“It’s nice to have a safe space you can go to, whether it’s in-person or online.”
Luciana - Participant

SPECIAL EVENTS:
- Hot Topics in Breast Cancer
- Wellness Evolving: *Music Inspires Health*

Now online and in-person

¡Programas en español!
Don't Miss Our Special Events!

WELLNESS EVOLVING:
Music Inspires Health
Tuesday, May 24 | 7:00 – 8:30 p.m.
Registration Required

Dr. Benjamin Levy, Cellist, Gastroenterologist and Music Director of TEDxWrigleyville

From reducing anxiety and pain to improving overall mood and outlook on life, the connection between music, our brains and our health is powerful. Hear from a local musician and gastroenterologist, Dr. Benjamin Levy, about his experiences playing for hospital patients and the inspiring transformations and family connections witnessed. He will share about the intersection of music in his own life as a physician, cellist, and benefit concert organizer and will even play a few tunes!

Meet Us in May: Find Your Path to Wellness
• In-Person
Registration Required
Get started on your roadmap to wellness by joining Wellness House staff to learn how you can benefit from programs. In addition to weekly orientation sessions, program area open house events will be provided as opportunities to meet the Wellness House team, learn what we offer and how you can get started in programs. These programs are offered for participants who are new to Wellness House.

Exercise Open House
Wednesday, May 4 | 5:30 – 6:30 p.m.
Register here >

Support and Counseling Open House
Thursday, May 5 | 5:30 – 6:30 p.m.
Register here >

Child and Family Open House
Tuesday, May 10 | 6:00 – 7:30 p.m.
Register here >

Stress Management Open House
Friday, May 13 | 2:00 – 3:00 p.m.
Register here >

Information and Education Open House
Tuesday, May 17 | 6:00 – 7:00 p.m.
Register here >

Nutrition Open House
Thursday, May 26 | 6:00 – 7:00 p.m.
Register here >

The Hope Social: Wellness House Community Picnic
• In-Person
Thursday, June 2 | 5:00 – 7:00 p.m.
Registration Required
Join us as we celebrate the power of community with food, games, and time together. This outdoor event will provide an opportunity for the Wellness House community to gather and share together.

Hot Topics in Breast Cancer
Saturday, June 18 – Thursday, June 30
Registration Required
Join the top oncologists, surgeons, and healthcare professionals in Chicagoland to learn about the latest updates in the research, treatment and side effect management for breast cancer. Additional details on page 4.

Taste of Wellness House Nutrition Fair
Saturday, August 20 - Friday August 26
Join us for an in-person fest followed by a week of virtual cooking demonstrations, a special guest speaker and culinary workshops designed to educate and promote a whole food, plant-based, cancer-fighting diet.

To register online, visit wellnesshouse.org or call 630.323.5150 for more information.
Comming 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

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
May 7, 14, 21
June 4, 11, 18, 25
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.

Bienvenidos a Wellness House
Cada miércoles | 5:30 – 6:30 p.m.
Se requiere registro

Unáse 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.  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 >

Insights into Integrative Medicine for Cancer
Thursday, May 12
7:00 – 8:30 p.m.
Registration Required
David Victorson, PhD, Associate Director of the Cancer Survivorship Institute at the Robert H. Lurie Comprehensive Cancer Center
From lifestyle modifications to mind-body practices, integrative therapy options can be very impactful for managing side effects and symptoms during cancer. Learn about the research behind complementary therapy options during and after cancer.
Register here >

Updates in Treatment of Bladder Cancer
Thursday, June 9
6:30 – 8:00 p.m.
Registration Required
Brian Kadaw, MD, Urologist, Integrated Oncology Program, Duly Health and Care
Amit Patel, MD; Ranko Miocinovic, MD, Integrated Oncology Program, Urology, Duly Health and Care
Learn about the latest treatment options for bladder cancer. Side effects and concerns in survivorship will also be discussed.
Register here >

Updates in Treatment of Head and Neck Cancer
Tuesday, June 14
7:00 – 8:30 p.m.
Registration Required
Andrew Wiele, DO, Hematologist and Oncologist, Elmhurst Hospital
The latest chemotherapy and targeted drugs used to manage head and neck cancer will be discussed. New research studies and side effect management options will also be discussed.
Register here >

Hot Topics in Breast Cancer 2022
Saturday, June 18 - Thursday, June 30
Registration Required
Join the top oncologists, surgeons, and healthcare professionals in the Chicagoland area to learn about the latest updates in the research and treatment of breast cancer.

