

# Program Guide

¡Programas en español!

**SPECIAL EVENTS:**

Taste of Wellness House  
Nutrition Fair

Hot Topics in Prostate Cancer  
Kids Kamp

Now online and in-person

**Wellness**  
**House**  
FOR LIVING WITH CANCER

You'll feel better inside.

Free  
Cancer  
Support



# Don't Miss Our Special Events!

## Taste of Wellness House Nutrition Fair

*Join us for a week-long festival of activities!*

**August 20 – August 26**

Featuring local vendors, cooking demonstrations, and practical culinary workshops designed to educate and promote a whole food, plant-based, cancer-fighting diet. The week will get started with a socially-distanced, in-person event on Saturday, August 20, where you will have the opportunity to join in for a variety of nutrition classes and meet local vendors. Throughout the following week, virtual sessions will also be offered.

**August 20** 🌸 *In-Person Event*

**9:30 a.m. – 2:30 p.m.**

### Educational Classes and Cooking Demonstrations

*Classes run at 10:30 a.m., 11:30 a.m., 12:30 p.m. and 1:30 p.m.*

- Fuel Yourself for Energy
- Eating the Rainbow on a Budget
- Seasonal Cooking Demo
- Grow Your Own Salad Garden
- Healthy Food Alternatives

**Register here >**

### Programas en Español

**10:30 a.m. – 12:30 p.m.**

- Alimentación basada en plantas para el cáncer  
Únase a Madeline para aprender los fundamentos de una dieta basada en plantas y por qué se recomienda para el cáncer.

**Register here >**

### Vendor Fair

**Open from 10:00 a.m. – 2:00 p.m.**

*Meet and interact with local restaurants, organizations, and more!*

### Online Workshops and Classes

**August 22 – 26** *Online*

- 1. Fungus Among Us: Health Benefits of Mushrooms**  
August 22 at 6:30 – 8:30 p.m.
- 2. Gut Health and Cancer: Understanding Steps to a Healthy Gut**  
Featuring: Special Guest Speaker, Julie Lanford, MPH, RD, CSO, LDN, Wellness Director, Cancer Services and creator, *The Cancer Dietitian*  
Tuesday, August 23 at 7:00 – 8:30 p.m.
- 3. Cooking for Gut Health**  
Thursday, August 25 at 6:00 – 7:30 p.m.
- 4. Hot Topics in Nutrition**  
Friday, August 26 at 12:00 – 1:30 p.m.

## Program Registration Information

Register for any program through the link below. You can also register by program area in the program sections throughout the guide.

*For Staff Registration, please email or call the staff member listed.*

**Questions?**

Feel free to call **630.323.5150**

**Register here>**



## Hot Topics in Prostate Cancer

*Online*

**Saturday, September 17**

**9:00 a.m. – 12:30 p.m.**

Join top oncologists, surgeons, and healthcare professionals in the Chicagoland area to learn about the latest updates in the research, treatment and side effect management for prostate cancer.

**9:00 – 11:30 a.m.**

### Updates in Prostate Cancer Treatment and Research Panel

- Parth Modi, MD, MS, Urologic Oncologist, UChicago Medicine
- Duly Health and Care
- Brian Myre, MD, Edward-Elmhurst Health

**Register here >**

**11:30 a.m. – 12:30 p.m.**

### Nutrition for Prostate Cancer

- Angela Dennison, RD, LDN, Nutrition Program Manager, Wellness House

**Register here >**

## 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, July 1, close at 3:00 p.m.  
Saturday, July 2, closed  
Monday, July 4, closed  
Tuesday, July 5, closed  
Wednesday, July 6 - Friday, July 8,  
open with no programs  
Friday, September 2, close at 3:00 p.m.  
Saturday, September 3, closed  
Monday, September 5, closed

## Table of Contents

**02 | Special Events**

**04 | Information & Education**

**08 | Nutrition**

**11 | Exercise** | Drop-in Classes | Committed Classes

**15 | Stress Management** | Wellness Tune-Ups | Mind/Body | Expressive Arts

**18 | Child & Family Programs** | Family Wellness | Kids & Teens | Kids & Parents


**20 | Support Groups & Counseling** | Weekly Support | Peer Networking | Bereavement

**25 | Programas de apoyo para el cáncer en español**

**27 | Wellness House Partner Network Information**

## Coming Together Again— This Summer, Wellness House Returns to In-Person Programs

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

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

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

## New to Wellness House?

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

Call us at  
**630.323.5150**

Or

Attend a Welcome  
to Wellness House  
Orientation

Or

Register for  
a program at  
**wellnesshouse.org**

### Welcome to Wellness House Orientation

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.

**Mondays**  **Online** 12:00 – 1:00 p.m.

**Tuesdays**  **In-Person** 3:30 – 4:30 p.m.

**Wednesdays**  **In-Person** 9:30 – 10:30 a.m.

**Thursdays**  **In-Person** 5:30 – 6:30 p.m.

**Fridays**  **Online** 12:00 – 1:00 p.m.

**Saturdays**  **In-Person** 9:30 – 10:30 a.m.

**July 9, 16, 23, 30**

**August 6, 13, 20, 27**

**September 10, 17, 24**

### Bienvenidos a Wellness House **Online**

**Miércoles, 13 de julio, 3 de agosto,  
7 de septiembre  
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.



## Top Doc Lecture Series



### **Essentials for the Essential Caregiver** *Online*

**Tuesday, July 12**

**6:30 – 8:00 p.m.**

*Registration Required*

*Teresa Deshields, Director of Supportive Oncology, Rush University Medical Center*

A caregiver's role is both essential and comes with many responsibilities – some of which can be emotionally, physically or mentally demanding. Learn about the factors affecting caregiver coping, the benefits of caregiving, and how to ensure overall well-being as well as practice self-care.



### **Managing Prostate Cancer Side Effects for Gay and Bisexual Men** *Online*

**Tuesday, July 19**

**6:30 – 8:00 p.m.**

*Registration Required*

*Channa A. Amarasekera, Urologist, Northwestern Medicine Feinberg School of Medicine*

Learn about managing symptoms, treatment side effects and sexual health for prostate cancer with specific considerations for gay and bisexual men.



### **Skin Cancer and Prevention for Skin of Color**

*\*In Partnership with Mile Square Health Center*

*Online*

**Tuesday, July 26**

**7:00 – 8:30 p.m.**

*Registration Required*

*Sonya Kenkare, MD, Rush University Medical Center*

Learn how UV rays can adversely affect your skin and the genetic component that can play a role. Sun protection tactics as well as skin cancer treatment methods will be discussed.



### **Questions Every Cancer Patient Asks** *Online*

**Tuesday, September 6**

**6:30 – 8:00 p.m.**

*Registration Required*

*Christopher George, MD, Oncologist, Northwestern Memorial*

Join Dr. George, who will address the most common questions asked during cancer treatment. Do you want to know more about PET scans, marijuana, dietary sugar? Do you need surgery or a second opinion? These and more will be addressed.



### **Updates in the Treatment of Ovarian Cancer** *Online*

**Thursday, September 15**

**6:30 – 8:00 p.m.**

*Registration Required*

*Josephine Kim, MD, Gynecologic Oncologist, UChicago Medicine*

Learn about the latest treatment options for ovarian cancer as well as managing side effects and issues in survivorship.



## 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

### Information and Education Register here>

#### Unique Boutique

##### **Brows, Scarves and More!** 🌸 *In-Person*

**Wednesday, August 10**

**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.

##### **Hello, Beautiful** *Online*

*\*In partnership with UI Health*

**Tuesdays, July 26, August 23, September 27**

**5:30 – 6:30 p.m.**

*Staff Registration Required*

*Blanca Diaz-Martinez*

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** 🌸 *In-Person & Online*

*By appointment only*

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.

