

Program Guide

"It's nice to have a safe space you can go to, whether it's in-person or online."

Luciana - Participant

¡Programas en español! page 4



Would you like to learn more about Wellness House?
Contact Ikea Johnson

Community Relations Advocate
ijohnson@wellnesshouse.org
630.654.5356



Scan for more information

**FREE
Cancer
Support**

Wellness House for LIVING with CANCER

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.*

SPECIAL EVENTS:

Wellness Evolving: Music Inspires Health

Dr. Benjamin Levy, Cellist, Gastroenterologist and Music Director of TEDxWrigleyville
Tuesday, May 24 | 7:00 – 8:30 p.m.

Registration Required

From reducing anxiety and pain to improving overall mood and outlook on life, the connection between music, our brains and our health is powerful. [Register here >](#)

Hot Topics in Breast Cancer 2022

June 18 - 30 (variety of programs available)

Learn about the latest updates in the research and treatment of breast cancer.

[Register here >](#)

Exercise/Mind-Body Movement

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

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



Stretching Through Cancer

Tuesdays

4:30 – 5:15 p.m.

[Register here >](#)

Wednesdays

4:00 – 4:45 p.m.

[Register here >](#)

Gentle stretches for all major muscle groups to address joint and flexibility difficulties from cancer treatment.

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 >](#)

Pelvic Floor Yoga

Level II

Tuesdays

May 3, 10, 17

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 >](#)

Yoga for Cancer Series

Wednesdays

May 11, 18, 25

June 1, 8

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 >](#)

Introduction to Qigong

Wednesdays

May 25

June 1, 8, 15

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

May 23, June 27

7:00 – 8:30 p.m.

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

[Register here >](#)

Women of Color Cancer Connections Group

1st and 3rd Tuesdays

May 3, 17; June 7, 21

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

May 18, June 15

10:00 – 11:30 a.m.

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

mwilliams@wellnesshouse.org.

LGBTQ+ folks who are currently diagnosed with cancer or caring for a partner or other loved one are warmly invited to join this drop-in, online support group. We provide a safe space to share experiences, coping strategies and support during the cancer journey. Everyone is welcome, including those newly diagnosed, in active treatment, and long-term survivors.

[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.

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 >](#)

Dimensions of Wellness

Tuesdays

May 3, 10

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

June 8, 15, 22, 29

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.

Cooking for Cancer

Cooking Demonstration/Discussion

Wednesdays

May 11, June 8

5:30 – 7:00 p.m.

Registration Required

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 101: Food Safety During and After Treatment

Lecture/Active Group Discussion

Wednesday, May 25

6:00 – 7:00 p.m.

Registration Required

Madeline Butler-Sanchez, Bilingual Oncology Dietitian

Join Madeline to learn more about good food safety practices while navigating a compromised immune system and/or low white blood cell count.

[Register here >](#)

Managing Cancer Side Effects

Lecture/Active Group Discussion

Wednesdays

May 11, June 15

6:00 – 7:00 p.m.

Registration Required

Madeline Butler-Sanchez, Bilingual Oncology Dietitian

This single-session class is meant for individuals undergoing or about to start treatment and will focus on minimizing or preventing common side effects.

[Register here >](#)

NEW! Cancer Fighting Kitchen Series: Healthy Soups Course

Cooking Demonstration / Discussion

Tuesdays

June 7 - 28

3:00 – 4:00 p.m.

Registration Required

Angela Dennison, Oncology Dietitian

Join us for this series based on Cancer-Fighting Kitchen Cooking Course by Rebecca Katz.

Each week will follow specific modules to increase your skills and knowledge on healthy cooking for cancer. Caregivers are also welcome to attend. You will receive a complimentary log-in after attending the first session.

[Register here >](#)

Cooking with Herbs and Spices

Cooking Demonstration / Discussion

Friday, June 24

12:30 – 2:00 p.m.

Registration Required

Adrienne Felder, MA, LCPC, Professional Chef

Herbs and spices play a big role in building flavorful dishes. Join Adrienne to learn easy tips on how to cook with herbs and spices.