Updates in Breast Cancer Treatment and Research Panel
Saturday, June 18
9:00 – 11:30 a.m.
- Joseph J Kast, MD, Medical Oncologist, Edward Hospital
- Christina O’Donoghue, MD, MPH, Surgical Oncologist, Rush University Medical Center
- Anne R. McCall, MD, Radiation Oncologist, UChicago Medicine and Medical Director, Medical Oncology for Silver Cross Hospital
Register here >

Elmhurst Hospital
- Amarylis Gil, MD, Medical Oncologist and Palliative Care Specialist, Elmhurst Hospital
Register here >

Sexual Health after Breast Cancer
Monday, June 20
3:00 – 4:30 p.m.
- Amy Tamos, PT, DPT
Register here >

Managing Hormonal Therapy Side Effects
Tuesday, June 21
6:30 – 8:00 p.m.
- Ursula Sobol, MD, Oncologist, Northwest Community Healthcare
Register here >

Outdoor Pink Ribbon Community Yoga + Picnic
In-Person
Wednesday, June 22
6:00 – 8:00 p.m.
Register here >

Positivity in Breast Cancer: Toxic or Healthy?
Thursday, June 23
6:30 – 8:00 p.m.
- Elizabeth Addington, PhD, Robert H. Lurie Comprehensive Cancer Center Osher Center for Integrative Health Northwestern University Feinberg School of Medicine
Register here >

Film Viewing and Discussion:
Grace: The art of mastectomy tattoos
Thursday, June 30
6:30 – 8:00 p.m.
Register here >
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

**Brows, Scarves and More!**

*In-Person*

**Wednesday, May 4 | 2:00 – 4:00 p.m.**

**Wednesday, June 15 | 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**

**May 24, June 28**

**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.

Register here>

**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.

**To learn more about our programs, please visit wellnesshouse.org**
Information & Education

Cancer Thriving and Surviving
*In Partnership with Mile Square Health Center

Tuesdays
May 10 – June 14
5:30 – 8:00 p.m.
To register contact Ike 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.

Moving Forward

In-Person

Wednesdays, May 11 – June 22
10:00 a.m. – 12:00 p.m.
and
Fridays, May 13 - June 24
10:00 – 11:00 a.m.
Staff Registration Required
To register, contact Ellen Nieman, LCSW at enieman@wellnesshouse.org or 630-654-5198 by Friday, May 6.

This 7-week experiential series is for those who have completed treatment within the past year. Includes commitment to weekly exercise classes, a weekly support group, and healthy cooking classes. This course is designed to explore the range of emotions, physical concerns and questions that may arise following cancer treatment and to support participants as they move forward.

Reiki Share

Tuesdays
May 12, June 14
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.

Wellness House Death Café
Tuesday, May 31
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.

Wellness House Life Café
Wednesday, June 1
11:30 – 1:00 p.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.

Reiki For You: Level 1
In-Person

Thursdays
May 19 and 26
9:00 a.m. – 1:00 p.m.
Registration Required
Jane Van De Velde, DNP, RN, Reiki Master Teacher

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.

Latest Treatments and Nutrition for Breast Cancer (In Spanish)
*In partnership with ALAS-Wings

Cáncer de Seno
Sábado, 21 de Mayo
9:30 – 11:45 a.m.
Mas informacion en pagina 25.
Information & Education

Reiki for You: Level II
In-Person
Thursday, June 9 and Friday, June 10
9:00 a.m. – 1:00 p.m.
Registration Required
Jane Van De Velde, DNP, RN
Reiki Master Teacher
The Reiki Share Project
You will continue your Reiki journey in this two-part class. Learn to use three Reiki symbols, more fully explore the concept of distant healing, conduct a full Reiki session using the symbols, and consider the professional and ethical aspects of Reiki practice. You will also receive a second attunement. To participate in this class, you must have completed Reiki Level I (Reiki for You) and be self-treating with Reiki on a regular basis. Registration is limited.
Register here>

Cancer & Bone Health Educational Series

Nutrition for Bone Health
Thursday, May 19
6:30 – 8:00 p.m.
Registration Required
Angela Dennison, RD, LDN, Wellness House
Many nutrients play a role in bone health, and good nutrition can play a crucial role to maintaining strong bones. Join us to learn about specific nutrients that are beneficial, as well as habits that should be minimized.
Register here>

How Exercise Can Help with Bone Loss
Thursday, May 26
6:30 – 8:00 p.m.
Registration Required
Jadyn Chipman, ACSM GEI, ACSM/ACS CET, Wellness House,
In this presentation participants will learn how exercise can help manage bone loss and reduce the risk of fractures.
Register here>

Top Doc: Addressing Medical Concerns around Cancer and Bone Health
Tuesday, June 7  |  6:30 – 8:00 p.m.
Registration Required
Alan Blank, MD, Orthopedic Oncologist, Rush University Medical Center
Understand how certain cancer treatments can impact your bones and how you can work with your medical care team to prevent adverse effects. Bone health after cancer will also be discussed.
Register here>

Join us for follow-up experiential classes:
Exercise for Bone Health
Thursday, June 9  |  6:00 – 7:00 p.m.
Requires Medical Release/Health History.
To register, contact Amanda Woods at 630-654-5194 or awoods@wellnesshouse.org.
Cooking for Bone Health
Thursday, June 16  |  6:00 - 7:30 p.m.
See page 9 for more details.
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!

