



DeVonna,
Participant

**Wellness
House** for LIVING
with CANCER

You'll feel better inside.



UI Health

In-person programs at Mile Square Health Center

Visit Wellness House at Mile Square and the UI Health Cancer Clinic. All Wellness House programs are **FREE** and for those affected by cancer. Choose the programs that are right for you!

All classes take place at
Mile Square Health Center
1220 S. Wood St.
Chicago, IL 60608



Welcome back to in-person programs!



Exercise & Nutrition

Cooking for Cancer: Transitioning Your Plate

Wednesday, October 26, 5:30 - 7:00 p.m.

Cooking for Cancer

Wednesdays, November 9 and December 14
5:30 - 7:00 p.m.



Stress Management

Color by Number Art

Tuesdays, October 4 - November 15
4:00 - 5:30 p.m.

Tai Chi

Tuesdays, 5:30 - 6:30 p.m.



Information & Education

Hello, Beautiful

Mondays, October 24 and November 21
5:00 - 6:30 p.m.

¡Hola Hermosa!

Lunes, 19 de Diciembre, 5:00 - 6:30 p.m.

To learn more or register, contact Ikea Johnson at
630.654.5356 or ijohnson@wellnesshouse.org
or visit wellnesshouse.org/UIHealth.