Wellness House programs will help you gain strength, manage side effects and feel less alone. Because everyone is different, we offer a variety of programs so you can choose what feels right for you. Attend as many programs as you’d like. Everything we do is to help you fully live life with cancer and beyond.
For more information, visit wellnesshouse.org or call 630.323.5150

July | August | September 2022

Program Guide

Special Event

Hot Topics in Prostate Cancer
Saturday, September 17 | 9:00 a.m. – 12:30 p.m.
Registration Required Online

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.

Exercise/Mind-Body Movement

Exercise is safe and encouraged during and after cancer treatment. Our classes help you:

No experience necessary. All abilities welcome. Registration required for all exercise classes. For more information contact Jadyn Chipman at 630.654.5116 or jchipman@wellnesshouse.org

Stretching Through Cancer
Online
Tuesday
4:30 – 5:15 p.m.
Gentle stretches for all major muscle groups to address joint and flexibility difficulties from cancer treatment.

Pelvic Floor Yoga Level I
Online
Tuesday
Aug 9, 16, 23
11:00 a.m. – 12:15 p.m.
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.

Yoga for Cancer
Online
Wednesday
9:30 – 10:30 p.m.
Introduction to gentle, beginner and restorative standing and mat-based yoga postures.

Stretching through Cancer
Online
Wednesday
4:00 – 4:45 p.m.
Gentle stretches for all major muscle groups to address joint and flexibility difficulties from cancer treatment.

Support and Counseling

Soul Chat: Cancer + Spirituality Discussion Group for Black, Indigenous and People of Color
Online
4th Mondays
July 25, August 22, September 26
7:00 – 8:30 p.m.
Self Registration
For questions, contact Nevada Bennett, LPC, at 630.654.5346 or nbennett@wellnesshouse.org.
Co-facilitated by Sydwell Nkosi, Pastoral Care Team at UI Health, 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.

Gay and Bisexual Men’s Prostate Connections Group
Online
3rd Wednesdays
July 20, August 17, September 21
Self Registration
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or 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.

Women of Color Support Group
Online
July 19, August 2, 16, September 6, 20
10:00 – 11:30 a.m.
For questions, contact Nevada Bennett, LPC, at 630.654.5346 or nbennett@wellnesshouse.org.
This monthly group creates a welcoming space to discuss the challenges and joys found in the spiritual side of the cancer journey. Wellness House does not affiliate with any one belief system; people of all faith backgrounds are encouraged to participate.
**Support and Counseling**

**LGBTQ+ Connections Group**
*Online*
First Tuesdays
August 9, September 13
(no group in July)
3:00 – 4:30 p.m.
*Self Registration*
For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.
LGBTQ+ folks who are currently diagnosed with cancer or caring for a partner or other loved one are warmly invited to join this drop-in, online support group. We provide a safe space to share experiences, coping strategies and support during the cancer journey. Everyone is welcome, including those newly diagnosed, in active treatment, and long-term survivors.

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**Stress Management**

Reducing stress will allow you to feel more in control.

For more information and to register, contact Jadyn Chipman at 630.654.5116 or jchipman@wellnesshouse.org.

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**Nutrition**

Good nutrition and hydration are important during treatment. Our classes help you:

- Reduce treatment-related side effects
- Improve cooking skills
- Learn about cancer-fighting foods
- Manage weight

For questions about nutrition programs, contact Madeline Butler-Sanchez at 630.654.5101 or msanchez@wellnesshouse.org.

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**Meditation for Stress Management**
*Online*
Mondays
5:00 – 6:00 p.m.
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.

**Dimensions of Wellness**
*Online*
Tuesdays
September 13, 20, 27
6:00 – 7:00 p.m.
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.

**Midday Mindful Reset Series**
*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.

**Cooking for Cancer**
*Cooking Demonstration/Discussion*
*Online*
Wednesdays
July 13, August 10, September 14
5:30 – 7:00 p.m.
*Registration Required*
Chloe Dwyer, Registered Dietitian
This class and cooking demonstration will feature easy and healthy recipes to help you deliciously incorporate cancer-fighting foods into your diet.

**Managing Cancer Side Effects**
*Presentation/Discussion*
*Online*
Wednesdays
July 20, August 17, Sept 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.

**Cancer Nutrition 101:**
*Tips to Label Reading*
*Presentation/Discussion*
*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 a good label reader.

**Cooking for Cancer 101:**
*Back to Basics*
*Presentation/Discussion*
*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.
Hello, Beautiful  **Online**
4th Tuesdays
July 26, August 23, September 27  |  5:30 – 6:30 p.m.
To register contact Blanca Martinez at 630.560.0336 or bdiazmartinez@wellnesshouse.org.
Join beauty expert Blanca Diaz-Martinez as she leads this intimate and fun session that will teach you how to wow your brows! Cosmetic supplies will be shipped to your home following the workshop. This program is offered to participants in active treatment.

**Black Cancer Podcast Club  Online**
*In Partnership with Mile Square Health Center and Young And A Survivor (YAS)
Monday, August 8  |  5:30 – 7:00 p.m.
Registration Required
Nevada Bennett, LPC, and Ikea Johnson, Wellness House and Christine Jo’nel Adley, YAS
Black Cancer’s goal is to normalize conversations about our health and 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.

**Genetic Counseling for Cancer  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.

**Top Doc: Skin Cancer and Prevention for Skin of Color  Online**
Tuesday, July 26  |  7:00 – 8:30 p.m.
Registration Required
Sonya Kenkare, MD, Dermatologist, 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.

**Understanding Cancer Disparities  Online**
Wednesday, September 8  |  6:00 – 7:30 p.m.
Registration Required
Kandis Draw, Community Education Associate, 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.

Visit our website at wellnesshouse.org