Family to Bench
*In Partnership with Mile Square Health Center
Monday, June 20
6:00 – 7:30 p.m.
Registration Required
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>

Scan the code above to see what’s offered
“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

Cook Well, Eat Well for Cancer Series
Cooking Demonstration/Discussion
Thursdays
May 5-19
12:30 – 2:00 p.m.
Registration Required
Adrienne Felder, MA, LCPC,
Professional Chef
In this series, learn about health-supportive ingredient selection, preparation, and cooking techniques to build flavor, incorporate and maintain nutrients, and bring comfort and enjoyment to meals.
5/5: Hearty Salads - Look beyond the lettuce
5/12: Small Plates
5/19: Easy Weeknight Dinners
Register here >

Snack & Learn
Cooking Demonstration/Discussion
Mondays
May 9, June 13
3:00 – 3:30 p.m.
Registration Required
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
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 >

Wellness in Action: Hands-On Cooking Program
☑️ In-Person
Hands-On Cooking Class
Thursday, May 12
5:30 – 7:00 p.m.
Thursday, June 23
2:00 – 3:30 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 to take home and enjoy.
Recipes may contain common food allergens
Register here >

Antioxidant Favorites
Cooking Demonstration/Discussion
Saturday, May 21
9:30 – 10:30 a.m.
Registration Required
Katie Weir, Registered Dietitian
This class will focus on specific antioxidants and the foods they are found in. Learn how these foods can reduce the risk of cancer and tips to include them into your everyday diet.
Register here >

Cancer Nutrition Connections:
Cooking for Low Iron / Anemia
Cooking Demonstration/Discussion
Mondays, May 9, 23
6:00 – 7:30 p.m.
See page 10 for full details.

To learn more about our programs, please visit wellnesshouse.org
### Eating and Cooking During Treatment

**Cooking Demonstration/Discussion**

**Monday, May 23**  
12:30 – 2:00 p.m.  
*In-Person*

Register here >

**Register here >**

**Thursday, June 23**  
5:30 – 7:00 p.m.  
*Online*

Register here >

Registration Required

Madeline Butler-Sanchez, Bilingual Oncology Dietitian  
Adrienne Felder, MA, LCPC, Professional Chef

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 for Head and Neck Cancer

**Thursday, June 2**  
2:00 - 3:30 p.m.  
See page 6 for full details.

### Wellness in Season:

**Summertime Favorites**

*In-Person*

Cooking Demonstration/Discussion  
**Friday, June 3**  
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 in the summer. Recipes may contain common food allergens

Register here >

**NEW! Cooking for Cancer 101: Back to Basics**

Cooking Demonstration/Discussion  
**Saturday, June 4**  
9:30 – 10:30 a.m.  
Registration Required

Chloe Dwyer, Registered Dietitian

Are you trying to add more fruits, vegetables and whole grains into your routine but you’re not sure where to start? Join Chloe for a simple approach and great tips for beginners.

Register here >

### Date Night: Couple's Cooking Class

**Hands-On Cooking Class**

*In-Person*

**Monday, June 6**  
5:30-7:00 p.m.  
See page 18 for full details

### NEW! Cancer Fighting Kitchen Series: Healthy Soups Course

Cooking Demonstration/Discussion  
*In partnership with Mile Square Health Center*

**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 to the course after attending the first session.

Register here >

### Cooking for Bone Health

Cooking Demonstration/Discussion

**Thursday, June 16**  
6:00-7:30 p.m.  
Registration Required

Angela Dennison, Oncology Dietitian

Join Angela to continue the conversation about nutrition and bone health. This cooking program will feature cancer fighting nutrients and foods that are also recommended for healthy bones. See page 7 for more information on bone health series.

Register here >

### Healthy Cooking for Breast Cancer

Cooking Demonstration/Discussion  
*In-Person at River Forest Breast Care Center*

**Thursday, June 16**  
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 >

### Healthy Ingredient Swaps

Cooking Demonstration/Discussion  
**Saturday, June 18**  
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 >

### Cooking with Herbs and Spices

*In partnership with Mile Square Health Center*

**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 >

### Presentations/ Discussions

**NEW! Cancer Nutrition Q & A: Cleanses and Detoxes**  
*In partnership with Lemons of Love*

**Monday, May 2**  
6:00 – 7:00 p.m.  
Registration Required

Angela Dennison, Oncology Dietitian

There is often confusion around products claiming to cleanse or detox your body. Join Angela to learn about the evidence-based information on this topic. Bring your questions and connect with others.

