

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!

SPECIAL EVENTS:

Hot Topics in Breast Cancer

Wellness Evolving:

Music Inspires Health

Now online and in-person

Wellness
House for LIVING
with CANCER

**Free
Cancer
Support**

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!

[Register here >](#)

Save the Date!

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.

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.

[Register here >](#)

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.



Table of Contents

Hours of Operation

Monday - Thursday

Reception desk: 9:00 a.m. – 7:30 p.m.
Programs: 7:30 a.m. – 8:30 p.m.

Friday

Reception desk: 9:00 a.m. – 5:00 p.m.
Programs: 7:30 a.m. – 5:00 p.m.

Saturday

Reception desk: 9:00 a.m. – 12:00 p.m.
Programs: 7:30 a.m. – 1:00 p.m.

Sunday: Closed


Special Hours:

Friday, May 27, close at 3:00 p.m.
Closed Monday, May 30
Closed Saturday, May 28

02 | [Special Events](#)04 | [Information & Education](#)08 | [Nutrition](#)11 | [Exercise](#) | Drop-in Classes | Committed Classes15 | [Stress Management](#) | Wellness Tune-Ups | Mind/Body | Expressive Arts18 | [Child & Family Programs](#) | Family Wellness | Kids & Teens | Kids & Parents20 | [Support Groups & Counseling](#) | Weekly Support | Peer Networking | Bereavement25 | [Programas de apoyo para el cáncer en español](#)27 | [Wellness House Partner Network Information](#)

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

This spring, Wellness House will continue to offer individual consultations and appointments in-person, as well as select in-person group programs. Registration is limited for in-person programs, and screening and safety measures will be in place at the house. Online programs will remain available.

Look for the  **In-Person** icon throughout the guide to indicate in-person programming.

We recognize in-person programs may not be the best choice for all participants at this time and encourage you to consult your healthcare team if you have questions about your safety.

New to Wellness House?

It's easy to get started.
Connect in the way that
works for you.

Call us at **630.323.5150**

Or

Attend a Welcome to
Wellness House Orientation

Or

Register for a program at
wellnesshouse.org

Bienvenidos a Wellness House

Cada miércoles | 5:30 – 6:30 p.m.

Se requiere registro

Únase a nosotros para tener la oportunidad
de aprender más sobre cómo puede

Welcome to Wellness House Orientation


Mondays

12:00 – 1:00 p.m. [Register here >](#)

Tuesdays

3:30 – 4:30 p.m. [Register here >](#)

Wednesdays

 **In-Person**
9:30 – 10:30 a.m. [Register here >](#)


Thursdays

 **In-Person**
5:30 – 6:30 p.m. [Register here >](#)

Fridays

12:00 – 1:00 p.m. [Register here >](#)

Saturdays

 **In-Person**
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.

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



Top Doc Lecture Series



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 Kadow, 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 Kash, 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 >](#)

Updates in Treatment of Metastatic Breast Cancer

Saturday, June 18

11:30 a.m. – 12:30 p.m.

- Sania Raza, MD, Medical Oncologist,

- Elmhurst Hospital
 - Amaryllis 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 >](#)



Information & Education

“Wellness House offers comprehensive services for people dealing with cancer, self or loved ones. All of the people there are kind, caring, compassionate, and friendly. It is an environment of total care and acceptance.”

Wellness House Participant

Unique Boutique

Brows, Scarves and More!

**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.

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.*

Importance of Core, Balance and Flexibility

Thursday, May 5

5:30 – 7:00 p.m.

Registration Required

Phyllis Light, PT

Having a strong core, steady balance, and increased flexibility can help support daily activities. Learn about how cancer and treatment can affect these areas, and steps you can take to improve upon each. Join us on May 10 for the exercise series focused on core, balance and flexibility.

[Register here >](#)

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 to 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 >](#)

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 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.

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.

Register here >

Reflecting on Faith: Spiritual Care during Cancer

Wednesday, May 11

10:00 – 11:30 a.m.

Registration Required

Chaplain Bamncedile Sydwel Nkosi,
M.Div, BCC, Pastoral Care, UI Health

For some, faith and spirituality are important sources of strength, hope and meaning throughout a cancer experience, yet for others a cancer experience can present a challenge to one's faith and lead to more questioning. Join us for a conversation with Chaplain Sydwel from UI Health as he shares reflections on his work as a hospital chaplain and facilitates an interactive discussion with participants about faith and spirituality during cancer.

