3rd Wednesdays
March 16, April 20
10:00 – 11:30 a.m.
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
All members of the LGBTQ+ community who are currently diagnosed with cancer or caring for someone diagnosed with cancer are invited to join this online support group to share experiences, coping strategies, and support during the cancer journey.

Support and Counseling

Chair Tai Chi
Thursdays
3:00 – 3:45 p.m.
Traditional Tai Chi movements for stress relief and balance in the comfort and safety of a chair.
Register here>

Stretching Through Cancer
Wednesdays
4:00 – 4:45 p.m.
Register here>
Thursdays
6:30 – 7:15 p.m.
Register here>
Gentle stretches for all major muscle groups to address joint and flexibility difficulties from cancer treatment.

Yoga for Cancer Series
Wednesdays
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>

Pelvic Floor Yoga Level I
Tuesdays
April 5, 12, 19
11:00 a.m. – 12:15 p.m.
In this series, participants will experience a weekly lesson before a workshop of yoga poses, meditation, and breath work to support your pelvic floor health.
Register here>

Introduction to Qigong
Wednesdays
April 6, 13, 20, 27
10:30 – 11:30 a.m.
Experience an intro to this gentle, ancient Chinese healing practice.
Register here>

UI Health Cancer Clinic
Outpatient Care Center, Suite 1 E
1801 W. Taylor Street, Chicago, IL 60612

Mile Square Health Center
1220 S. Wood Street, Chicago, IL 60612

UI Health

Wellness House
for LMNG with CANCER

You’ll feel better inside.

For more information, visit wellnesshouse.org or call 630.323.5150
**Stress Management**

Reducing stress will allow you to feel more in control.

*For more information and to register, contact Jadyn Chipman at 630.654.5116 or jchipman@wellnesshouse.org.*

**Meditation for Stress Management**
*Mondays 5:00 – 6:00 p.m.*
This class introduces different meditation techniques that once learned, can be easily practiced by participants whenever they feel stressed in daily life. We will explore different breathing exercises, guided meditation, visualization and affirmations.

**TYM for Me**
*Thursdays 4:00 – 4:45 p.m.*
TYM for Me is a seated class that introduces you to simple movements and breathing techniques used in Tai Chi and Yoga. These gentle practices improve breathing, reduce stress and increase happiness.

**Spring Paper Flowers**
*In partnership with Mile Square Cancer Center  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.

**Nutrition**

Good nutrition and hydration are important during treatment. Our classes help you:

- ✅ Reduce treatment-related side effects
- ✅ Improve cooking skills
- ✅ Learn about cancer-fighting foods
- ✅ Manage weight

*For questions about nutrition programs, contact Madeline Butler-Sanchez at 630.654.5101 or msanchez@wellnesshouse.org.*

**Cooking for Cancer**
*Cooking Demonstration/Discussion Wednesdays March 9, April 13 5:30 – 7:00 p.m.*
Registration Required 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.

**Dimensions of Wellness**
*Tuesdays April 19, 26 6:00 – 7:00 p.m.*
This series explores the highly individualized dimensions of wellness. Through discussions, worksheets, and simple art activities, participants will identify strengths and possible areas of change.

**Midday Mindful Reset Series**
*Wednesdays March 9, 16, 23, 30 11:00 a.m. – 12:00 p.m.*
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.

**Registration Required**
Madeline Butler-Sanchez, Oncology Dietitian
Learn about the benefits of good nutrition during cancer treatment.

**Managing Cancer Side Effects**
*Lecture / Active Group Discussion 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.

**NEW! Cancer Nutrition Q & A: How will good nutrition help me during treatment?**
*Lecture / Active Group Discussion Monday, March 14 6:00 – 7:00 p.m.*

For more information, visit wellnesshouse.org | 3
SPECIAL EVENT:
Hot Topics in Colorectal Cancer 2022
Saturday, March 26
9:00 a.m. – 12:00 p.m.
Learn about the latest updates in the research and treatment of colorectal cancer.
Register here >

Your Story is Sacred and Powerful: A Story-Telling Experience
Tuesday, March 1
6:30 – 8:00 p.m.
Registration Required
Sherri Wick, LPC, NCC
Everyone has a story to tell. Expressing yours, privately or with others, can help you process emotions, reduce stress and connect with others.
Register here >

Managing Weight after Cancer with Exercise and More
Thursday, April 21
4:00 – 5:30 p.m.
Vania Perry, MS, NASM-CPT, CETI CES
Learn about the health benefits of maintaining a healthy weight after cancer treatment and tips for staying active.
Register here >

Hello, Beautiful
4th Tuesdays
March 22, April 26
5:30 – 6:30 p.m.
To register contact Blanca Martinez at 630.560.0336 or bdiazmartinez@wellnesshouse.org.
Join us for a fun and intimate session that will teach you how to wow your brows and receive cosmetic supplies! Offered to participants in active treatment.
Register here >

¡A perder peso! Controlar el peso después del cáncer
Jueves, 24 de marzo – 28 de abril
3:00 – 4:00 p.m.
Se requiere registro
Para registrarse, comuníquese con Madeline Butler-Sanchez al 630.654.5101 o msanchez@wellnesshouse.org. Este programa explora los cambios de comportamiento necesarios para el control de peso saludable después de los tratamientos contra el cáncer. Aprende consejos sencillos para mejorar la dieta y aumentar la actividad física para crear un “Plan de cambio de estilo de vida” personal.
Register here >

¡Nuevo! Manejo de efectos secundarios
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.
Register here >

¡Nuevo! Nutrición contra el cáncer 101: Consumo de alcohol
Sábado, 26 de marzo 9:30 – 10:30 a.m.
Se requiere registro
Andrea Hinojosa, Dietista
Unase 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.
Register here >

Bienvenidos a Wellness House
Cada miércoles
5:30 – 6:30 p.m.
Se requiere registro
Unase a nosotros para tener la oportunidad de aprender más sobre cómo puede beneficiarse y comenzar en Wellness House.
Regístrate aquí>

Meditación Guiada
Cada tercer miércoles del mes
3:00 – 4:00 p.m.
Se requiere registro
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.
Regístrate aquí>

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GUEST SPEAKER: Kate Bowler
No Cure for Being Human
Thursday, April 14 | 7:00 – 8:30 p.m.
Kate Bowler, New York Times best-selling author, Duke professor, and incurable optimist
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? Sharing insights from 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.
Register here >

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