Register here >
Managing Side Effects  
Monday, May 2  
6:00 – 7:00 p.m.  
In-Person  
Register here >  
Thursdays, June 2, 9  
12:30 – 1:30 p.m.  
Online  
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  

NEW! Cancer Nutrition 101: Health Benefits of Plant-Based Proteins  
Lecture / Active Group Discussion  
Saturday, May 7  
9:30 – 10:30 a.m.  
Registration Required  
Chloe Dwyer, Registered Dietitian  
Join Chloe to learn more about plant-based proteins, the foods they are found in, and the role they play in cancer protection. Bring your questions and connect with others.  
Register here >  

NEW! Cancer Nutrition Connections: Low Iron / Anemia  
Presentation and Cooking Demonstration  
Mondays, May 9, 23  
6:00 – 7:30 p.m.  
Registration Required  
Angela Dennison, Oncology Dietitian  
Low iron can be a common side effect of cancer treatments. Join Angela to learn more about this topic and how to implement easy dietary strategies to improve this side effect. The following cooking program will show how to put the dietary recommendations onto your plate.  
5/9: Presentation  
5/23: Cooking Program  
Register here >  

NEW! Cancer Nutrition Spotlight  
3-Part Series: Herbs & Spices  
Part I: Health Benefits of Herbs and Spices  
Wednesday, May 18  
6:00 – 7:00 p.m.  
Presentation / Discussion  
Madeline Butler-Sanchez, Bilingual Oncology Dietitian  
Register here >  

Part II: Hands-On Herb Planting Class  
Angela Dennison, Oncology Dietitian  
Friday, May 20  
In-Person  
10:00 – 11:00 a.m.  
Register here >  
Online  
1:00 – 2:00 p.m.  
Register here >  

Part III: Cooking with Herbs and Spices  
Friday, June 24  
12:30 – 2:00 p.m.  
See page 9 for more details.  

Managing Hydration During Treatment  
Monday, May 16  
12:30 – 1:30 p.m.  
In-Person  
Registration Required  
Madeline Butler-Sanchez, Bilingual Oncology Dietitian  
Proper hydration during cancer treatment is extremely important. Join Madeline to gather strategies on staying hydrated throughout treatment.  
Register here >  

Nutrition for Bone Health  
Thursday, May 19  
6:30 – 8:00 p.m.  
See page 7 for full details.  

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 Constipation with Dietary Strategies  
Monday, June 27  
12:30 – 1:30 p.m.  
In-Person  
Registration Required  
Angela Dennison, Oncology Dietitian  
Constipation can occur during treatment, as well as after treatment. This side effect can interfere with appetite and overall quality of life. Join Angela to learn simple dietary strategies to minimize this side effect.  
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.
Self-Registration Exercise Classes | Descriptions

Pre-register 24 hours in advance by using the register here links on page 12 or by visiting wellnesshouse.org. Any questions, please contact Amanda Woods at 630.654.5194 or awoods@wellnesshouse.org.

**Beginner Chair Yoga**
Gentle, beginner and restorative chair-based and standing yoga postures.

**Beginner Mat Yoga**
Beginner and restorative mat-based and standing yoga postures.

**Bodyweight Exercises for Strength and Balance**
Standing and mat-based bodyweight exercises designed to improve endurance, strength, and balance without the use of equipment.

**Restore Your Core After Cancer**
Mat-based Pilates and Yoga combination with a focus on core strength and stability after cancer.

**Chair Tai Chi**
Traditional Tai Chi movements for stress relief and balance in the comfort and safety of a chair.

**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.

---

**World Dance**
**Wednesday, June 22**
6:45 – 7:30 p.m.
**Registration Required**
Class will begin with deep breathing and relaxed stretches, flowing gently and joyfully into World Dance movements.

[Register here >]
Please register using the link next to class. Any questions, please contact Amanda Woods at 630.654.5194 or awoods@wellnesshouse.org.

Classes are 1 hour unless otherwise noted.

### Yoga for Cancer Series
*In Partnership with Mile Square Health Center

**Wednesdays**
May 11, 18, 25
5:00 – 6:00 p.m.

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

Register here >

### Self-Registration Exercise Classes

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<th>Schedule</th>
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<td><strong>MONDAY</strong></td>
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**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.

**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.

**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

#### Staff Registration Exercise Classes | Schedule

The following classes require a Medical Release, Health History and an exercise consultation prior to registration. Please contact Amanda Woods at 630-654-5194 or awoods@wellnesshouse.org to schedule an exercise consultation. Treatment is abbreviated below as Tx. Classes are 30 minutes unless otherwise noted.

