

Welcome Guide

For living with cancer



“With a cancer diagnosis, you think there is nothing you can do, but I learned a lot from attending Wellness House programs”

Yanet - Participant



Mire nuestros
nuevos programas
en español

Offering online and in-person programs

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

Visit wellnesshouse.org or call **630.323.5150**
Connect with us today!



Now offering
online and
in-person programs

wellnesshouse.org

Mire nuestros
nuevos programas
en español

wellnesshouse.org/programas-en-espanol/

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

Information and Education

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

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

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

Brows, Scarves, Wigs, and More

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



Nutrition

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

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

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



Connect with an oncology dietitian

For individualized nutrition and class recommendations, contact Angela Dennison, RD, LDN at adennison@wellnesshouse.org or 630.654.5196.

Exercise

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

Exercise, Yoga, Mind/Body Movement and Individual Consultations

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



Connect with an oncology exercise specialist

Contact Amanda Woods at awoods@wellnesshouse.org or 630.654.5194 to schedule an appointment.

Stress Management

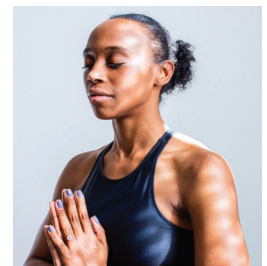
Experience relaxation and learn stress management techniques to relax your body, still your mind, engage your spirit, and improve quality of life.

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

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

Call for a consultation

Contact Amanda Woods, MS, ACSM/ACS, CET, ACSM, CEP at awoods@wellnesshouse.org or 630.654.5194.



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

Child and Family

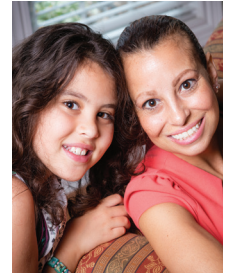
Our family programs give kids, teens, and parents a place to learn, express how they're feeling, and heal.

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

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

Connect with a Child & Family Counselor

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



Support Groups and Counseling

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

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

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

Connect with an oncology counselor

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



JOIN US FOR TASTE OF WELLNESS HOUSE NUTRITION FAIR



Taste of Wellness House Nutrition Fair

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.

August 20 In-Person Event

Educational Classes and Cooking Demonstrations

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

Programas en Español

- 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.

August 22 - 26

Online Workshops and Classes

- Fungus Among Us: Health Benefits of Mushrooms
- Gut Health and Cancer: Understanding Steps to a Healthy Gut
- Cooking for Gut Health
- Hot Topics in Nutrition

Register at
[Wellnesshouse.org/taste-of-wellness-house](https://wellnesshouse.org/taste-of-wellness-house)





You'll feel better inside.

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

Now offering online
and in-person programs

A great way
to start!

WELCOME TO WELLNESS HOUSE ORIENTATION

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

Register at wellnesshouse.org/welcome or call **630.323.5150**.

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

Mondays

12:00 – 1:00 p.m.

Tuesdays

3:30 – 4:30 p.m.

Wednesdays

9:30 – 10:30 a.m.

🌸 *In-Person*

Thursdays

5:30 – 6:30 p.m.

🌸 *In-Person*

Fridays

12:00 – 1:00 p.m.

Select Saturdays

9:30 – 10:30 a.m.

🌸 *In-Person*

We are proud to provide support in partnership with the following healthcare providers:

Advocate Good Samaritan Bhora Cancer Center
AMITA Health
Duly Health and Care
Edward-Elmhurst Healthcare
Insight Chicago
MacNeal Hospital
Northwest Community Healthcare
Rush Oak Park Hospital
UI Health/Mile Square Health Center
West Suburban Medical Center

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

Thank you to our generous grantors:

Guy A. and N. Kay Arboit Charitable Trust
Bears Care
T. Colin Campbell Center for Nutrition Studies
Chicago Board of Trade Foundation
The Coleman Foundation
Community Memorial Foundation
The DuPage Foundation
DuPage Medical Group Charitable Fund
of the DuPage Foundation
The Greer Foundation
Hinsdale Junior Woman's Club
Elizabeth Morse Genius Charitable Trust
Nayar Family Foundation
Edmond and Alice Opler Foundation
Pfizer

Our Mission: Wellness House envisions a community where all people affected by cancer thrive. Offered at no cost, and as a complement to medical treatment, our programs educate, support, and empower participants so they will improve their physical and emotional well-being.

Visit wellnesshouse.org or call **630.323.5150**.



Stay informed,
empowered
& prepared

Hot Topics in Prostate Cancer

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 & Research Panel

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

11:30 a.m. – 12:30 p.m.

Nutrition for Prostate Cancer

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

Register at wellnesshouse.org