

# Welcome Guide

For living with cancer



“The people here know what I'm going through. They are in the same situation, and I take comfort in that.”

Haruko - Participant

*Now offering online  
and in-person programs*



Mire nuestros  
nuevos programas  
en español

**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](https://wellnesshouse.org) or call **630.323.5150**  
**Connect with us today!**



Now offering  
online and  
in-person programs

[wellnesshouse.org](http://wellnesshouse.org)

Mire nuestros  
nuevos programas  
en español

[wellnesshouse.org/espanol](http://wellnesshouse.org/espanol)

**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](http://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

### Connect with an oncology dietitian

For individualized nutrition and class recommendations, contact Angela Dennison, RD, LDN at [adennison@wellnesshouse.org](mailto:adennison@wellnesshouse.org) or 630.654.5196.



## Exercise

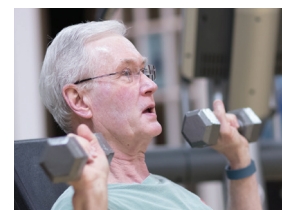
**Exercise is safe** and recommended before, during and after cancer treatment. No experience required and all abilities welcome.

*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

### Connect with an oncology exercise specialist

Contact Amanda Woods at [awoods@wellnesshouse.org](mailto:awoods@wellnesshouse.org) or 630.654.5194 to schedule an appointment.



## 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](mailto:awoods@wellnesshouse.org) or 630.654.5194.



You'll find community here. **Connect with us today. Call 630.323.5150**

## Child and Family

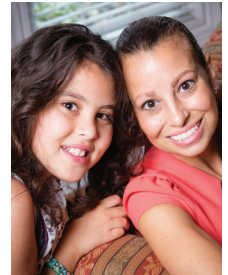
**Our family programs** give kids, teens, and parents a place to learn, express how they're feeling, and heal.

*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](mailto: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](mailto:nbennett@wellnesshouse.org) or 630.654.5346 to learn which groups will best fit your needs or schedule a counseling appointment.



JOIN US FOR A **FREE ONLINE EVENT**

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

GUEST SPEAKER:

# Kate Bowler

## No Cure for Being Human

**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](https://wellnesshouse.org/bowler) or call 630.323.5150.**



## 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](https://wellnesshouse.org) or call 630.323.5150.**

**Wellness House | Main Location**  
The Kay & Mike Birck Home of Hope  
131 North County Line Road  
Hinsdale, Illinois 60521

Now offering online and in-person programs

A great way to start!

## 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](https://wellnesshouse.org/welcome) or call **630.323.5150**.

Comuníquese por correo electrónico a [información@wellnesshouse.org](mailto:información@wellnesshouse.org) o llame al **630.654.5529**.

### **Mondays**

12:00 – 1:00 p.m.

### **Tuesdays**

3:30 – 4:30 p.m.

### **Wednesdays**

9:30 – 10:30 a.m.

🌸 *In-Person*

### **Thursdays**

5:30 – 6:30 p.m.

🌸 *In-Person*

### **Fridays**

12:00 – 1:00 p.m.

### **Select Saturdays**

9:30 – 10:30 a.m.

🌸 *In-Person*

### **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 Health/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

**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.

Visit [wellnesshouse.org](https://wellnesshouse.org) or call **630.323.5150**.

## **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](https://wellnesshouse.org) or call 630.323.5150.**