

# Program Guide



**FREE  
Cancer  
Support**

**¡Programas en español!**  
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Would you like to learn more about Wellness House?  
**Contact Ikea Johnson**  
Community Relations Advocate  
[ijohnson@wellnesshouse.org](mailto:ijohnson@wellnesshouse.org)  
630.654.5356



Scan for more information

**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.*

## 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](mailto:Jadyn.Chipman@wellnesshouse.org) at 630.654.5116 or [jchipman@wellnesshouse.org](mailto:jchipman@wellnesshouse.org)

### 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 >](#)

## Support and Counseling



### 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](mailto:Maigenete.Mengesha@wellnesshouse.org), at 630.654.5111 or [mmengesha@wellnesshouse.org](mailto:mmengesha@wellnesshouse.org).

Co-facilitated by Sydwel 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.

[Register here >](#)

### 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](mailto:Nevada.Bennett@wellnesshouse.org), at 630.654.5346 or [nbennett@wellnesshouse.org](mailto: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.](mailto:Michael.Williams@wellnesshouse.org) at 630.654.5117 or [mwilliams@wellnesshouse.org](mailto: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.

[Register here >](#)

# Program Guide

## Stress Management

Reducing stress will allow you to feel more in control.



For more information and to register, contact Jady Chipman at 630.654.5116 or [jchipman@wellnesshouse.org](mailto: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.

[Register here >](#)

### 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.

[Register here >](#)

### 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.

[Register here >](#)

### 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.

[Register here >](#)

### 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.

[Register here >](#)



## 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](mailto: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*

*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 >](#)

### 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.**

*Registration Required*

*Madeline Butler-Sanchez,*  
*Oncology Dietitian*

Learn about the benefits of good nutrition during cancer treatment.

[Register here >](#)

### 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.

[Register here >](#)

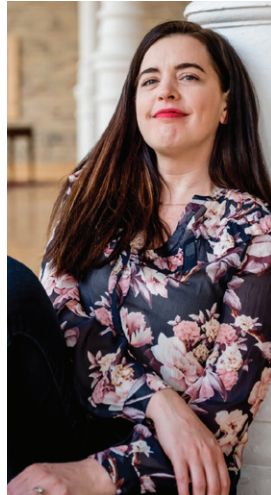
## Information and Education



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 >](#)

### **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, 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.

[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](mailto: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.

### **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 >](#)

## 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.

[Registrarse 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.

[Registrarse aquí>](#)

### **¡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 con personal  
Para registrarse, comuníquese  
con Madeline Butler-Sanchez al  
630.654.5101 o*

*[msanchez@wellnesshouse.org](mailto: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.

### **Cocinar para el cáncer**

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

[Registrarse aquí>](#)

### **¡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.

[Registrarse aquí>](#)

### **¡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*

*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>](#)