Register here >

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.

Register here >

Latest Treatments and Nutrition for Breast Cancer (In Spanish)

**In partnership with ALAS-Wings*

**Tratamientos Actuales y Nutrición:
Cáncer de Seno**

Sábado, 21 de Mayo

9:30 – 11:45 a.m.

Mas informacion en pagina 25.

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.

Register here >

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.

Register here >

Nutrition for Head and Neck Cancer

Thursday, June 2

2:00 – 3:30 p.m.

Registration Required

Anita Ratterman, RDN, CSO, LDN, Oncology Dietitian, Northwest Community Hospital

Good nutrition is an essential part of cancer treatment and continued health thereafter. Learn how to manage common eating challenges that arise during or after treatment for head/neck cancers.

Register here >



Information & Education

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 >](#)

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 >](#)



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 >](#)

Wellness House Webinars and Video Series

Registration Required

Wellness House offers recorded programs that you can watch when it's convenient for you. Programs range from guided meditations, to cooking classes and more!



Scan the code above to see what's offered



Nutrition

“This is a special place where you can be yourself while undergoing your treatment. You can face fear, uncertainty, laughter and hope with others who are on the same road as you.”

Wellness House Participant

Cooking Programs

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

Cooking Up Wellness

Cooking Demonstration/Discussion

Saturdays

May 14, June 11

10:30 a.m. – 12:00 p.m.

Online

Register here >

Mondays

May 16, June 20

6:00 – 7:30 p.m.

**In-Person*

Register here >

Registration Required

Madeline Butler-Sanchez, Bilingual

Oncology Dietitian

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

Recipes may contain common food allergens

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



Nutrition

Eating and Cooking During Treatment Cooking Demonstration/Discussion

Monday, May 23
12:30 – 2:00 p.m.

🌸 *In-Person*

[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

Cooking Demonstration/Discussion

**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 >](#)



Nutrition

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 >

1:00 – 2:00 p.m.

Online

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

**In partnership with Mile Square Health Center*

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.



Exercise

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 >](#)





Exercise

Self-Registration Exercise Classes Schedule

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 >](#)

MONDAY

- 8:00 a.m.** Bodyweight Exercises for Strength and Balance (8:00 – 8:45 a.m.) [Register here >](#)
- 9:30 a.m.** Tai Chi [Register here >](#)
- 10:00 a.m.** Yoga for Cancer (10:00 – 10:45 a.m.) [Register here >](#)
- 10:00 a.m.** Beginner Mat Yoga **In partnership with Wheeling Township.* [Register here >](#)
- 12:30 p.m.** Chair Yoga (12:30 – 1:00 p.m.) [Register here >](#)
- 6:30 p.m.** Beginner Mat Yoga [Register here >](#)

TUESDAY

- 9:30 a.m.** Restore Your Core after Cancer (9:30 – 10:15 a.m.) [Register here >](#)
- 11:45 a.m.** Chair Yoga (11:45 a.m. – 12:30 p.m.) [Register here >](#)
- 4:30 p.m.** Stretching through Cancer (4:30-5:15 p.m.) **In partnership with Mile Square Health Center.* [Register here >](#)
- 6:00 p.m.** Beginner Mat Yoga **In partnership with Lemons of Love.* [Register here >](#)

WEDNESDAY

- 8:00 a.m.** Bodyweight Exercises for Strength and Balance (8:00 – 8:45 a.m.) [Register here >](#)
- 9:30 a.m.** Yoga for Cancer **In partnership with Mile Square Health Center.* [Register here >](#)
- 11:45 a.m.** Chair Yoga (11:45 a.m. – 12:15 p.m.) [Register here >](#)
- 4:00 p.m.** Stretching through Cancer (4:00 – 4:45 p.m.) **In partnership with Mile Square Health Center.* [Register here >](#)
- 5:30 p.m.** Beginner Mat Yoga 🌸 *In-Person* [Register here >](#)
- 7:00 p.m.** Pink Ribbon Community Yoga *4th Wednesday of every month* (7:00 p.m. – 8:30 p.m.) [Register here >](#)