[Register here >](#)

Information and Education



Black Cancer Podcast Club

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

Monday, May 9 | 7:00 – 8:30 p.m.

Registration Required

Nevada Bennett, LPC, and Ikea Johnson, Wellness House and Christine Jo'nel Adley, YAAS

Black Cancer's goal is to normalize conversations about our health and build our ability to talk about cancer in robust, dynamic and real ways. Each episode features in depth, vulnerable, one-on-one conversations with everyday people of color. Guests are cancer survivors, previvors, caregivers and loved ones of those this world has lost. Listen to Season 1/Episode 1: To Wake Up. To Heal. To Become This Person, and then join us to continue the conversation.

[Register here >](#)

Cancer Thriving and Surviving Tuesdays

May 10 – June 14

5:30 – 8:00 p.m.

To register contact Ikea Johnson at 630.654.5356 or ijohnson@wellnesshouse.org. Registration deadline is Monday, May 2.

Cancer Thriving and Surviving is a 6-week interactive workshop for cancer survivors. The sessions are highly participative where mutual support and success builds confidence in your ability to manage your health and maintain an active and fulfilling life. Participants learn skills to help address concerns such

as fear of recurrence, fatigue, pain, nutrition and more. The program is open to people with cancer, survivors, family, friends, and caregivers.

[Register here >](#)

Hello, Beautiful 4th Tuesdays

May 24, June 28

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.

Family to Bench

Monday, June 20

6:00 – 7:30 p.m.
Kimberly Richardson, MA, President, Black Cancer Collaborative

In recognition of Black Family Cancer Week, join patient engagement expert Kimberly Richardson as she discusses the importance of the black family understanding cancer from diagnosis, treatment, and survivorship to research and clinical trials.

[Register here >](#)



Programas de apoyo para el cáncer en español

¡Nuevo! Grupo de apoyo biblioterápico

Jueves, 5 de mayo al 23 de junio

3:00 – 4:00 p.m.

Para registrarse, comuníquese con Thelma Razo, LSW al 630.654.7208 o por correo electrónico a trazo@wellnesshouse.org.

Este grupo de apoyo de biblioterapia está diseñado para que las personas afectadas por el cáncer procesen su viaje contra el cáncer a través de la literatura y conversaciones de reflejo. Para esta serie, estaremos leyendo 'No hay mal que por bien no venga, y otras mentiras piadosas: Una carta de amor a la vida escritos' por Kate Bowler.

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>](#)

Tratamientos Actuales y Nutrición: Cáncer de Seno

**In partnership with ALAS-Wings*

Sábado, 21 de Mayo

9:30 – 11:45 a.m.

Se requiere registro

La doctora Rosalinda Alvarado, MD, Rush University Medical Center, presentará el tratamiento más

nuevo para el cáncer de seno. Luego, Madeline Butler-Sanchez, MS, Wellness House, educará sobre alimentación saludable para el cáncer de seno.

[Registrarse aquí>](#)

Cocinar para el cáncer

Sábado, 4 de junio

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

Jueves, 12 de mayo

10:00 – 11:00 a.m.

Jueves, 9 de junio

10:00 – 11:00 a.m.

Se requiere registro
Madeline Butler-Sanchez, Dietista Oncóloga Bilingüe

Esta clase está destinada a personas que se someten o están a punto de comenzar un tratamiento y se centrará en minimizar o prevenir los efectos secundarios comunes.

[Registrarse aquí>](#)

¡NUEVO! Nutrición Q & A: Consumo de carne y riesgo de cáncer

Sábado, 7 de mayo

9:30 – 10:30 a.m.

Se requiere registro
Andrea Hinojosa, Dietista Registrada

A menudo hay confusión en torno a las recomendaciones de ingesta para la ingesta de carne, huevo y mariscos, para el cáncer. Únase a Andrea para conocer la información basada en la evidencia de estos alimentos. Trae tus preguntas y conéctate con los demás.

[Registrarse aquí>](#)