

# Program Guide

¡Programas en español! page 4



Would you like to learn more about Wellness House? Contact Ikea Johnson

Community Relations Advocate  
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630.654.5356



Scan for more information

FREE Cancer Support

**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.*

## 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 Jady N Chipman at 630.654.5116 or [jchipman@wellnesshouse.org](mailto: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](mailto: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](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.

### 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](mailto: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.

UI Health Cancer Clinic  
Outpatient Care Center, Suite 1 E  
1801 W. Taylor Street, Chicago, IL 60612

Mile Square Health Center  
1220 S. Wood Street,  
Chicago, IL 60612

# Program Guide

## 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](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.

## Stress Management

Reducing stress will allow you to feel more in control.



For more information and to register, contact Jady Chipman at 630.654.5116 or [jchipman@wellnesshouse.org](mailto:jchipman@wellnesshouse.org).

### 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.

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

### 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.

## Information and Education



### 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](mailto: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 (YAAS)

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 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.

## Programas de apoyo para el cáncer en español

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

*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 cáncer 101: volver a lo básico

*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.

### Bienvenidos a Wellness House

*en línea*

Miércoles, 6 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.



## Taste of Wellness House Nutrition Fair

Saturday, August 20 - Friday, August 26

Registration Required 🌱 *In-Person & Online*

Join us for a week-long festival of activities 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.

## Program Registration Information

Register for any program at [wellnesshouse.org](http://wellnesshouse.org) or call the staff member listed.

Questions? Feel free to call 630.323.5150