<table>
<thead>
<tr>
<th>MONDAY</th>
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<tr>
<td>9:00 a.m.</td>
<td>Exercise After Cancer Tx I (9:00 – 9:45 a.m.)</td>
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<td>Exercise After Cancer Tx II (4:30 – 5:15 p.m.)</td>
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<td>7:30 a.m.</td>
<td>Exercise After Cancer Tx II</td>
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<td>Prostate Exercise (8:00 – 8:45 a.m.)</td>
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**Core, Balance, and Flexibility Series**  
Tuesdays, May 10, 17, 24, 31 | 11:00 - 11:45 a.m.  
*Registration Required* Participants will experience the benefits of incorporating core, balance, and flexibility exercises into daily living. [Register here >](#)

**Pelvic Floor Yoga Level I**  
*In Partnership with Mile Square Health Center*  
Tuesdays, May 3, 10, 17 | 11:00 – 12:15 p.m.  
*Registration Required* Participants will experience a weekly lesson before a workshop of yoga poses, meditation, and breath. [Register here >](#)

**Introduction to Qigong**  
*In Partnership with Mile Square Health Center*  
Wednesdays, May 25, June 1, 8, 15 | 10:30 – 11:30 a.m  
*Registration Required* Experience an intro to this gentle, ancient Chinese healing practice. [Register here >](#)

**Exercise for Bone Health**  
Thursday, June 9 | 6:00 – 7:00 p.m.  
Contact Amanda Woods at awoods@wellnesshouse.org or 630.654.5194. Expand your learning from the Bone Health Educational Series by practicing exercises for maintaining and improving bone mass.
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.

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. We will conclude with a short 5-7 minute guided meditation.

Register here >

New! Therapeutic Music in the Park

In-Person
Saturday, June 11
11:00 a.m. - 1:00 p.m.
Registration Required
Kirk Moore, Certified Music Practitioner
Join Kirk at Wellness House as he plays music to help activate the healing response. Paired with Kirk’s therapeutic music will be some light food and interactive stress management activities.

Register here >

New! Mindful Self Compassion Series

In-Person
Mondays, May 16 - June 6
6:00 – 7:30 p.m.
Staff Registration Required
Contact Jadyn Chipman at jchipman@wellnesshouse.org or 630.654.5116
Marcelo Bento Soares, Ph.D.
This 6-hour 4-session virtual workshop will provide essential tools to enhance your well-being and resilience, and your capacity for treating yourself in a kind, compassionate way. Based on the ground-breaking research of Dr. Kristen Neff and the clinical expertise of Dr. Christopher Germer, it teaches us how to treat ourselves with kindness, care, and understanding.

Register here >

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In partnership with Mile Square Health Center
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In-Person
Thursdays
10:30 – 11:30 a.m.
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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. We will conclude with a short 5-7 minute guided meditation.

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 >

Dimensions of Wellness
*In Partnership with Mile Square Health Center
Tuesdays
May 3, 10
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 >

Wellness through Deep Hypnosis
*In partnership with Countryside Church
1st Saturdays ☛ In-Person
May 7, June 4
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
May 21, June 18
11:35 a.m. – 12:15 p.m.
Register here >

Reiki Clinic
*In partnership with Countryside Church
1st Saturdays ☛ In-Person
May 7, June 4
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
May 21, June 18
11:35 a.m. – 12:15 p.m.
Register here >

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.

Stress-Free Saturday
Saturdays
May 14, June 11
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 >

Mindfulness Meditation Circle
Mondays
May 16, June 20
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
May 18, June 15
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 >

Mindful Journaling
Fridays
May 20 - June 10
1:00 – 2:00 p.m.
Registration Required
Mindful journaling is a useful tool for self care and healing. In this class, we’ll use writing prompts and learn methods to get the most from a journaling practice.
Register here >

Garden Walk
* In-Person (Weather Permitting)
May 24, June 21
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 >
Midday Mindful Reset Series
*In Partnership with Mile Square Health Center
Wednesdays
June 8, 15, 22, 29
11:00 a.m. - 12:00 p.m.
Registration Required
Join us for this guided lunchtime series. Each week we'll share a practice of purposeful rest in community.
Register here >

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-Less Breathing Series
Mondays
June 13, 20, 27
5:30 - 6:30 pm.
Registration Required
Join Mary Lisa (ML) Wahlfeldt in this 3-week experiential program. The series will slowly progress with content and light breathing exercises each week.
Register here >

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 >

Color by Number
Mondays
May 2, June 20
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.
Register here >

Design Principles for Acrylic Painting ❤️ In-Person
Tuesdays
May 10 – June 21, no class June 7
4:30 – 7:30 p.m.
Staff Registration Required to Register.
Contact Amanda Woods at 630.654.5194 or awoods@wellnesshouse.org.
Learn how design principles and elements such as contrast, balance, proportion, rhythm, pattern, emphasis and how they are incorporated in a composition using acrylic paint and blending.

Sand Painting ❤️ In-Person
Wednesdays
May 18 – June 29, no class June 8
5:30 – 7:30 p.m.
Staff Registration Required
To register, contact Amanda Woods at 630.654.5194 or awoods@wellnesshouse.org.
Learn how to pour different colored sands onto a prepared surface to create a one-of-a-kind work of art.

