Welcome to Wellness House. We are a team of warm and caring experts ready to help. We’re here for those who are newly diagnosed, in treatment, post treatment, caregivers and families. All programs are provided at no cost.

Visit wellnesshouse.org or call 630.323.5150
Connect with us today!
Everything we do is to prepare and empower people to fully live life with cancer and beyond. Wellness House is a nonprofit and here for everyone, no matter where you're receiving your medical treatment. Our classes are taught by experts who can help you through every step of cancer. Learn more at wellnesshouse.org.

**Information and Education**

Access to current and reliable information on topics like new treatments, managing side effects and coping with cancer can help you feel empowered and stay informed.

*Top Doc Lectures, Classes, Workshops, Webinars and On-Demand Videos*

- Feel empowered with reliable information
- Learn about options
- Gain new skills

**Brows, Scarves, Wigs, and More**
Wig consultations and makeup and scarf-tying classes are designed to help you look and feel your best. For more information, contact 630.323.5150.

**Nutrition**

Healthy eating can increase energy and reduce cancer-related side effects.

*Cooking Classes, Side Effect Management, Kitchen Skills, Individual Nutrition Consultations*

- Improve food choices
- Discover new nutrient-dense foods and delicious recipes
- Reduce side effects such as poor appetite, nausea, diarrhea/constipation

**Exercise**

Exercise is safe and recommended before, during and after cancer treatment. No experience required and all abilities welcome.

*Exercise, Yoga, Mind/Body Movement and Individual Consultations*

- Increase energy
- Improve quality of life
- Reduce side effects such as fatigue, neuropathy, lymphedema, osteoporosis and nausea

**Stress Management**

Experience relaxation and learn stress management techniques to relax your body, still your mind, engage your spirit, and improve quality of life.

*Meditation, Mindfulness, Expressive Arts, Distant Reiki and Healing Touch*

- Learn to manage stress
- Improve coping skills
- Increase your sense of well-being

**Call for a consultation**
Contact Amanda Woods, MS, ACSM/ACS, CET, ACSM, CEP at awoods@wellnesshouse.org or 630.654.5194.
You’ll find community here. **Connect with us today. Call 630.323.5150**

### Child and Family

**Our family programs** give kids, teens, and parents a place to learn, express how they’re feeling, and heal.

*Kids and Teen Groups, Counseling for Children, Teens, Couples and Families, Fun Family Events*

- Navigate cancer together as individuals and families
- Improve communication
- Feel understood

**Connect with a Child & Family Counselor**

Consultations and short-term counseling assist parents, families, and couples in talking to children about cancer. Families of all traditions are welcome. Contact Beth Gomez, LCSW at 630.654.5115 or bgomez@wellnesshouse.org to schedule an appointment.

### Support Groups and Counseling

**Connecting with others** who understand what you’re going through is important, whether you have cancer or are close to someone who does.

*Support Groups, Caregiver Groups, Diagnosis-Specific Networking, Individual Counseling, Bereavement*

- Manage the emotions of the cancer journey
- Share and connect with supportive peers
- Improve health outcomes by reducing isolation

**Connect with an oncology counselor**

Contact Nevada Bennett, LPC at nbennett@wellnesshouse.org or 630.654.5346 to learn which groups will best fit your needs or schedule a counseling appointment.

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**JOIN US FOR A FREE ONLINE EVENT**

**Thursday, April 14 | 7:00 – 8:30 p.m. CT**

**GUEST SPEAKER:**

Kate Bowler

**KATE BOWLER, New York Times best-selling author, Duke professor, incurable optimist**

In the wake of a sudden stage IV colon cancer diagnosis at the age of 35, Kate Bowler was left asking the question, how do you move forward with a life you didn’t choose?

Searching for peace with her limitations in a culture that says anything is possible, Kate re-examines the way she was living with unflinching honesty and lightheartedness in her newest book, *No Cure for Being Human*. Learn how she finds hope, courage, and truth — and be inspired to discover a new perspective on the human experience.

Register at wellnesshouse.org/bowler or call 630.323.5150.

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**WELLNESS EVOLVING:**

**Music Inspires Health**

**Tuesday, May 24 | 7:00 – 8:30 p.m.**

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

From reducing anxiety and pain to improving overall mood and sleep quality, the connection between music, our brain and our health is powerful. Learn about the benefits of music for our health from a local musician and gastroenterologist, Dr. Benjamin Levy

Register at wellnesshouse.org or call 630.323.5150.
Welcome to Wellness House Orientation

New to Wellness House? This is a great place to begin. Join us for an orientation that provides an overview of programs and an opportunity to learn more about the ways to benefit from Wellness House. Choose a day and time that works for you.

Register at wellnesshouse.org/welcome or call 630.323.5150.

Comuníquese por correo electrónico a información@wellnesshouse.org o llame al 630.654.5529.

We are proud to provide support in partnership with the following healthcare providers:
Advocate Good Samaritan Bhorade Cancer Center
AMITA Health
Duly Health and Care
Edward-Elmhurst Healthcare
Insight Chicago
MacNeal Hospital
Northwest Community Healthcare
Rush Oak Park Hospital
UI Healthy/Mile Square Health Center
West Suburban Medical Center

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

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
The DuPage Foundation
DuPage Medical Group Charitable Fund
of the DuPage Foundation
The Greer Foundation
Hinsdale Junior Woman’s Club
Elizabeth Morse Genius Charitable Trust
Nayar Family Foundation
Edmond and Alice Opler Foundation
Pfizer

Hot Topics in Breast Cancer
June 18 – June 24
Join us for a week of educational programs about the latest updates in breast cancer research and treatment from experts around the Chicagoland area. Sessions will take place virtually and in-person.

Updates in Treatment and Research Panel
Saturday, June 18 | 9:00 a.m. – 12:30 p.m.

Breakout Sessions
June 20 – 24
Topics include:
- Updates in the Treatment of Metastatic Breast Cancer
- Hormonal Therapy for Breast Cancer
- Sexual Health and Pelvic Floor Health
- Film Viewing: Grace

Tratamientos Actuales: Cáncer de Seno
*In partnership with ALAS-Wings
Sábado, 21 de mayo | 9:30 – 11:30 a.m.
Register at wellnesshouse.org or call 630.323.5150.

Visit wellnesshouse.org or call 630.323.5150.