THURSDAY

- 9:15 a.m.** Beginner Mat Yoga [Register here >](#)
- 9:30 a.m.** Beginner Chair Yoga (9:30 – 10:15 a.m.) [Register here >](#)
- 12:30 p.m.** Beginner Chair Yoga (12:30 – 1:00 p.m.) [Register here >](#)
- 2:00 p.m.** Restore Your Core after Cancer (2:00 – 2:45 p.m.) [Register here >](#)
- 3:00 p.m.** Chair Tai Chi (3:00 – 3:45 p.m.) **In partnership with Mile Square Health Center.* [Register here >](#)

FRIDAY

- 8:00 a.m.** Bodyweight Exercises for Strength and Balance (8:00 – 8:45 a.m.) [Register here >](#)
- 9:00 a.m.** Qigong [Register here >](#)
- 10:00 a.m.** Beginner Chair Yoga **In partnership with Insight Chicago.* [Register here >](#)
- 10:30 a.m.** Beginner Mat Yoga 🌸 *In-Person* [Register here >](#)
- 10:45 a.m.** Beginner Chair Yoga (10:45 – 11:30 a.m.) [Register here >](#)

SATURDAY

- 11:00 a.m.** Spanish Language Yoga **In partnership with ALAS-Wings + Pav YMCA.* [Registrarse aquí](#)
- 12:30 p.m.** Beginner Chair Yoga (12:30 – 1:15 p.m.) 🌸 *In-Person* [Register here >](#)



Exercise

Staff Registration Exercise Classes | Descriptions

The following classes are committed classes that require a Medical Release, Health History and an exercise consultation prior to registration. Please contact Amanda Woods at 630.654.5194 or awoods@wellnesshouse.org to schedule an exercise consultation. Treatment is abbreviated below as Tx.



Exercise During Cancer Tx I

Gentle, chair-based and supportive standing exercises for participants experiencing difficulties due to cancer treatment.

Exercise During Cancer Tx II

Exercises designed to improve activities of daily living while preparing participants for exercise after treatment.

Exercise After Cancer Tx I

Exercises for participants who have completed treatment and are interested in improving their health and fitness through regular exercise.

Exercise After Cancer Tx II

Exercises for maintaining health and fitness after cancer treatment. Appropriate for participants who can complete floor exercises and get up without assistance.

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.



MONDAY

- 9:00 a.m.** Exercise After Cancer Tx I (9:00 – 9:45 a.m.)
* *In-Person*
- 10:30 a.m.** Exercise During Cancer Tx II
- 11:30 a.m.** Exercise During Cancer Tx I
- 4:30 p.m.** Exercise After Cancer Tx II (4:30 – 5:15 p.m.)
* *In-Person*
- 5:30 p.m.** Exercise After Cancer Tx I
- 6:30 p.m.** Pink Ribbon Fitness (6:30 – 7:15 p.m.)
* *In-Person*

TUESDAY

- 7:30 a.m.** Exercise After Cancer Tx II
- 8:00 a.m.** Prostate Exercise (8:00 – 8:45 a.m.)
- 8:30 a.m.** Exercise After Cancer Tx I (8:30 – 9:15 a.m.)
* *In-Person*
- 9:00 a.m.** Nia * *In-Person*
- 10:30 a.m.** Exercise During Cancer Tx II (10:30 – 11:15 a.m.)
* *In-Person*
- 12:00 p.m.** Pink Ribbon Fitness
- 5:30 p.m.** Exercise After Cancer Tx II (5:30 – 6:15 p.m.)
* *In-Person*

WEDNESDAY

- 9:00 a.m.** Exercise After Cancer Tx I (9:00 – 9:45 a.m.)
* *In-Person*
- 9:30 a.m.** Pilates (9:30 – 10:30 a.m.)
- 9:45 a.m.** Exercise After Cancer Tx I
- 10:45 a.m.** Exercise During Cancer Tx II (10:45 – 11:30 a.m.)
* *In-Person*

THURSDAY

- 7:30 a.m.** Exercise After Cancer Tx II (7:30 – 8:15 a.m.)
* *In-Person*
- 8:30 a.m.** Exercise After Cancer Tx I
- 9:15 a.m.** Exercise After Cancer Tx I

- 10:00 a.m.** Exercise During Cancer Tx II (10:00 – 10:45 a.m.)
* *In-Person*
- 11:00 a.m.** Exercise During Cancer Tx I
- 11:45 a.m.** Exercise During Cancer Tx I

FRIDAY

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

SATURDAY

- 7:30 a.m.** Exercise After Cancer Tx II (7:30 – 8:15 a.m.)
* *In-Person*
- 8:30 a.m.** Pilates (8:30 – 9:30 a.m.)
- 8:30 a.m.** Exercise After Cancer Tx I
- 9:30 a.m.** Exercise After Cancer Tx I
- 10:30 a.m.** Exercise During Cancer Tx II (10:30 – 11:15 a.m.)
* *In-Person*
- 11:30 a.m.** Pink Ribbon Fitness

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.

