Welcome Guide
For living with cancer

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.

“I learned so much here. There is just a wealth of information and the classes are invaluable.”
Betty - Participant

Get to Know Us – Open House
Saturday, November 5
Visit wellnesshouse.org for details

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

Mire nuestros nuevos programas en español
Offering online and in-person programs
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 and 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 Angie Ruggiero at 630.654.5114 or email aruggiero@wellnesshouse.org 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 Angie Ruggiero at 630.654.5114 or email aruggiero@wellnesshouse.org.
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.

FAMILY EVENTS

To register, call Beth Gomez at 630.654.5115 or email bgomez@wellnesshouse.org

Spooky Spectacular
- Tuesday, October 25 | 6:00 – 7:30 p.m.
  This fun family event will be an opportunity for everyone to come dressed in their Halloween best! We will have games, snacks and Halloween fun for all!

Polar Express
- Monday, December 12 | 6:00 – 7:30 p.m.
  Wellness House families are invited to come take a drive through our Polar Express Winter Wonderland, with station stops along the way featuring fun activities and games, plus special surprises from Santa!
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. | Thursdays 5:30 – 6:30 p.m. | Fridays 12:00 – 1:00 p.m. | Select Saturdays 9:30 – 10:30 a.m.
In-Person | In-Person | In-Person

We are proud to provide support in partnership with the following healthcare providers:
Advocate Good Samaritan Bhorade 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.

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.

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
Duly Health and Care Charitable Fund of the DuPage Foundation
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Naffah Family Charitable Foundation
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Visit wellnesshouse.org or call 630.323.5150.