For questions, call **630.654.5110** or email [uniqueboutique@wellnesshouse.org](mailto:uniqueboutique@wellnesshouse.org).

*Unique Boutique is made possible by the Eisel family in memory of wife and mother, Linda Eisel.*

##### **Reiki Share**

*Online*

**Thursday, August 4**

**Tuesday, September 13**

**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.

##### **Reiki for You Level 1**

🌸 *In-Person*

**Thursday, September 8**

**9:00 a.m. – 5:00 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.

##### **REROUTING: Choosing Your Course After Cancer, Five-Week Post-Treatment Series**

*Online*

**Thursdays, August 25 - September 22**

**6:30 – 8:00 p.m.**

*Registration Required*

*(You will receive the most benefit from attending each week in this series, though it is not required).*

Finishing cancer treatment often elicits a full range of emotions, as well as a new range of physical concerns and questions for both patients and caregivers. Join us for this interactive five-week series that will provide the information you need to create your course after cancer treatment.



## Information & Education

### Weigh to Go

**In-Person**

**Tuesdays, August 2 - September 27**

**1:00 – 2:30 p.m.**

*Staff Registration Required*

Many cancer survivors struggle with weight-related issues following cancer treatments. This program explores the behavioral changes needed for healthy weight management. Learn simple tips to improve diet and increase physical activity. Each session will provide a supportive group environment where individuals will be guided to understand their readiness to change and use their interests, goals, and needs to create a personal "Lifestyle Change Plan." *To register, contact Nevada Bennett, LPC by July 26th at [nbennett@wellnesshouse.org](mailto:nbennett@wellnesshouse.org) or 630.654.5346.*

### Healthy Eating for Breast Cancer

**Online**

**Thursday, July 21**

**6:30 – 8:00 p.m.**

*Registration Required*

*Angela Dennison, RD, LDN, Nutrition Programs Manager, Wellness House*

This presentation is designed specifically for those diagnosed with breast cancer. We will discuss the most updated research about diet and breast cancer, as well as foods to safely include and limit.

### Genetic Counseling for Cancer

*\*In partnership with UI Health Mile Square*

**Online**

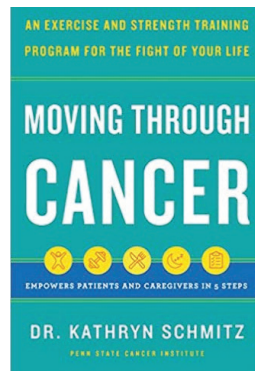
**Saturday, July 23**

**11:00 a.m. – 12:30 p.m.**

*Registration Required*

*Kathryn Mraz, MS, CGC, Genetic Counselor*

Genetic testing can help clarify the care plan for a patient with a new personal history of cancer and can help your family members understand their own cancer risks. Learn who may benefit from genetic counseling, what to expect at an appointment with a genetic counselor, and the difference between genetic counseling vs. genetic testing.



**Book Club: Moving Through Cancer: An Exercise and Strength-Training Program for the Fight of Your Life – Empowers Patients and Caregivers in 5 Steps**

**In-Person**

**Tuesdays, August 2 - September 20**

**10:30 a.m. – 11:30 p.m.**

*Registration Required*

In her book, *Moving Through Cancer*, leading oncology researcher Dr. Kathryn Schmitz shows you how to prepare for cancer treatment and begin regularly exercising in just 21 days using 5 key steps: Move, Lift, Eat, Sleep, and Log. Both informative and practical, *Moving Through Cancer* explains the science of healing and prevention and delivers a paradigm-shifting message for patients, doctors, and caregivers about using exercise to live with and beyond cancer. Join us for follow up experiential programs where we will practice some of the tools learned in Kathryn's book. More information on page 11.

### Managing Shoulder Dysfunction after Breast Cancer

**Online**

**Thursday, July 28**

**7:00 – 8:30 p.m.**

*Registration Required*

*Kara Lyons, PT, Breast Cancer Rehabilitation Specialist, Kara Lyons Wellness*

You beat breast cancer but now can't brush your hair – what do you do if you are experiencing shoulder pain and mobility issues? Learn about why it occurs and ways to be proactive in avoiding shoulder limitations after treatment.

### Overcoming Stress and Fatigue during Cancer

**Online**

**Tuesday, August 2**

**6:30 – 8:00 p.m.**

*Registration Required*

*Sarah R. Thilges, Ph.D., Assistant Professor Department of Psychiatry and Behavioral Neurosciences Section of Psychosocial Oncology Loyola University Medical Center*

Cancer itself as well as related treatments can cause stress, sleep disturbances, and an overall feeling of fatigue. Learn about why fatigue and sleep problems can occur during cancer as well as strategies and activities to help manage these effects.

### Black Cancer Podcast Club

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

**Online**

**Monday, August 8**

**5:30 – 7:00 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.

### Manual Lymphatic Drainage for Lymphedema

**Online**

**Tuesday, August 9**

**7:00 – 8:30 p.m.**

*Registration Required*

*Karyn Holtz, PT, MHS, CLT, ReVital Cancer Rehabilitation, Rush Physical Therapy*

Learn about the practice of self manual lymphatic drainage (MLD) to promote the movement of lymphatic fluid for lymphedema. This presentation will focus on the upper extremities.





## Information & Education

### Wellness House Death Café

Online

**Tuesday, August 30**

**7:00 – 8:30 p.m.**

*Registration Required*

*Michael Williams, Psy.D., Senior Oncology Support Counselor, Wellness House*

The practice of gathering in a “Death Café” was begun to provide a place for people to openly and respectfully exchange wonderings, worries, beliefs and support around the topic of dying and death, often providing a sense of connectedness, control and relief to its participants.

### Wellness House Life Café

Online

**Wednesday, August 31**

**10:00 – 11:30 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.

### Faith and Spirituality During Cancer Panel Discussion

Online

**Thursday, August 11**

**3:00 – 4:30 p.m.**

*Registration Required*

Cancer brings many challenges. Often people respond by turning towards their faith or spiritual practices with greater energy; for others, their spirituality or faith is shaken and they may feel disconnected. Join us for an interactive discussion with a multi-faith panel to address these challenges and gain ideas and inspiration to help strengthen your spiritual self.

### Environmental Health and Cancer

*In-Person*

**Thursday, August 18**

**6:30 – 8:00 p.m.**

*Registration Required*

*Susan Buchanan, MD, MPH, University of Illinois at Chicago School of Public Health*

Learn how exposures to toxic substances can be impactful to health, what to be aware of, and steps for reducing exposures in your home.

### Understanding Cancer Disparities

Online

*\*In partnership with Mile Square Health Center*

**Wednesday, September 7**

**6:00 – 7:30 p.m.**

*Registration Required*

*Kandis Draw, Community Education Associate, The HAP Foundation*

Learn about how populations of different race/ethnicities may experience health disparities during cancer, such as increased incidence, different treatment options or less access to support and resources.

### Film Viewing: All Wiggled Out

Online

**Tuesday, September 13**

**6:30 – 8:00 p.m.**

*Registration Required*

*Cathy Fink and Marcy Marxer, Producers, All Wiggled Out*

All Wiggled Out features a breast cancer survivor, Marcy Marxer, following her transition from award-winning virtuosic musician to artist struggling with chemo-induced neuropathy, and her path back to touring musician. Hear from Marcy and Cathy, another feature in the musical, after the film.

### Exercise and Movement for Prostate Cancer

*In-Person*

**Tuesday, September 20**

**6:30 – 8:00 p.m.**

*Registration Required*

*Mitchell Crettol, PT, DPT, OCS, Physical Therapist, PT Solutions*

Learn about the benefits of exercise to

prevent progression or recurrence of prostate cancer and understand how exercise can help manage side effects of prostate cancer treatment. Beneficial exercises—including pelvic floor utilization—as well as recommended length of exercise will be covered.