Mixed Media
Thursdays
May 19, June 16
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.

May: Spring floral impressions. Magnolias, peonies, daffodils, crocus, tulips…spring flowers and buds are so lovely! We‘ll capture a single flower or bud in a simple vignette to save as a remembrance, give as a gift, or pair with next month‘s project to hang on your wall.

June: Sound of summer. The cheery sound of songbirds is summer‘s symphony.

Mindful Drawing
Wednesday, June 29
10:30 a.m. – 12:00 p.m.
Registration Required
In this mindful drawing workshop, we‘ll examine the details that are often overlooked, and discover the calming effect when we take the time to notice and recreate them on paper.
Register here >

Color Theory
Mondays
May 16 – June 20
No class May 30 and June 6
1:00 – 2:30 p.m.
Registration Required
Color theory is a body of practical guidance to color mixing and the visual effects of a specific color combination. Learn how to apply color theory to various projects throughout the series.
Register here >

Decoupage Creations ❤️ In-Person
Tuesdays
May 24 and 31
12:00 – 1:30 p.m.
Staff Registration Required to Register
Contact Amanda Woods at 630.654.5194 or awoods@wellnesshouse.org.
Decoupage is the art of decorating an object by gluing colored paper cutouts in combination with other decorative elements. In this class, participants will create their own decoupage box or tray to spark joy.

Modern Macramé ❤️ In-Person
Thursdays
May 5 and 12
12:00 – 1:30 p.m.
Staff Registration Required to Register
Contact Amanda Woods at 630.654.5194 or awoods@wellnesshouse.org.
Macramé is a form of textile produced using knotting techniques. Enjoy the mindful benefits of macramé and create a modern piece for your home to enjoy!

Mindful Drawing
Wednesday, June 29
10:30 a.m. – 12:00 p.m.
Registration Required
In this mindful drawing workshop, we‘ll examine the details that are often overlooked, and discover the calming effect when we take the time to notice and recreate them on paper.
Register here >
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

Fun Fridays!
June 3, 10, 17, 24
1:00 – 3:00 p.m.
LinkedIn In-Person
Registration Required
For questions: Beth Gomez, LCSW, OSW-C at 630.654.5115 or bgomez@wellnesshouse.org.
Come join us on Fridays in June! This weekly get-together is open to any child/teen aged 5-16 impacted by cancer and will focus on making connections and coping through exercise and art. Kids will spend one hour in a movement-focused activity, followed by a second hour of expressive art. Outdoor activity to be expected (weather dependent) and snack time will be included. Register for one Friday or all of them!
Register here >

Child and Family Open House
Tuesday, May 10
6:00 – 7:30 p.m.
LinkedIn In-Person
Registration Required
For questions: Beth Gomez, LCSW, OSW-C at 630.654.5115 or bgomez@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.

Groups for Kids and Teens

Teen Bereavement Group
LinkedIn In-Person
Meeting Time Provided Upon Registration
Staff Registration Required
To register, contact Nevada Bennett 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
LinkedIn In-Person
Tuesdays
4:30 – 5:45 p.m.
Registration Required
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.
Register here >

Kids Survivors Group
Meeting Time Provided Upon Registration
Staff Registration Required
To register, contact Beth Gomez, LCSW at 630.654.5115 or bgomez@wellnesshouse.org.
Children ages 5-12 who have a cancer diagnosis will have the opportunity to develop coping skills, explore feelings surrounding their diagnosis and connect with other children impacted by cancer.
**Turtles Transitions**  
*In-Person*  
**Mondays**  
4:30 – 5:45 p.m.  
**Registration Required**  
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.  
**Register here >**

**New! Beginning Mindfulness for Teens Series**  
*In-Person*  
**3rd Thursdays**  
April - June  
April 21, May 19, June 16  
6:30 – 7:30 p.m.  
**Registration Required**  
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.  
**Register here >**

**New! Teen Survivors Group**  
*In-Person*  
**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.  
**Register here >**

**New! Teen Cancer Chat**  
*In-Person*  
**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.  
**Register here >**

**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**

**Turtles Bereavement Group for Parents**  
*In-Person*  
**1st and 3rd 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.  
**Register here >**

**Turtles Bereavement Group for Adults**  
*In-Person*  
**2nd and 4th Tuesdays**  
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 close family member is a difficult time in life, especially when you are also faced with the challenge of caring for young children. This bereavement support group will help you connect with other adults to receive support around your loss, discuss the care of young children, and find ways to help your family heal. A simultaneous group for children is offered, though attendance at both groups is not required.  
**Register here >**

**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](https://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

Support Groups & Counseling

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
May 3, 17 and June 7, 21
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 and Online
2nd and 4th Tuesdays
May 10, 24 and June 14, 28
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 for in-person>
Register here for online>