Mind/Body

To register, please visit wellnesshouse.org or call 630.323.5150. For questions, please contact Amanda Woods at awoods@wellnesshouse.org or 630.654.5194.

New! 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

Mondays, May 16 - June 6

6:00 - 7:30 p.m.

Staff Registration Required

Contact Jady 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.

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 >



Stress Management

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

10:00 – 11:30 a.m.

Register here >

Rev. C. Scot Giles, D.Min.

*Diplomat, National Guild of Hypnotists
Heartmath Certified Coach*

Registration Required

Dr. Scot Giles, Renowned medical hypnotherapist, guides the group through self-hypnosis designed to help release pain and facilitate healing.

May: Setting Your Priorities

June: Preventing or Resolving Resentment

Journeying Inward: Deep Relaxation for Stress Relief and Well-Being

Saturdays

May 7, June 4

11:00 a.m. – 12:00 p.m.

Registration Required

Cecily Hunt, Certified Yoga Therapist

Join Cecily for an exploration of body, mind and breath as you gently move into a peaceful space. This class will combine relaxing breathwork, guided imagery where participants may experience deep relaxation.

Register here >

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 >

Rev. Lindsay Bates, D.Min.

Level III Reiki Master Teacher

Reiki is a complementary healing practice that helps promote relaxation and alleviate stress; it is life force energy that works holistically to bring balance physically, emotionally, mentally and spiritually.

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 >

Forest Therapy Walk

🌸 *In-Person (Weather Permitting)*

Wednesday, May 11

10:00 a.m. – 12:00 p.m.

Staff Registration Required

To Register, contact Amanda Woods

630.654.5194 or awoods@wellnesshouse.org.

Immerse yourself in nature and experience the health benefits of forest bathing, also know as forest therapy or Shinrin-Yoku.

Participants will meet at Fullersburg Woods at 3609 Spring Rd, Oak Brook.

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 >



Stress Management

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 p.m.

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.

We'll capture a little songbird vignette to pair with last month's flower project.

[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.

Registration Required

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.

🌸 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.

🌸 In-Person

Registration Required

For questions: Beth Gomez, LCSW, OSW-C at 630.654.5115 or bgomez@wellnesshouse.org.

We cordially invite all participants that are new to Child and Family to join us at Wellness House to learn about what we offer and experience a program.

Register here >

Date Night: Couple's Cooking Class Hands-On Cooking Class

🌸 In-Person

Monday, June 6

5:30 – 7:00 p.m.

Staff Registration Required

To register, contact Beth Gomez, LCSW, OSW-C at 630.654.5115 or bgomez@wellnesshouse.org by Tuesday, May 31.

Join us for this fun evening of cooking. You and your loved one will create a healthy meal to enjoy with one another.

Groups for Kids and Teens

Teen Bereavement Group

🌸 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

🌸 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.



Child & Family Programs

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.

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.

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.

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.

Bereavement Group for Parents Who Have Lost a Child of Any Age to Cancer

1st Tuesdays

3:00 – 4:30 p.m.

Drop-ins Welcome

For questions, contact Michael Williams,

Psy.D. at 630.654.5117 or

mwilliams@wellnesshouse.org.

Losing a child to cancer is a profound experience. Attend this twice monthly group to exchange support and understanding with other parents.

Register here >

Networking Group for Bereaved Dads of Young Children and Teens

2nd Tuesdays

7:00 – 8:30 p.m.

Registration Required

For more information, contact Michael

Williams, Psy.D. at 630.654.5117

or mwilliams@wellnesshouse.org.

Please attend this group if you are a bereaved dad of kids from newborn through college age and would like to benefit from the opportunity to exchange experiences, single dad parenting tips and support with others in the same situation.

Register here >

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



Support Groups & Counseling

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

Individual Consultations

Consultations and short-term counseling are available to assist those who are diagnosed and family members in processing the impact of cancer and developing positive coping strategies. Individual bereavement support is also available.