### Cooling Caps to Reduce Hair Loss During Cancer

Online

**Thursday, September 15**

**1:00 – 2:00 p.m.**

*Registration Required*

*Nancy Marshall, Co-Founder, The Rapunzel Project*

Hear from Nancy Marshall, co-founder of The Rapunzel Project and breast cancer survivor, about how cooling caps can help reduce hair loss during chemotherapy. Efficacy and side effects like discomfort will also be discussed.

### Feng Shui Part 1: Commit and Clear

*In-Person*

**Tuesday, September 27**

**12:00 – 1:00 p.m.**

*Registration Required*

*Bridget Juister, B Holistic*

Often times, a cancer diagnosis can lead to imbalances in life, whether it be one's schedule, relationships or home. Learn how feng shui can help create balance in your home, how everything has an energy, and how commitment and introspection are necessary for the process of clearing and decluttering. Part two will take place on October 4.

### 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

## Nutrition Programs [Register here>](#)

### Cooking up Wellness

Cooking Demonstration/Discussion

*Online*

**Saturdays, July 9, August 13,  
September 10**

**10:30 a.m. – 12:00 p.m.**

*\* In-Person*

**Mondays, July 18, August 15,  
September 19**

**6:00 – 7:30 p.m.**

*Registration Required*

*Angela Dennison, 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.*

### Managing Side Effects

Presentation/Discussion

*Registration Required*

*Angela Dennison, Oncology Dietitian*

*\* In-Person*

**Monday, July 11**

**12:30 – 1:30 p.m.**

**Thursday, August 4**

**12:30 – 1:30 p.m.**

**Monday, August 8**

**4:00 – 5:00 p.m.**

*Online*

**Monday, August 29**

**5:00 – 6:00 p.m.**

**Thursday, September 8**

**12:30 – 1:30 p.m.**

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

### Snack & Learn

Cooking Demonstration/Discussion

*Online*

**Mondays, July 11, August 8,  
September 12**

**3:00 – 3:30 p.m.**

*Registration Required*

*Angela Dennison, Oncology Dietitian*

*Madeline Butler-Sanchez, MS*

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.

### Cooking for Cancer

Cooking Demonstration/Discussion

*\*In Partnership with Mile Square*

*Health Center*

*Online*

**Wednesdays July 13,**

**August 10,**

**September 14**

**5:30 – 7:00 p.m.**

*Registration Required*

*Angela Dennison, Oncology Dietitian*

*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.

### Healthy Eating for Breast Cancer

*Online*

**Thursday, July 21**

**6:30 – 8:00 p.m.**

*Registration Required*

*See page 6 for full details*

### Wellness in Action

Hands on Cooking Class

*\* In-Person*

**Thursdays, July 28, September 29**

**5:30 – 7:00 p.m.**

*Staff Registration Required*

*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.

*Recipes may contain common food allergens. Contact Angela at [adennison@wellnesshouse.org](mailto:adennison@wellnesshouse.org) to register*

### Wellness in Action: Cook Along with InstantPot

Hands on Cooking Class

*Online*

**Thursday, August 18**

**5:30 – 7:00 p.m.**

*Staff Registration Required*

*Angela Dennison, Oncology Dietitian*

Grab your InstantPot and join Angela for this fun cook-along program from the comfort of your own home. *Contact Angela at [adennison@wellnesshouse.org](mailto:adennison@wellnesshouse.org) to register*





# Nutrition

## Antioxidant Favorites

Cooking Demonstration/Discussion

Online

**Saturday, July 16**

**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.

## Managing Cancer Side Effects

Presentation/Discussion

*\*In Partnership with Mile Square Health Center*

Online

**Wednesdays, July 20, August 17**

**September 21**

**4:00 – 5:00 p.m.**

*Registration Required*

*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.

## Cooking for Breast Cancer Series

Cooking Demonstration/Discussion

*\*In Partnership with Lemons of Love*

Online

**Mondays, July 25, August 1**

**6:00 – 7:30 p.m.**

*Registration Required*

*Angela Dennison, Oncology Dietitian*

This cooking series will provide nourishing, plant-based recipes that incorporate foods highly recommended for breast cancer.

## Cancer Nutrition Q & A:

**Do I Need to Avoid Nightshades?**

Presentation/Discussion

Online

**Saturday, July 23**

**9:30 – 10:30 a.m.**

*Registration Required*

*Chloe Dwyer, Registered Dietitian*

There is often confusion around vegetables that are considered Nightshades. Are they safe? Should I avoid them? Join Chloe to

learn more about this topic and connect with others.

## Cooking & Eating During Treatment

Cooking Demonstration/Discussion

**Monday, July 25**

**12:30 – 2:00 p.m.**

Online

**Thursday, September 15**

**5:30 – 7:00 p.m.**

*\*In-Person*

*Registration Required*

*Adrienne Felder, Professional Chef*

*Angela Dennison, Oncology Dietitian*

Join us to learn more about foods and recipes that can be helpful when you are feeling unwell. Caregivers are welcome.

## Healthy BBQ Series

Cooking Demonstration/Discussion

*\*In-Person*

**Thursdays, August 4, August 11**

**6:00 – 7:30 p.m.**

*Registration Required*

*Angela Dennison, Oncology Dietitian*

BBQ recipes don't have to be full of red and processed meats. Join Angela and learn tasty new recipes to enjoy during BBQ season. *Recipes may contain common food allergens.*

## Cancer Nutrition 101:

**Tips to Label Reading**

*\*In Partnership with Mile Square*

*Health Center*

Online

**Monday, August 29**

**6:00 – 7:00 p.m.**

*Registration Required*

*Chloe Dwyer, Registered Dietitian*

Label reading is a helpful skill to have if you are navigating products and looking for healthier options. Join us to learn easy tips on how to be an effective label reader.

## Cancer Nutrition Spotlight:

**Mushrooms**

Cooking Demonstration/Discussion

Online

**Thursday, September 8**

**6:00 – 7:30 p.m.**

*Registration Required*

*Adrienne Felder, Professional Chef*

Mushrooms are might tasty and mighty nutritious. Join Adrienne to collect recipes featuring this culinary power house.

## Cancer Nutrition Q & A:

**Should I Avoid Sugar?**

Presentation/Discussion

Online

**Wednesday, August 31**

**5:30 – 6:30 p.m.**

*Registration Required*

*Angela Dennison, Oncology Dietitian*

There is often confusion around the topic of sugar. Join Angela to learn more about this topic and get your questions answered.

## Latin America Cooking Series

Cooking Demonstration/Discussion

Online

**Fridays, September 2 - 23**

**12:30 – 2:00 p.m.**

*Registration Required*

*Madeline Butler-Sanchez, MS*

Join Madeline to collect a variety of Latin inspired recipes that are delicious and highly nutritious.

## Cancer Nutrition 101 Series

Presentation/Discussion

Online

**Tuesdays, September 6 - October 4**

**No class on September 20**

**3:00 – 4:00 p.m.**

*Registration Required*

*Angela Dennison, Oncology Dietitian*

This four-week series will begin a step-by-step journey to change the way you eat. Each week there will be a building block of information to establish habit changes while focusing on a plant-based diet. This series is for cancer survivors who want to improve their eating habits and have not known where to begin.

To learn more about our programs, please visit [wellnesshouse.org](http://wellnesshouse.org)



# Nutrition

## **Cooking for Cancer 101: Back to Basics**

*\*In Partnership with Mile Square  
Health Center*

**Online**

**Saturday, September 17**

**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.

## **Cancer Nutrition Connections: Nutrition Recommendations for Exercise During Cancer**

**Online**

**Monday, September 19:**

*Presentation*

**Monday, October 3:**

*Cooking Demonstration*

**6:00 – 7:30 p.m.**

*Registration Required*

*Chloe Dwyer, Registered Dietitian*

Join Chloe to learn more about food recommendations as you navigate cancer and take part in exercise. The follow up cooking demonstration will help bring the recommendations onto your plate.