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

Support in Overcoming Stress (SOS) Series
In-Person
Mondays
May 2, May 9, May 16
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 >

Meaning-Centered Psychotherapy Group for those Diagnosed with Cancer and Caregivers
Thursdays
May 12 - June 30
12:00 – 1:30 pm
Staff Registration Required
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
Meaning-Centered Psychotherapy (MCP) was designed by Memorial Sloan-Kettering Cancer Center to help people with cancer create and sustain meaning in their lives. This is an 8-week, committed group open to anyone who has had a cancer diagnosis or is tending emotionally and/or physically to a loved one with a cancer diagnosis.
Register here >

“Wellness House offers a huge range of support to all of us. The people working there are amazingly knowledgeable and kind. You will feel a part of something wonderful.” Wellness House Participant

Support Groups

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 Nevada Bennett, LPC, at 630.654.5346 or nbennett@wellnesshouse.org.
**Cancer Support Group**
*In partnership with Rush-Oak Park Hospital*
Mondays
5:00 – 6:30 p.m.
Staff Registration Required
Contact Allison Wenclawski, LCSW, at 630.654.7215 or awenclawski@wellnesshouse.org.
This group provides an opportunity for people experiencing cancer to share information, connect with others in similar circumstances and improve coping skills.

**Breast Cancer Support Group**
*In partnership with Rush-Oak Park Hospital*
Mondays
7:00 – 8:30 p.m.
Staff Registration Required
To register, please contact Allison Wenclawski, LCSW, at 630.654.7215 or awenclawski@wellnesshouse.org.
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.

**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.
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.

**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.

**Cancer Support Group**
Wednesdays
3:00 – 4:30 p.m. ‣ In-Person and Online
7:00 – 8:30 p.m. Online
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. ‣ In-Person and Online
7:00 – 8:30 p.m. Online
Staff Registration Required
Please contact Jill Otto, LCSW at 630.654.7203 or jotto@wellnesshouse.org to register prior to attending.
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.

**Women’s Drop-in Support Group**
Tuesdays
2:00 – 3:30 p.m.
Drop-ins Welcome
For questions, please contact Allison Wenclawski, LCSW, at 630.654.7215 or awenclawski@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 >](#)
Bereavement Groups

**Bereavement Support Series**
- In-Person
- Mondays
- June 6, June 13, June 20
- 5:00 – 6:15 p.m.
- Registration Required
- 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
- May 5, June 2
- 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 Connections**
- 4th Tuesdays
- May 24, June 28
- 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

**New! Survivorship Connections Group**
- 3rd Mondays
- May 16, June 20
- 6:30 – 8:00 p.m.
- Drop-ins Welcome
- For questions, contact Nevada Bennett, LPC at 630.654.5346 or nbennett@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 >

**Death Café Alumni Connections Group**
- 1st Tuesdays
- May 3, June 7
- 7:00 – 8:30 p.m.
- Registration Required
- 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 >

To learn more about our programs, please visit wellnesshouse.org
Healthcare Providers with Cancer Networking Group
3rd Thursdays
May 19, June 16
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 >

LGBTQ+ Cancer Networking Group
*In partnership with Mile Square Health Center
3rd Wednesdays
May 18, June 15
10:00 – 11:30 a.m.
Registration Required
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 >

Meaning-Centered Psychotherapy Alumni Networking Group
2nd Tuesdays
May 10, June 14
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 eightweek Meaning-Centered Psychotherapy (MCP) course are invited to participate in this monthly peer networking group, which will provide the opportunity to exchange ongoing support toward maintaining and building on the meaning-based self-care plans they achieved in the MCP course.

Spiritual Side of Cancer
2nd Thursdays
May 12, June 9
5:00 – 6:30 p.m.
Drop-ins Welcome
For questions, contact Allison Wenclawski, LCSW, at 630.654.7215 or awenclawski@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
May 23, June 27
7:00 – 8:30 p.m.
Drop-ins Welcome
For questions, contact Nevada Bennett, LPC, at 630.654.5346 or nbennett@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 Connections Group
1st Thursdays
May 5, June 2
7:00 – 8:30 p.m.
Drop-ins Welcome
For questions, contact Allison Wenclawski, LCSW, at 630.654.7215 or awenclawski@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
May 27, June 24
9:00 – 10:00 a.m.
Staff Registration Required
Please contact Allison Wenclawski, LCSW, at 630.654.7215 or awenclawski@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 Connections

*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 Prostate Groups which are for those diagnosed with cancer only.

**Bladder Cancer**
1st Wednesdays
May 4, June 1
10:00 – 11:30 a.m.
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

Register here >

**Blood Cancers**
2nd Thursdays
May 12, June 9
7:00 – 8:30 p.m.
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

Register here >

**Brain Tumor**
4th Thursdays
May 26, June 23
5:00 – 6:30 p.m.
For questions, contact Allison Wenclawski, LCSW, at 630.654.7215 or awenclawski@wellnesshouse.org.