For more information or to schedule an appointment, please contact 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

To register, 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.

Support Groups

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 >



Support Groups & Counseling

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 to register prior to attending.
Join other women facing metastasis of their breast cancer. This weekly group will focus on the ongoing challenges that arise from dealing with treatment, relationships, and facing the future.

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.

Living with Recurrent or Metastatic Cancer Support Group

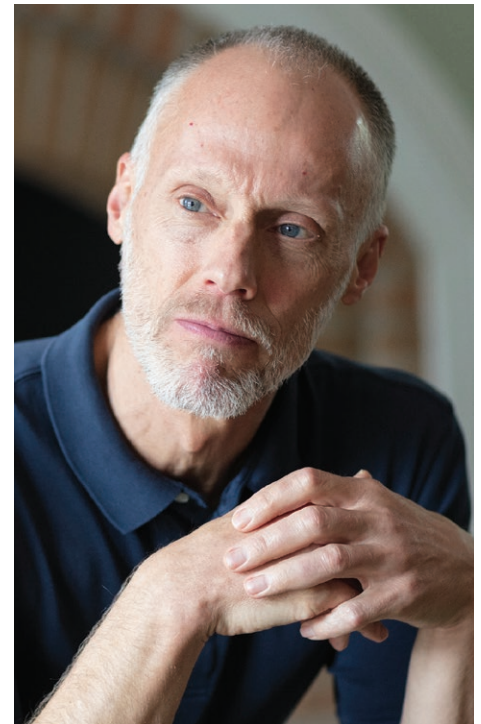
Fridays

10:00 – 11:30 a.m.

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

This weekly group focuses on issues regarding recurrent and metastatic cancer and welcomes individuals diagnosed as well as family members supporting a loved one with cancer.

Register here >



Women's Drop-in Support Group

Tuesdays

2:00 – 3:30 p.m.

Drop-ins Welcome
For questions, 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 >

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



Support Groups & Counseling

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.

Join others who are post-treatment to discuss the special concerns of survivorship after cancer.

Register here >

Young Adult Caregiver Connections Group

4th Mondays

May 23 and June 27

5:30 – 7:00pm

Staff Registration Required

Please contact Nevada Bennett, LPC, at 630.654.5346 or

nbennett@wellnesshouse.org to register.

Connect with other young adult caregivers in this monthly group, while receiving support, discussing managing a balanced lifestyle, and helpful resources while caring for a loved one with a cancer diagnosis.

Strengthening Family Ties Networking Group

3rd Tuesdays

May 17, June 21

3:00 – 4:30 p.m.

Registration Required

Human interconnectedness is a great pleasure and powerful emotional self-care tool in life in general and in life with cancer. Join with others in this monthly group to share interests and strategies for connecting more actively with your living family, including your friend family, and even exchange ideas about how to map out your historical family.

Register here >

Death Café Alumni 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



Support Groups & Counseling

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 Sydwel 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 >

Breast Cancer

**In partnership with Insight Chicago*

4th Fridays

May 27, June 24

11:00 a.m. – 12:30 p.m.

Staff Registration Required
To register, contact Allison Wenclawski, LCSW, at 630.654.7215 or awenclawski@wellnesshouse.org.

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 Tuesdays

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 pm.

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 >

Programas de apoyo para el cáncer en español

Bienvenidos a Wellness House

Cada miércoles

5:30 – 6:30 p.m.

Se requiere registro

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

Registrarse aquí >

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*, y otras mentiras piadosas: Una carta de amor a la vida escritos por Kate Bowler.

¡NUEVO! Grupo de apoyo para cuidadores

Cada primer y tercer martes del mes de 2:00 - 3:30 pm

Se requiere registro con personal

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

Este grupo fue diseñado para familiares, amistades, cuidadores, cualquier persona que esté tratando de sobrellevar el diagnóstico de cáncer de un ser querido y las demandas que el cáncer impone a quienes cuidan a los pacientes con cáncer. Este grupo consistirá en compartir apoyo, información y empatía.

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 vienen con un diagnóstico de cáncer al brindar un espacio seguro para que las personas diagnosticadas con cáncer se reúnan para apoyarse mutuamente.

Registrarse aquí >

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 estrés

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 >

Programas de apoyo para el cáncer en español

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.

[Registrarse 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.