## **Healthy Cooking for Breast Cancer**

*Cooking Demonstration/Discussion*

*\*In Partnership with MacNeal Hospital*

**\* In-Person**

**Tuesday, September 20**

**5:00 – 6:30 p.m.**

*Registration Required*

*Angela Dennison, Oncology Dietitian*

There is often confusion around foods that 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.

*Recipes may contain common food allergens.*

## **Healthy and Easy Ingredient Swaps**

*Cooking Demonstration/Discussion*

**Online**

**Saturday, September 24**

**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 the tips and tricks to improve your intake while meeting your dietary needs.

## **Cancer Nutrition 101: Introduction to Plant-Based Eating**

*Presentation/Discussion*

**\* In-Person**

**Monday, September 26**

**6:00 – 7:00 p.m.**

*Registration Required*

*Angela Dennison, Oncology Dietitian*

Plant-Based diets are a big buzz. Join Angela to learn why Plant-Based diets are recommended for cancer with evidence based information.

## **Wellness in Season:**

**Fall into Health**

*Cooking Demonstration/Discussion*

**\* In-Person**

**Friday, September 30**

**12:30 – 2:00 p.m.**

*Registration Required*

*Madeline Butler-Sanchez, MS*

Fall brings an abundance of in season foods. Join Madeline to gather new recipes and add them to your fall collection. *Recipes may contain common food allergens.*

## **¿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:*

*Angela Dennison at 630.654.5196  
or [adennison@wellnesshouse.org](mailto:adennison@wellnesshouse.org)*

Our Registered Dietitian 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 link on page 12 or by visiting [wellnesshouse.org](http://wellnesshouse.org). Any questions, please contact Amanda Woods at 630.654.5194 or [awoods@wellnesshouse.org](mailto: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.

### Pelvic Floor Yoga Level I

*\*In Partnership with Mile Square Health Center*

*Online*

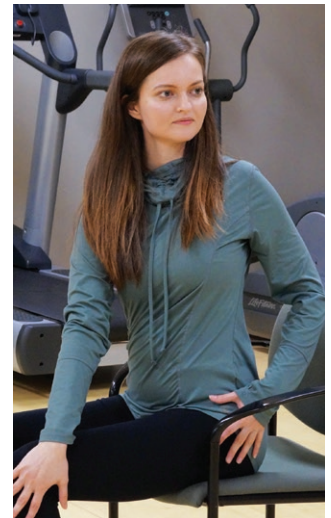
**Tuesday**

**Aug 9, 16, 23**

**11:00 a.m. – 12:15 p.m.**

*Registration Required*

In this series, participants will experience a weekly lesson before a workshop of yoga poses, meditation, and breath work to support your pelvic floor health.







# Exercise

## Self-Registration Exercise Classes [Register Here>](#)

### Self-Registration Exercise Classes Schedule

Please register using the link at the top of the page. Any questions, please contact Amanda Woods at 630.654.5194 or [awoods@wellnesshouse.org](mailto:awoods@wellnesshouse.org). Classes are 45 minutes unless otherwise noted.



**Introduction to Qigong**  
*\*In Partnership with Mile Square Health Center*  
**Online**

**Wednesdays**

**September 7 – 28**

**10:30 – 11:30 a.m.**

*Registration Required*

Experience an intro to this gentle, ancient Chinese healing practice.

#### MONDAY

- 8:00 a.m.** Bodyweight Exercises for Strength and Balance **Online**
- 9:30 a.m.** Tai Chi (9:30-10:30am) **Online**
- 10:00 a.m.** Yoga for Cancer **Online**
- 10:00 a.m.** Beginner Mat Yoga (10:00 - 11:00 a.m.) **Online** *\*In partnership with Arlington Heights - Wheeling Township*
- 12:30 p.m.** Chair Yoga (12:30 - 1:00 p.m.) **Online**
- 6:30 p.m.** Beginner Mat Yoga (6:30 - 7:30 p.m.) **Online**

#### TUESDAY

- 9:30 a.m.** Restore Your Core after Cancer **Online**
- 11:45 a.m.** Chair Yoga **Online**
- 4:30 p.m.** Stretching through Cancer **Online** *\*In Partnership with Mile Square Health Center*
- 6:00 p.m.** Beginner Mat Yoga (6:00 - 7:00 p.m.) **Online** *\*In partnership with Lemons of Love*

#### WEDNESDAY

- 8:00 a.m.** Bodyweight Exercises for Strength and Balance **Online**
- 9:30 a.m.** Yoga for Cancer **Online** *\*In Partnership with Mile Square Health Center*
- 11:45 a.m.** Chair Yoga 🌸 **In-Person**
- 4:00 p.m.** Stretching through Cancer **Online** *\*In Partnership with Mile Square Health Center*
- 5:30 p.m.** Beginner Mat Yoga (5:30 - 6:30 p.m.) 🌸 **In-Person**
- 7:00 a.m.** Pink Ribbon Community Yoga 4th Wednesday of every month (7:00 - 8:30 p.m.) **Online**

#### THURSDAY

- 9:15 a.m.** Beginner Mat Yoga (9:15 - 10:15 a.m.) **Online**
- 9:30 a.m.** Beginner Chair Yoga **Online**
- 12:30 p.m.** Beginner Chair Yoga 🌸 **In-Person**
- 2:00 p.m.** Restore Your Core after Cancer **Online**
- 3:00 p.m.** Chair Tai Chi **Online**

#### FRIDAY

- 8:00 a.m.** Bodyweight Exercises for Strength and Balance **Online**
- 9:00 a.m.** Qigong (9:00 - 10:00 a.m.) **Online**
- 10:00 a.m.** Beginner Chair Yoga (10:00 - 11:00 a.m.) **Online** *\*In partnership with Insight Chicago*
- 10:30 a.m.** Beginner Mat Yoga (10:30 - 11:30 a.m.) 🌸 **In-Person**
- 10:45 a.m.** Beginner Chair Yoga **Online**

#### SATURDAY

- 11:00 a.m.** Spanish Language Yoga (11:00 a.m. - 12:00 p.m.) **Online** *\*In Partnership with ALAS-Wings + Pav YMCA*
- 12:30 p.m.** Beginner Chair Yoga 🌸 **In-Person**



# 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](mailto: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](mailto:awoods@wellnesshouse.org) to schedule an exercise consultation.

Treatment is abbreviated below as Tx.

Classes are 45 minutes unless otherwise noted.



