

# Program Guide

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Would you like to learn more about Wellness House?  
Contact Ikea Johnson  
Community Relations Advocate  
[info@wellnesshouse.org](mailto:info@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.*

January | February | March 2023

## Program Guide

**Wellness House**  
for LIVING with CANCER  
You'll feel better inside.



**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 60608

### SPECIAL EVENT

## Look and Feel Your Best: Wellness House Open House at Mile Square

*In person Date to Come Registration Required*  
**At 1220 S. Wood Street, Chicago, IL 60608**

Join us for a fun and relaxing evening of massages, makeup instruction, music and a chance to connect with other cancer survivors. Participants will learn about Wellness House programs offered weekly at Mile Square Health Center and receive a yummy treat and goodie bag for coming to the event.  
*For questions, contact Brittany Brady at [bbrady@wellnesshouse.org](mailto:bbrady@wellnesshouse.org) or 630-654-7205.*

### 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](mailto: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

*In Person*

**At 1220 S. Wood Street,  
Chicago, IL 60608**

**Wednesdays**

**9:30 – 10:30 p.m.**

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

#### Stretching through Cancer

*In Person*

**At 1220 S. Wood Street,  
Chicago, IL 60608**

**Tuesdays**

**January 17 - March 7**

**12:30 – 1:15 p.m.**

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

#### Tai Chi Series

*Online*

**Wednesdays**

**February 1, 8, 15, 22**

**10:30 – 11:30 a.m.**

Experience an intro to this gentle, ancient Chinese healing practice

#### Tai Chi

*In Person*

**At 1220 S. Wood Street,  
Chicago, IL 60608**

**Tuesdays**

**5:15 – 6:00 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**

**January 23, February 27, March 27**

**7:00 – 8:30 p.m.**

*Self Registration*

*For questions, contact Nevada Bennett, LPC, at 630.654.5346 or [nbennett@wellnesshouse.org](mailto: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 Connections Group

*In Person*

**At 1220 S. Wood Street, Chicago, IL 60608**

**Tuesdays**

**January 3, 17, February 7, 21, March 7, 21**

**11:00 a.m. – 12:30 p.m.**

*Self Registration*

*For questions, contact Nevada Bennett, LPC, at 630.654.5346 or [nbennett@wellnesshouse.org](mailto: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.*

# Program Guide

## 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](mailto:jchipman@wellnesshouse.org).

### Meditation for Stress Management

Online

**Mondays**

**5:00 – 6:00 p.m.**

*Registration Required*

This class introduces different meditation techniques that once learned, can be easily practiced by participants whenever they feel stressed in daily life.

### Simple Art for Stress Management

In Person

At 1220 S. Wood Street,  
Chicago, IL 60608

**Tuesdays**

**4:30 – 5:15 p.m.**

*Registration Required*

Let your creativity flow by completing a wellness wheel, color by number page, or create your own image with colored pencils.

### Midday Mindful Reset Series

In Person

At 1220 S. Wood Street,  
Chicago, IL 60608

**Tuesdays**

**January 17 - March 7**

**1:15 – 2:00 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](mailto:adennison@wellnesshouse.org).

### Cooking for Cancer

Cooking Demonstration/Discussion

In Person

At 1220 S. Wood Street,  
Chicago, IL 60608

**Wednesdays**

**January 11, March 8**

**5:30 – 7:00 p.m.**

*Registration Required*

Jamie Shifley, Registered Dietitian

This class and cooking demonstration will feature easy and healthy recipes to help you deliciously incorporate cancer-fighting foods into your diet.

### Cooking for Cancer: Transitioning Your Plate

Cooking Demonstration/Discussion

In Person

At 1220 S. Wood Street,  
Chicago, IL 60608

**Wednesday, February 8**

**5:30 – 7:00 p.m.**

*Registration Required*

Jamie Shifley, Registered Dietitian

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

## Program Registration Information

Register for any program at [wellnesshouse.org](http://wellnesshouse.org) or call the staff member listed.

**Questions?** Feel free to call **630.323.5150**



## Information and Education



### Hello, Beautiful *In Person*

At 1220 S. Wood Street, Chicago, IL 60608

**Tuesdays, January 24, February 21 | 5:30 – 6:30 p.m.**

*Staff Registration Required*

To register and for more information, contact Blanca Diaz-Martinez at 630.560.0036 or [bdiazmartinez@wellnesshouse.org](mailto:bdiazmartinez@wellnesshouse.org).

Join beauty expert Blanca Diaz-Martinez as she leads this intimate and fun session that will teach you a how to create natural looking brows using cosmetics. A step by step tutorial addressing eyebrow concerns, color matching, brow cosmetic options and beauty tips. This program is offered for participants in active treatment and takes place at Mile Square Health Center, 1220 S. Wood St. Chicago, IL 60608.

### Podcast Club: Black Cancer *Online*

**Thursday, March 2 | 6:30 – 8:00 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.

### Cancer Thriving and Surviving *Online*

**Thursday, February 16 - March 23 | 10:00 a.m. – 12:30 p.m.**

*Staff Registration Required*

To register, contact Marci Goldberg at 630-654-5102 or [mgoldberg@wellnesshouse.org](mailto:mgoldberg@wellnesshouse.org).

Cancer Thriving and Surviving is an interactive workshop where cancer survivors build mutual support and confidence in their ability to manage health and maintain an active and fulfilling life. Participants learn skills to help address concerns such as fear of recurrence, fatigue, pain, nutrition and more.

### Nurses Know: Chemotherapy and Managing Side Effects *In Person*

At 1220 S. Wood Street, Chicago, IL 60608

**Wednesday, March 15 | 5:00 – 6:30 p.m.**

*Registration Required*

Nurses are the trusted guides and steady hands that provide compassion, healing, and reliable information throughout cancer treatment. Join us as Beth Oremovich, RN, presents on what to expect from chemotherapy and tips for managing side effects.

### Coping with Cancer: Tips for Living Well during Cancer Treatment *Online*

**Tuesday, February 7 | 4:00 – 5:30 p.m.**

*Registration Required*

Receiving a cancer diagnosis can be overwhelming to say the least. During this session, we'll discuss top concerns over a new diagnosis and practical strategies for coping with your emotions, like relaxation techniques, mindful journaling, and more.

## Programas de apoyo para el cáncer en español

### 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!

*En persona at Mile Square Health Center, 1220 S. Wood St., Chicago*

**Martes, 21 de marzo**

**5:30 – 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](mailto: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.



## Hot Topics in Colorectal Cancer

**Saturday, March 25**

**9:00 a.m. – 12:30 p.m.**

*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 colorectal cancers.

**9:00 – 11:00 a.m.**

### Updates in Colorectal Cancer Treatment and Research Panel

*Marissa Lea Anderson, MD, Colon and Rectal Surgeon, Rush University Medical Center*

*Suchin Rajeev Khanna, MD, Advocate Good Samaritan Hospital*

**11:15 a.m. – 12:30 p.m.**

### Survivorship in Colorectal Cancer