

Program Guide

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

Community Relations Advocate
ijohnson@wellnesshouse.org
630.654.5356



Scan for more information

FREE Cancer Support

MILE SQUARE HEALTH CENTER

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

Program Guide



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

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

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 Chipman at 630.654.5116 or jchipman@wellnesshouse.org.



Stretching Through Cancer

Online

Tuesdays

4:30 – 5:15 p.m.

Gentle stretches for all major muscle groups to address joint and flexibility difficulties from cancer treatment.

Yoga for Cancer

Online

Wednesdays

9:30 – 10:30 p.m.

Introduction to gentle, beginner and restorative standing and mat-based yoga postures.

Stretching through Cancer

Online

Wednesdays

4:00 – 4:45 p.m.

Gentle stretches for all major muscle groups to address joint and flexibility difficulties from cancer treatment.

Pelvic Floor Yoga Series

Online

Tuesdays

November 1, 8, 15

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.

Tai Chi Series

Online

Wednesdays

Nov 2, 9, 16

10:30 – 11:30 a.m.

Experience an intro to this gentle, ancient Chinese healing practice

Tai Chi

In Person

Tuesdays

5:30 – 6:30 p.m.

Experience this gentle form of Chinese movement for your mind and body.

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.

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.

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.

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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.

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

Registration Required

Angela Dennison, Oncology Dietitian,

Changing dietary habits is not always easy. Join Angela to learn how to transition your plate to eating more plant foods while including recommended serving sizes of animal based protein.

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.

Cooking for Cancer

Cooking Demonstration/Discussion

Wednesdays

In Person October 12

Online November 9, December 14

5:30 – 7:00 p.m.

Registration Required

Cooking for Cancer: Transitioning Your Plate

Cooking Demonstration/Discussion

In Person Wednesday, October 26

5:30 – 7:00 p.m.

Online Saturday, November 19

9:30 – 10:30 a.m.

Program Guide

Information and Education



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.

Program Registration Information

Register for any program at wellnesshouse.org
or call the staff member listed.

Questions? Feel free to call **630.323.5150**

Programas de apoyo para el cáncer en español

Cocinar para el cáncer en línea

Sabado, 8 de octubre
9:30 – 10:30 a.m.

Se requiere registro

Andrea Hinojosa,
Dietista Registrada

Esta demostración de clase y cocina contará con recetas fáciles y saludables para ayudarle a incorporar deliciosamente los alimentos que combaten el cáncer en su dieta.

Preguntas y respuestas sobre nutrición contra el cáncer: ¿Debo evitar la soya?

en línea

Sabado, 22 de octubre
9:30 – 10:30 a.m.

Se requiere registro

Andrea Hinojosa, Dietista Registrada

A menudo hay confusión en torno a la soja. Únete a nosotros para saber por qué este alimento es beneficioso

Bienvenidos a Wellness House en línea

Cada miércoles
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.

¡Hola Hermosa!

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

Se requiere registro con personal.

Para registrarse y obtener más información, comuníquese con Blanca Díaz-Martínez al 630.560.0336 o bdiazmartinez@wellnesshouse.org.

Únete con la experta en belleza Blanca Díaz-Martínez para una capacitación de cejas. Los cosméticos serán incluidos para que practiquen los pasos y enseñará cómo usar maquillaje para que tus cejas se miren natural. Este programa se ofrece a los participantes afectados de pérdida de cejas por un diagnóstico de cáncer.

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.