#### MONDAY

9:00 a.m.	Exercise After Cancer Tx I 🌸 <i>In-Person</i>
10:30 a.m.	Exercise During Cancer Tx II 🌸 <i>In-Person</i>
11:30 a.m.	Exercise During Cancer Tx I (11:30 a.m. - 12:00 p.m.) <i>Online</i>
4:30 p.m.	Exercise After Cancer Tx II 🌸 <i>In-Person</i>
5:30 p.m.	Exercise After Cancer Tx I (5:30 - 6:00 p.m.) <i>Online</i>
6:30 p.m.	Pink Ribbon Fitness 🌸 <i>In-Person</i>

#### TUESDAY

7:30 a.m.	Exercise After Cancer Tx II (7:30 - 8:00 a.m.) <i>Online</i>
8:00 a.m.	Prostate Exercise <i>Online</i>
8:30 a.m.	Exercise After Cancer Tx I 🌸 <i>In-Person</i>
9:00 a.m.	Nia (9:00 - 10:00 a.m.) 🌸 <i>In-Person</i>
10:30 a.m.	Exercise During Cancer Tx II 🌸 <i>In-Person</i>
12:00 p.m.	Pink Ribbon Fitness 🌸 <i>In-Person</i>
5:30 p.m.	Exercise After Cancer Tx II 🌸 <i>In-Person</i>

#### WEDNESDAY

9:00 a.m.	Exercise After Cancer Tx I 🌸 <i>In-Person</i>
9:30 a.m.	Pilates (9:30 a.m. - 10:30 a.m.) 🌸 <i>In-Person</i>
9:45 a.m.	Exercise After Cancer Tx I (9:45 - 10:15 a.m.) <i>Online</i>
10:45 a.m.	Exercise During Cancer Tx II 🌸 <i>In-Person</i>

#### THURSDAY

7:30 a.m.	Exercise After Cancer Tx II 🌸 <i>In-Person</i>
8:00 a.m.	Prostate Exercise <i>Online</i>
8:30 a.m.	Exercise After Cancer Tx I 🌸 <i>In-Person</i>
9:15 a.m.	Exercise After Cancer Tx I (9:15 - 9:45 a.m.) <i>Online</i>
10:00 a.m.	Exercise During Cancer Tx II 🌸 <i>In-Person</i>
11:00 a.m.	Exercise During Cancer Tx II (11:00 - 11:30 a.m.) <i>Online</i>
11:45 a.m.	Exercise During Cancer Tx II 🌸 <i>In-Person</i>

#### FRIDAY

9:00 a.m.	Exercise After Cancer Tx II 🌸 <i>In-Person</i>
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#### SATURDAY

7:30 a.m.	Exercise After Cancer Tx II 🌸 <i>In-Person</i>
8:30 a.m.	Pilates (8:30 - 9:30 a.m.) <i>Online</i>
8:30 a.m.	Exercise After Cancer Tx I 🌸 <i>In-Person</i>
9:30 a.m.	Exercise After Cancer Tx I (9:30-10:00 a.m.) <i>Online</i>
10:30 a.m.	Exercise During Cancer Tx II 🌸 <i>In-Person</i>
11:30 a.m.	Pink Ribbon Fitness <i>Online</i>

Pre- registration open gym times are now available for participants on Mondays, 1:00 – 4:00 p.m. and Fridays, 12:00 – 3:00 p.m. All sessions are supervised by staff. Contact Amanda Woods at [awoods@wellnesshouse.org](mailto:awoods@wellnesshouse.org) or 630-654-5194 to register for a 1 hour time block.





# 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

## Stress Management Programs Register here>

### Wellness Tune-Ups

Email [UniqueBoutique@wellnesshouse.org](mailto:UniqueBoutique@wellnesshouse.org) or leave a message at 630.654.5110 to request a 45-minute session with a trained practitioner.

#### Healing Touch

##### Online

Energy-based techniques to help reduce stress, pain, and fatigue. Distant appointments available

#### Reiki

##### ☸ In-Person & Online

Energy-based holistic practice to help increase relaxation and inner balance. Distant or limited 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 Wellness 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 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](http://wellnesshouse.org) or call 630.323.5150. For questions, please contact Amanda Woods at [awoods@wellnesshouse.org](mailto:awoods@wellnesshouse.org) or 630.654.5194.

#### Meditation for Stress Management

*\*In partnership with Mile Square Health Center*

##### Online

##### 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.

#### 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.

#### 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.

#### TYM for Me

##### Online

##### 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.

#### Meditation for Improved Sleep

##### Online

##### 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.

#### Dimensions of Wellness

*\*In Partnership with Mile Square Health Center*

##### Online

##### Tuesdays

**September 13, 20, 27**

**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.



# Stress Management

## Wellness through Deep Hypnosis

*\*In partnership with Countryside Church*

🌸 *In-Person*

**1st Saturdays**

**August 6**

**10:00 a.m. – 12:00 p.m.**

Staff registration required. To register, contact Amanda Woods 630-654-5194 or [awoods@wellnesshouse.org](mailto:awoods@wellnesshouse.org).

Rev. C. Scot Giles, D.Min. Diplomat, National Guild of Hypnotists Heartmath Certified Coach

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

*Online*

**3rd Saturdays**

**July 16, August 20, September 17**

**10:00 – 11:30 a.m.**

Registration Required

## Reiki Clinic

*\*In partnership with Countryside Church*

🌸 *In-Person*

**1st Saturdays**

**No class July, August 6,**

**No class September**

**10:00 a.m. – 1:00 p.m.**

Staff registration required. To register, contact Amanda Woods 630-654-5194 or [awoods@wellnesshouse.org](mailto:awoods@wellnesshouse.org).

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.

*Online*

**3rd Saturdays**

**July 16, August 20, September 17**

**11:35 a.m. – 12:15 p.m.**

Registration Required

## Journeying Inward:

**Deep Relaxation for Stress Relief and Well-Being**

*Online*

**Saturdays**

**July 9, August 6, September 10**

**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.

## Stress-Free Saturday

🌸 *In-Person*

**Saturdays**

**July 9, August 13, and**

**September 10**

**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.

## Mindfulness Meditation Circle

*Online*

**Mondays**

**July 18, August 15, and**

**September 19**

**11:30 a.m. – 12:30 p.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.

## Self-Compassion Practice

*Online*

**Wednesdays**

**July 20, August 17, September 21**

**6:30 – 7:30 p.m.**

Registration Required

Participants will focus on increasing their capacity to appreciate the moment to help cultivate self-compassion.

## Mindful Journaling

*Online*

**Wednesdays**

**September 7 - 28**

**11:00 a.m. – 12:00 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.

## Garden Walk

🌸 *In-Person (Weather Permitting)*

**Tuesdays**

**July 19, August 23, and**

**September 20**

**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.

## Midday Mindful Reset Series

*\*In Partnership with Mile Square Health Center*

*Online*

**Wednesdays**

**September 7, 14, 21**

**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.

## Stress-Less Breathing Series

🌸 *In-Person*

**Tuesdays**

**September 20, 27**

**5:30 – 7:00 p.m.**

Registration Required

Join Mary Lisa (ML) Wahlfeldt in this experiential program. The series will slowly progress with content and light breathing exercises.



# Stress Management

## Expressive Arts

*For questions, please contact Amanda Woods at [awoods@wellnesshouse.org](mailto:awoods@wellnesshouse.org) or 630.654.5194.*

### Flute Circle

*Online*

**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.

### Intro to Embroidery

*\* In-Person*

**Thursdays**

**July 21 - August 11**

**12:00 – 1:30 p.m.**

*Staff Registration Required*

*To register, contact Amanda Woods at 630-654-5194 or [awoods@wellnesshouse.org](mailto:awoods@wellnesshouse.org)*

Combine the joy of creativity and mindfulness in this embroidery class. No experience needed to learn this classic and calming craft.

### Printmaking

*\* In-Person*

**Tuesdays**

**July 26 - August 30**

**4:30 – 6:30 p.m.**

*Staff Registration Required.*

*To register, contact Amanda Woods at 630-654-5194 or [awoods@wellnesshouse.org](mailto:awoods@wellnesshouse.org)*

Discover the artistic process of printmaking by designing a unique image to carve into linoleum, apply ink, and develop your own series of prints on paper. Great for creating multiple prints of the same image such as a personalized greeting card.

### Mixed Media

*\* In-Person*

**Thursdays**

**July 20, August 18, and**

**September 15**

**1:00 – 3:00 p.m.**

*Staff Registration Required.*

*To register, contact Amanda Woods at 630-654-5194 or [awoods@wellnesshouse.org](mailto:awoods@wellnesshouse.org).*

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.