Register here >

**Breast Cancer**
4th Mondays
May 23, June 27
7:00 – 8:30 p.m.
For questions, contact Ellen Nieman, LCSW at 630.654.5198 or enieman@wellnesshouse.org.

Register here >

**Colon/Rectal Cancers**
2nd Mondays
May 9, June 13
7:00 – 8:30 p.m.
For questions, contact Ellen Nieman, LCSW at 630.654.5198 or enieman@wellnesshouse.org.

Register here >

**Gynecologic Cancers**
2nd Thursdays
May 12, June 9
7:00 – 8:30 p.m.
For questions, contact Allison Wenclawski, LCSW, at 630.654.7215 or awenclawski@wellnesshouse.org.

Register here >

**Head, Neck & Thyroid Cancers**
3rd Tuesdays
May 17, June 21
7:00 – 8:30 p.m.
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

Register here >

**Kidney Cancer**
4th Mondays
May 24, June 28
3:00 – 4:30 p.m.
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

Register here >

**Melanoma**
4th Tuesdays
May 24, June 28
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
May 2, June 6
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
May 14, June 11
10:30 a.m. – 12:30 p.m.
For questions, contact Jill Otto, LCSW at 630.654.7203 or jotto@wellnesshouse.org.

Register here >

**Pancreatic Cancer**
3rd Thursdays
May 19, June 16
5:00 – 6:30 p.m.
This program is sponsored by the Rolfe Pancreatic Cancer Foundation.

For questions, contact Allison Wenclawski, LCSW, at 630.654.7215 or awenclawski@wellnesshouse.org.

Register here >

**Prostate Cancer**
2nd and 4th Wednesdays
May 11, 25 and June 8, 22
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 and Online Limited Group Size, Advanced Registration Required*
3rd Saturdays
May 21, June 18
11:00 a.m. – 12:30 p.m.
For questions, contact Ellen Nieman, LCSW at 630.654.5198 or enieman@wellnesshouse.org.

Register here for in-person>
Register here for online >
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 >

Apoyo

¡NUEVO! Grupo de apoyo biblioterápico
*En asociación con Mile Square Health Center
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 fue diseñado para quienes procesan experiencias de vida a través de la literatura. Este grupo de apoyo de biblioterapia está diseñado para que las personas afectadas por el cáncer procesen su viaje por el cáncer a través de libros y conversaciones con otras personas. Para esta serie, estaremos leyendo No hay mal que por bien no venga, de Kate Bowler.

Grupo de Apoyo para Personas Viviendo con Cáncer
Cada martes
4:00 – 5:30 p.m.
Se requiere registro con personal Para registrarse, comuníquese con Thelma Razo, LSW al 630.654.7208 o por correo electrónico a trazo@wellnesshouse.org.
Este grupo de apoyo está diseñado para abordar los desafíos emocionales que venden con un diagnóstico del cáncer al brindar un espacio seguro para que las personas diagnosticadas con cáncer se reúnan para apoyarse mutuamente.

Registrarse aquí >

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.

Ejercicio

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 >

Manejo del estres

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 >

Tratamientos Actuales y Nutrición: Cáncer de Seno
*En asociación con ALAS-Wings y 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 >
Nutrición

Cocinar para el cáncer
*En asociación con Mile Square Health Center
Demostración de cocina/Discusión
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 ayudarle a incorporar deliciosamente los alimentos que combaten el cáncer en su dieta.
Regístrase aquí >

¡NUEVO! Cocina para el cáncer
En asociación con Mile Square Health Center
Sábado, 7 de junio
9:30 – 10:30 a.m.
Se requiere registro
Andrea Hinojosa, Dietista Registrada
Demostración de cocina/Discusión
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 ayudarle a incorporar deliciosamente los alimentos que combaten el cáncer en su dieta.
Regístrase aquí >

¡NUEVO! Clase de cocina - Cinco de mayo
Viernes 5 de mayo
2:00 – 3:30 p.m.
Se requiere registro Madeline Butler-Sanchez, Dietista Oncóloga Bilingüe
¡Únete a Madeline para reunir recetas nuevas y saludables para el Día Nacional de la Enchilada! Estas recetas serán reconfortantes, saludables y sencillas de hacer.
Regístrase aquí >

¡NUEVO! Bienestar en temporada:
Favoritos del verano
Discusión de Cocina
Viernes, 17 de junio
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 en el verano.
Regístrarse aquí >

Consultas Nutricionales Individuales Se requiere registro para programar una cita, comuníquese con Madeline Butler-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

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:
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Bears Care
T. Colin Campbell Center for Nutrition Studies
Chicago Board of Trade Foundation
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MDRT Foundation
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