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.
**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.

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Date and Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stretching Through Cancer</td>
<td><strong>Online</strong> Tuesdays 4:30 – 5:15 p.m.</td>
<td>Gentle stretches for all major muscle groups to address joint and flexibility difficulties from cancer treatment.</td>
</tr>
<tr>
<td>Yoga for Cancer</td>
<td><strong>Online</strong> Wednesdays 9:30 – 10:30 p.m.</td>
<td>Introduction to gentle, beginner and restorative standing and mat-based yoga postures.</td>
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<tr>
<td>Pelvic Floor Yoga Series</td>
<td><strong>Online</strong> Tuesdays November 1, 8, 15 11:00 a.m. – 12:15 p.m.</td>
<td>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.</td>
</tr>
<tr>
<td>Tai Chi Series</td>
<td><strong>Online</strong> Wednesdays Nov 2, 9, 16 10:30 – 11:30 a.m.</td>
<td>Experience an intro to this gentle, ancient Chinese healing practice</td>
</tr>
<tr>
<td>Tai Chi</td>
<td><strong>In Person</strong> Tuesdays 5:30 – 6:30 p.m.</td>
<td>Experience this gentle form of Chinese movement for your mind and body.</td>
</tr>
</tbody>
</table>

**SPECIAL EVENT**

**Hot Topics in Blood Cancers**

**Saturday, November 19 | 9:00 a.m. – 12:30 p.m**

**Online** Registration Required | Home of Hope

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 blood cancers.

- **9:00 – 11:00 a.m.** Updates in Blood Cancers Treatment and Research Panel
- **11:15 a.m. – 12:30 p.m.** Updates in Blood Cancer Treatment for Adolescents and Young Adults

**Support and Counseling**

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

4th Mondays

October 24, November 28

(No group in December due to holiday)

7:00 – 8:30 p.m.

Self Registration

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.

**Women of Color Support Group** **Online**

1st and 3rd Tuesdays

October 4, 18, November 1, 15,

December 6, 20

10:00 – 11:30 a.m.

Self Registration

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.
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.

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.

Color By Number Art
In Person
Tuesdays
October 4 - November 15
4:00 – 5:30 p.m.
Let your creativity flow by completing a color by number page.

Midday Mindful Reset Series
Online
Wednesdays
December 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 Angela Dennison at 630.654.5196 or adennison@wellnesshouse.org.

Angela Dennison, 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, November 16, December 7
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.
- Low Appetite or Excessive Weight Loss
- Taste Changes or Lack of Taste
- Nausea and Vomiting
- Diarrhea and Constipation
- Neuropathy

Food Safety During & After Treatment
Presentation/Discussion
Online Wednesday, November 2
6:00 – 7:00 p.m.
Registration Required
Madeline Butler-Sanchez, MS,
Join Madeline to learn more about good food safety practices while navigating a compromised immune system and/or low white blood cell count.

Cancer Nutrition 101: Maintaining Muscle Mass with Dietary Strategies
Online Saturday, December 3
9:30 – 10:30 a.m.
Registration Required
Chloe Dwyer, Registered Dietitian
Along with exercise, consuming adequate nutrition is very important in maintaining muscle mass. Join Chloe to learn more about this topic and gather helpful dietary strategies.
Hello, Beautiful
In Person
Mondays, October 24, November 21
5:00 – 6:30 p.m.
To register and for more information, contact Blanca Diaz-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.

Podcast Club: Black Cancer
Online
Tuesday, October 4
6:00 – 7:30 p.m.
Registration Required
Ikea Johnson, Wellness House
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.

Top Doc: Lifestyle and Wellness during Survivorship
Online
Tuesday, December 13
6:30 – 8:00 p.m.
Registration Required
Deborah Manst, MD, MPH, Oncogeneralist, UI Health
Learn about best practices for living well after cancer. From sleep to relationships, weight management and medical plans, Dr. Manst will cover a variety of areas for achieving overall health and wellness.

Movement during Cancer for Women
Online
Wednesday, December 14
4:00 – 5:30 p.m.
Heather Moky, PT, Rehabilitation Services, UI Health
Movement and exercise can help reduce the risk of recurrence, elevate mood, reduce anxiety and more. During this presentation, you will learn about the benefits of movement and ideas for how to incorporate it in your daily life.

WELLNESS EVOLVING: The Power of Storytelling
Online Tuesday, November 15
6:30 – 8:00 p.m.
Registration Required
Maureen Muldoon, Professional Storyteller and Thought Leader
Storytelling is a beautiful and easy way to find your voice and share your truth. During this workshop, you will learn about the art of telling a good story through thought-provoking prompts and games to support you in harnessing the joy of sharing your stories.

Program Registration Information
Register for any program at wellnesshouse.org or call the staff member listed.
Questions? Feel free to call 630.323.5150

For more information, visit wellnesshouse.org or call 630.323.5150