**July:** Butterflies

**August:** Dandelion Joy

**September:** Floral Creations

### Jewelry Making

*\* In-Person*

**Friday, August 19**

**1:00 – 3:00 p.m.**

*Staff Registration Required.*

*To register, contact Amanda Woods at 630-654-5194 or [awoods@wellnesshouse.org](mailto:awoods@wellnesshouse.org)*

Create pieces of jewelry using a variety of different material.

### Watercolor and Watercolor Pencils

*\* In-Person*

**Wednesdays**

**August 24 - September 28**

**5:30 – 7:30 p.m.**

*Staff Registration Required*

*To register, contact Amanda Woods at 630-654-5194 or [awoods@wellnesshouse.org](mailto:awoods@wellnesshouse.org).*

Each week learn and implement different watercolor paint and pencil techniques.

### Color by Number

*Online*

**Monday, August 29**

**1:00 – 2:30 p.m.**

*Registration Required*

Relax and focus your mind to enter a state of tranquility completing a color by number.

### Intro to Mandalas and Zentangles

*Online*

**Fridays**

**September 9 - 30**

**1:00 – 2:30 p.m.**

*Registration Required*

Learn how to create Mandalas and Zentangles which is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns.

### Painting on a Canvas Tote Bag/ Art Apron

*\* In-Person*

**Monday, September 19**

**1:00 – 3:00 p.m.**

*Staff Registration Required*

*To register, contact Amanda Woods at 630-654-5194 or [awoods@wellnesshouse.org](mailto:awoods@wellnesshouse.org).*

In this workshop, participants will use acrylic paint to decorate a re-usable canvas tote bag or art Apron. Apron/Tote bag will be provided.

To learn more about our programs, please visit [wellnesshouse.org](http://wellnesshouse.org)





# 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.

## Child and Family Programs **Register here>**

### 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](mailto:bgomez@wellnesshouse.org).*

### SPECIAL EVENTS

#### Kids Kamp

🌸 *In-Person*

**July 11-15**

**9:00 a.m. – 12:00 p.m. daily**

*Registration Required*

Kids Kamp is back! Join us each morning for a week of fun activities, games, and entertainment. This is open to all kids impacted by cancer, ages 5-12. Children will be divided by age and should expect indoor and outdoor fun as well as time for snacks!

#### Back-to-School Ice Cream Social

🌸 *In-Person*

**Thursday August, 11**

**6:00 – 7:30 p.m.**

*Registration Required*

Children impacted by cancer and their families are welcome to join us for cool treats and fun activities to celebrate summer before heading back to school!

### Turtles

🌸 *In-Person*

**Mondays**

**4:30 – 5:30 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.

### Turtles Bereavement Group for Parents

🌸 *In-Person*

**1st and 3rd Mondays**

**4:30 – 5:30 p.m.**

*Registration Required*

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.

### Parent, Child, Teen, Family Consultations

🌸 *In-Person & Online*

*Registration Required*

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](mailto:bgomez@wellnesshouse.org).



## Child & Family Programs

### Kids Survivors Group

🌸 *In-Person*

*Staff Registration Required*

*To register, contact Beth Gomez 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.

### Networking Group for Bereaved Dads of Young Children and Teens

*Online*

**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.

### Teen Bereavement Group

🌸 *In-Person*

*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.

### 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.

### 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.

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

### Support and Counseling Programs Register here>

#### SPECIAL EVENTS

##### Virtual Day of Remembrance Gathering

Online

**Thursday, September 8 | 5:30 – 6:45 p.m.**

Join us for this virtual event for all who have lost a loved one to cancer, including a presentation on coping with grief, including Q & A with the presenter, and a special closing memorial tribute. Please email a photo of your loved one to [bpossley@wellnesshouse.org](mailto:bpossley@wellnesshouse.org) by September 6 for the memorial slide show.

##### Day of Remembrance Gathering Together

🌸 In-Person

**Saturday, September 10 | 12:00 – 1:30 p.m.**

Join us for this special in person event to honor loved ones lost to cancer. Activities will be held both outdoors and inside, including a mindful walk, memorial slide show, and more.

##### Meaning-Centered Psychotherapy Group

Online

**Thursdays**

**August 11 - September 29**

**12:00 – 1:30 p.m.**

*Staff Registration Required*

*To register, contact Michael Williams, Psy.D. at 630.654.5117 or [mwilliams@wellnesshouse.org](mailto: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 in Overcoming Stress (SOS) Series

🌸 In-Person

**Mondays**

**July 11, 18 and September 12, 19**

**5:00 – 6:15 p.m.**

*For questions, contact Nevada Bennett, LPC, at 630.654.5346 or [nbennett@wellnesshouse.org](mailto: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 and Mindfulness

**Week 2:** Scanxiety

#### Support Groups

##### Cancer Support Group

**Wednesdays**

**3:00 – 4:30 p.m.** 🌸 In-Person

**7:00 – 8:30 p.m.** Online

*Staff Registration Required*

*Please contact Michael Williams, Psy.D. at 630.654.5117 or*

*[mwilliams@wellnesshouse.org](mailto:mwilliams@wellnesshouse.org) to register prior to attending.*

This group provides an opportunity for people experiencing cancer to share information, connect with others in similar circumstances and improve coping skills.

##### Caregiver Support Group

**Wednesdays**

**3:00 – 4:30 p.m.** 🌸 In-Person

**7:00 – 8:30 p.m.** Online

*Staff Registration Required*

*Please contact Jill Otto, LCSW at 630.654.7203 or*

*[jotto@wellnesshouse.org](mailto: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

Online

**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](mailto: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.





## Support Groups & Counseling

### Breast Cancer Support Group

*\*In partnership with Rush-Oak Park Hospital*

Online

**Mondays**

**7:00 – 8:30 p.m.**

*Staff Registration Required*

*To register, please contact Jill Otto, LCSW at 630.654.7203 or [jotto@wellnesshouse.org](mailto:jotto@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

Online

**Tuesdays**

**10:00 – 11:30 a.m.**

*Staff Registration Required*

*Please contact Jill Otto, LCSW at 630.654.7203 or [jotto@wellnesshouse.org](mailto: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.

### Lung Cancer Drop-in Support Group

Online

**Mondays**

**3:00 – 4:30 p.m.**

*Drop-ins Welcome*

*For questions, contact Nevada Bennett, LPC, at 630.654.5346 or [nbennett@wellnesshouse.org](mailto: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.

### Women of Color Drop-in Support Group

*\*In Partnership with Mile Square Health Center*

Online

**Tuesdays**

**10:00 – 11:30 a.m.**

*Drop-ins Welcome*

*For questions, contact Nevada Bennett, LPC, at 630.654.5346 or [nbennett@wellnesshouse.org](mailto: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.

### Newly Diagnosed Support Group

**2nd Tuesday** *\*In-Person*

**4th Tuesday** Online

**10:00 – 11:30 a.m.**

*Advanced Registration Required*

*For questions, contact Nevada Bennett, LPC, at 630.654.5346 or [nbennett@wellnesshouse.org](mailto: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.

### Men's Drop-in Support Group

Online

**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](mailto: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.

### Women's Drop-in Support Group

Online

**Tuesdays**

**2:00 – 3:30 p.m.**

*Drop-ins Welcome*

*For questions, please contact Jill Otto, LCSW at 630.654.7203 or [jotto@wellnesshouse.org](mailto:jotto@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.

### Cancer Support Group

*\*In partnership with Rush-Oak Park Hospital*

Online

**Mondays**

**5:00 – 6:30 p.m.**

*Staff Registration Required*

*For questions, please contact Jill Otto, LCSW at 630.654.7203 or*

*[jotto@wellnesshouse.org](mailto:jotto@wellnesshouse.org).*

Ongoing eight-week support group for people with cancer to share medical information, connect with others in similar circumstances and improve their coping skills.