[Registrarse aquí >](#)

¡NUEVO! Consumo de carne y riesgo de cáncer

En asociación con Mile Square Health Center

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 >](#)

Manejo de efectos secundarios

**En asociación con Mile Square Health Center*

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. Durante esta sesión, discutiremos los efectos secundarios que son relevantes para usted:-
-Poco apetito o pérdida excesiva de peso
-Cambios en el gusto o falta de gusto
-Náuseas y vómitos
-Diarrea y estreñimiento
-Neuropatía

[Registrarse aquí >](#)

¡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.

[Registrarse aquí >](#)

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

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

Wellness House Partner Network

Because Wellness House envisions a community where all people affected by cancer thrive, we maintain robust relationships with healthcare and community-based partners throughout metro Chicago. For people not able to get to our main location in Hinsdale, this creates access to Wellness House programs closer to home.

When we are able to meet in-person, the *partnership programs* featured throughout this program guide take place at the partner sites listed below; while programming remains online, participants are welcome to join any programs that feel relevant.

ARLINGTON HEIGHTS

Wheeling Township Office

1616 N Arlington Heights Rd
Arlington Heights, IL 60004

BERWYN

MacNeal Hospital

3249 S Oak Park Ave
Berwyn, IL 60402

Pav YMCA

2947 Oak Park Ave
Berwyn, IL 60402

CHICAGO

ALAS-Wings

3023 N Clark St
Chicago, IL 60657

Center on Halsted

3656 N Halsted
Chicago, IL 60613

Insight Chicago

2525 S Michigan Ave
Chicago, IL 60616

Mile Square Health Center

1220 S Wood St
Chicago, IL 60608

St. Sylvester Church

2157 N Humboldt Blvd
Chicago, IL 60647

UI Health Cancer Clinic

1801 W Taylor St
Chicago, IL 60612

DOWNERS GROVE

Advocate Good Samaritan | Bhorade Cancer Center

3745 Highland Ave
Downers Grove, IL 60515

ELMHURST

Edward-Elmhurst Health | Elmhurst Memorial Hospital

155 E Brush Hill Rd
Elmhurst, IL 60126

HINSDALE

Office of Sudarshan Sharma, M.D.

121 N Elm St

Hinsdale, IL 60521

Contact Ellen Nieman, LCSW at

630.654.5198 or enieman@wellnesshouse.org to schedule an onsite consultation.

Hope and Healing Clinic, Srilata Gundala, M.D.

950 N. York Rd, Ste 201A

Hinsdale, IL 60521

Contact Ellen Nieman, LCSW at

630.654.5198 or

enieman@wellnesshouse.org

to schedule an onsite consultation.

When able to meet in person, Wellness House team members provide on-site

support at the Hinsdale location of AMITA Health Cancer Institute. In lieu of in-person support at this time, staff remains available to provide support through individual and family consultations, as well as information about and connection to Wellness House, over the phone.

Please contact Nevada Bennett, LPC, at 630.654.5346 or nbennett@wellnesshouse.org to schedule a consultation

LISLE

Duly Health and Care

430 Warrenville Rd
Lisle, IL 60532

MT. PROSPECT

Lemons of Love

406 W Central Rd
Mt. Prospect, IL 60016

OAK PARK

Rush Oak Park Hospital

Medical Office Building
610 S Maple Ave
Oak Park, IL 60304

PALATINE

Countryside Church

1025 N Smith St
Palatine, IL 60067

RIVER FOREST

West Suburban Medical Center | Breast Care Center, River Forest Campus

420 William St
River Forest, IL 60305

For more information about partner locations, contact Kelli Mitchell at kmitchell@wellnesshouse.org or 630.654.5197.

Wellness House Partner Network



Excellence Starts Here



Participants do not need to be patients of these hospitals in order to attend the groups and classes.

Our Mission

Wellness House envisions a community where all people affected by cancer thrive. Offered at no cost, and as a complement to medical treatment, our programs educate, support, and empower participants so they will improve their physical and emotional well-being.

Monthly donations change lives all year long.

A monthly gift of \$10 or more can help people to fully live life with cancer and beyond.

Thank you to our generous grantors:

Guy A. and N. Kay Arboit Charitable Trust
Bears Care
T. Colin Campbell Center for Nutrition Studies
Chicago Board of Trade Foundation
The Coleman Foundation
Community Memorial Foundation
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