## Bereavement Groups

### Bereavement Support Series

*\*In-Person*

**Mondays**

**August 1, August 8, and August 15**

**5:00 – 6:15 p.m.**

*Registration Required*

*For questions, contact Nevada Bennett, LPC, at 630.654.5346 or [nbennett@wellnesshouse.org](mailto: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 Writing

**Week 3:** Bereavement Sleep Strategies

### Bereavement Drop-in Support Group

Online

**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](mailto: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.



## Support Groups & Counseling

### Transitions for Spouses

Online

Wednesdays

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](mailto:mwilliams@wellnesshouse.org)

to register.

This is a committed bereavement support group to help spouses and partners develop coping techniques.

### Transitions Alumni Connections

Online

4th Tuesdays

July 26, August 23, September 27

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](mailto: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.

### Bereavement Connections Group for Those Who Have Lost a Parent

🌸 In-Person & Online

August 4 and September 1

(no group in July)

5:30 – 7:00 p.m.

Drop-ins Welcome

For more information, contact Nevada

Bennett, LPC at 630.654.5346 or

[nbennett@wellnesshouse.org](mailto:nbennett@wellnesshouse.org).

Join other bereaved adults (age 18 and older) who have lost a parent to cancer.

### Monthly Peer Connections Groups

Drop-Ins Welcome! The following groups give people the opportunity to meet with others experiencing the same type of cancer. The purpose is to share challenges, information and strategies for navigating the cancer experience.

#### Survivorship Connections Group

Online

3rd Mondays

July 18, August 15, September 19

6:30 – 8:00 p.m.

Drop-ins Welcome

For questions, contact Nevada Bennett,

LPC, at 630.654.5346 or

[nbennett@wellnesshouse.org](mailto:nbennett@wellnesshouse.org).

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

#### Young Adult with Cancer Connections

Online

1st Thursdays

August 4, September 1

(no meeting in July)

7:00 – 8:30 p.m.

Drop-ins Welcome

For questions, please contact Jill Otto,

LCSW at 630.654.7203 or

[jotto@wellnesshouse.org](mailto:jotto@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.

#### Young Adult Caregiver Connections

Online

4th Mondays

July 25, August 22, September 26

5:30 – 7:00 p.m.

Staff Registration Required

For questions, contact Nevada Bennett,

LPC, at 630.654.5346 or

[nbennett@wellnesshouse.org](mailto:nbennett@wellnesshouse.org)

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.

#### Spiritual Side of Cancer

Online

2nd Thursdays

July 14, August 11, September 8

5:00 – 6:30 p.m.

Drop-ins Welcome

For questions, please contact Jill Otto,

LCSW at 630.654.7203 or

[jotto@wellnesshouse.org](mailto:jotto@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.

#### Cancer Creative Connections Group

In partnership with Rush Oak Park Hospital

3rd Saturdays,

10:30 a.m. – 12:00 p.m.

July 16, August 20, September 17

🌸 In-Person

Staff Registration Required

To register, please contact Jill Otto, LCSW at

630.654.7203 or [jotto@wellnesshouse.org](mailto:jotto@wellnesshouse.org).

All who are diagnosed with cancer are invited to join this in person group at Rush Oak Park Hospital to experience a mix of creative self-care activities including expressive arts and mindfulness.

#### Soul Chat: Cancer + Spirituality Discussion Group for Black, Indigenous and People of Color

\*In partnership with Mile Square Health

Center and co-facilitated by Sydwell

Nkosi, UI Health Pastoral Care Team

Online

4th Mondays

July 25, August 22, September 26

7:00 – 8:30 p.m.

Drop-ins Welcome

For questions, contact Nevada Bennett,

LPC, at 630.654.5346 or

[nbennett@wellnesshouse.org](mailto:nbennett@wellnesshouse.org).

To learn more about our programs, please visit [wellnesshouse.org](http://wellnesshouse.org)



## Support Groups & Counseling

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.

### Strengthening Family Ties Connections Group

Online

**3rd Tuesdays**

**3:00 – 4:30 p.m.**

*Registration Required*

*For questions, contact Nevada Bennett, LPC, at 630.654.5346 or [nbennett@wellnesshouse.org](mailto:nbennett@wellnesshouse.org)*

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.

### Death Café Alumni Connections Group

Online

**1st Tuesdays**

**August 2, September 6**

**(no group in July)**

**7:00 – 8:30 p.m.**

*Registration Required*

*For questions, contact Michael Williams, Psy.D. at 630.654.5117 or [mwilliams@wellnesshouse.org](mailto: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.

### Meaning-Centered Psychotherapy Alumni Networking Group

Online

**2nd Tuesdays**

**July 12, August 9, September 13**

**3:00 – 4:30 p.m.**

*Staff Registration Required*

*Contact Michael Williams, Psy.D.*

*at 630.654.5117 or*

*[mwilliams@wellnesshouse.org](mailto:mwilliams@wellnesshouse.org)*

*to register prior to attending.*

Participants who have completed an eight-week 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.

### Gay and Bisexual Men's Prostate Connections

*\*In Partnership with Mile Square Health Center*

Online

**3rd Wednesdays**

**July 20, August 17, September 21**

**10:00 – 11:30 a.m.**

*Drop-ins Welcome*

*For questions, contact Michael Williams, Psy.D. at 630.654.5117 or [mwilliams@wellnesshouse.org](mailto:mwilliams@wellnesshouse.org).*

Men who identify as gay or bisexual and are diagnosed with Prostate Cancer 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.

### Healthcare Providers with Cancer Networking Group

Online

**3rd Thursdays**

**July 21, August 18, September 15**

**5:00 – 6:30 p.m.**

*Drop-ins Welcome*

*For questions, contact Nevada Bennett, LPC, at 630.654.5346 or [nbennett@wellnesshouse.org](mailto: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.

### Women's Cancer Connections Group

*\*In partnership with Insight Chicago*  
Online

**4th Fridays**

**11:00 a.m. – 12:30 p.m.**

*Staff Registration Required*

*For questions, please contact*

*Jill Otto, LCSW at 630.654.7203 or*

*[jotto@wellnesshouse.org](mailto:jotto@wellnesshouse.org).*

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.

### LGBTQ+ Connections Group

Online

**1st Tuesdays**

**August 9, September 13**

**(no group in July)**

**3:00 – 4:30 p.m.**

*Registration Required*

*For questions, contact Michael Williams, Psy.D. at 630.654.5117 or [mwilliams@wellnesshouse.org](mailto: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.

**To learn more about our programs, please visit [wellnesshouse.org](http://wellnesshouse.org)**





## 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 Prostrate Groups which are for those diagnosed with cancer only.*

*All groups below are currently meeting online.*

#### Brain Tumor Connections

**4th Thursdays**

**July 28, August 25, September 22**

**5:00 – 6:30 p.m.**

For questions, contact Jill Otto, LCSW at 630.654.7203 or [jotto@wellnesshouse.org](mailto:jotto@wellnesshouse.org).

#### Breast Cancer Connections

**4th Mondays**

**July 25, August 22, September 26**

**7:00 – 8:30 p.m.**

For questions, contact Ellen Nieman, LCSW at 630.654.5198 or [enieman@wellnesshouse.org](mailto:enieman@wellnesshouse.org).

#### Colon/Rectal Cancers Connections

**2nd Mondays**

**July 11, August 8, September 12**

**7:00 – 8:30 p.m.**

For questions, contact Ellen Nieman, LCSW at 630.654.5198 or [enieman@wellnesshouse.org](mailto:enieman@wellnesshouse.org).

#### Gynecologic Cancers Connections

**2nd Thursdays**

**July 14, August 11, September 8**

**7:00 – 8:30 p.m.**

For questions, contact Jill Otto, LCSW at 630.654.7203 or [jotto@wellnesshouse.org](mailto:jotto@wellnesshouse.org).

#### Head, Neck & Thyroid Cancers Connections

**3rd Tuesdays**

**July 19, August 16, September 20**

**7:00 – 8:30 p.m.**

For questions, contact Michael Williams, Psy.D. at 630.654.5117 or [mwilliams@wellnesshouse.org](mailto:mwilliams@wellnesshouse.org).

#### Kidney Cancer Connections

**4th Tuesdays**

**3:00 – 4:30 p.m.**

For questions, contact Michael Williams, Psy.D. at 630.654.5117 or [mwilliams@wellnesshouse.org](mailto:mwilliams@wellnesshouse.org).

#### Blood Cancer Connections

**2nd Thursdays**

**July 14, August 11, September 8**

**7:00 – 8:30 p.m.**

For questions, contact Michael Williams, Psy.D. at 630.654.5117 or [mwilliams@wellnesshouse.org](mailto:mwilliams@wellnesshouse.org).

#### Melanoma Connections

**4th Tuesdays**

**July 26, August 23, September 27**

**7:00 – 8:30 p.m.**

For questions, contact Michael Williams, Psy.D. at 630.654.5117 or [mwilliams@wellnesshouse.org](mailto:mwilliams@wellnesshouse.org).

#### Metastatic Breast Cancer Connections

**1st Mondays**

**August 1, September 8**

**(no group in July)**

**7:00 – 8:30 p.m.**

For questions, contact Nevada Bennett, LPC at 630.654.5346 or [nbennett@wellnesshouse.org](mailto:nbennett@wellnesshouse.org).

#### Neuroendocrine Tumors (NET) Connections

**2nd Saturdays**

**July 9, August 13, September 10**

**10:30 a.m. – 12:30 p.m.**

For questions, contact Jill Otto, LCSW at 630.654.7203 or [jotto@wellnesshouse.org](mailto:jotto@wellnesshouse.org).

#### Pancreatic Cancer Connections

**3rd Thursdays**

**5:00 – 6:30 p.m.**

This program is sponsored by the Rolfe Pancreatic Cancer Foundation. For questions, contact Jill Otto, LCSW at 630.654.7203 or [jotto@wellnesshouse.org](mailto:jotto@wellnesshouse.org).

#### Prostate Cancer Connections

**2nd and 4th Wednesdays**

**9:30 – 11:00 a.m.**

For questions, contact Michael Williams, Psy.D. at 630.654.5117 or [mwilliams@wellnesshouse.org](mailto:mwilliams@wellnesshouse.org).

#### Sarcoma Cancers Connections

**3rd Saturdays**

**July 16, August 20, September 17**

**11:00 a.m. – 12:30 p.m.**

For questions, contact Ellen Nieman, LCSW at 630.654.5198 or [enieman@wellnesshouse.org](mailto:enieman@wellnesshouse.org).

#### 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](mailto:nbennett@wellnesshouse.org).

# Programas de apoyo para el cáncer en español

## Registro Programas de apoyo para el cáncer en español **aquí>**

### **Bienvenidos a Wellness House**

*en línea*

**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.

### **Apoyo**

#### **Grupo de Apoyo para Personas**

**Viviendo con Cáncer**

*en línea*

**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](mailto: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.*

### **Nutrición**

#### **Cocina saludable para el cáncer de mama**

*\*En asociación con MacNeal Hospital*

*en línea*

**Lunes, 1 de agosto**

**5:00 – 6:30 p.m.**

*Se requiere registro*

*Madeline Butler-Sanchez, MS*

A menudo hay confusión sobre qué alimentos son seguros para comer para el cáncer de mama. ¡Únase a nosotros para esta clase de cocina que incluirá una variedad de alimentos y nutrientes recomendables!

#### **Merienda & Aprende**

*en línea*

**Viernes, 15 de julio**

**2:00 – 2:30 p.m.**

**Viernes, 19 de Agosto**

**2:00 – 2:30 p.m.**

*Se requiere registro*

*Madeline Butler-Sanchez, M.S.*

Esta clase breve e informativa se enfocará en un alimento o nutriente a base de plantas junto con una demostración rápida de cómo incorporarlo en un refrigerio delicioso y nutritivo.

#### **¡La feria de la nutrición!**

##### **Los beneficios de comer a base de plantas**

Demostración de cocina

*\*En persona*

**Sábado, 20 de Agosto**

**10:30 a.m. – 12:30 p.m.**

*Madeline Butler-Sanchez, MS*

*Se requiere registro*

Únase a Madeline para aprender los fundamentos de una dieta basada en plantas y por qué se recomienda para el cáncer.

#### **Beneficios para la salud de hierbas y especias**

*en línea*

**Sábado, 16 de julio**

**9:30 – 10:30 a.m.**

*Se requiere registro*

*Madeline Butler-Sanchez, M.S.*

Los condimentos en su comida no solo agregan sabor, sino que también agregan grandes beneficios a su salud. Únase a Madeline para aprender más sobre los beneficios nutricionales de las hierbas y especias.

**Para obtener más información sobre nuestros programas, visite [wellnesshouse.org/espanol](http://wellnesshouse.org/espanol)**

# Programas de apoyo para el cáncer en español

## Cocinar con hierbas y especias

Demostración de cocina / Discusión

*en línea*

**Sábado, 30 de julio**

**9:30 – 10:30 a.m.**

*Madeline Butler-Sanchez, M.S.*

Las hierbas y especias juegan un papel importante en la construcción de platos sabrosos. Únete a Madeline para aprender consejos fáciles sobre cómo cocinar con hierbas y especias.

## Cocinar para el cáncer

*\*En asociación con Mile Square*

*Health Center*

*en línea*

Demostración de cocina/Discusión

**Sábado, 6 de agosto**

**9:30 – 10:30 a.m.**

*Se requiere registro*

*Madeline Butler-Sanchez, M.S.*

Esta demostración de clase y cocina contará con recetas fáciles y saludables para ayudarlo a incorporar deliciosamente los alimentos que combaten el cáncer en su dieta.

## Nutrición P & R: ¿Debo evitar el azúcar?

*\*En asociación con Mile Square*

*Health Center*

*en línea*

**Sábado, de 23 julio**

**9:30 – 10:30 a.m.**

*Se requiere registro*

*Andrea Hinojosa, Dietista Registrada*

A menudo hay confusión en torno al tema del azúcar. Únase a Andrea para obtener más información sobre este tema y obtener respuestas a sus preguntas.

## Cocinar para el cancer 101: volver a lo básico

*\*En asociación con Mile Square*

*Health Center*

*en línea*

**Sábado, 10 de septiembre**

**9:30 – 10:30 a.m.**

*Se requiere registro*

*Andrea Hinojosa, Dietista Registrada*

¿Estás tratando de agregar más frutas, verduras y granos integrales a tu rutina pero no estás seguro por dónde empezar? Únase a Andrea para obtener un enfoque simple y excelentes consejos para principiantes.

## ¡Hola Hermosa!

*\*En persona*

**Sábado, 24 de Septiembre**

**11:00 – 12:00 p.m.**

*Se requiere registro con personal*

*Para registrarse y obtener más información, comuníquese con Blanca Díaz-Martínez al 630.560.0336 o [bdiazmartinez@wellnesshouse.org](mailto:bdiazmartinez@wellnesshouse.org).*

¡Únete con la experta en belleza Blanca Díaz-Martínez para una capacitación de cejas. Los cosméticos serán incluidos para que practiquen los pasos y enseñará cómo usar maquillaje para que tus cejas se miren natural! Este programa se ofrece a los participantes en tratamiento activo.

# 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 | Bhorrade 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](mailto: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](mailto: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](mailto: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 Tracy Lester at [tlester@wellnesshouse.org](mailto:tlester@wellnesshouse.org) or 630.654.5193.



# 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  
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ADD Hinsdale Junior Woman's Club  
MDRT Foundation  
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