

# Welcome Guide

For living with cancer



“I'm grateful to Wellness House for helping me have a better quality of life.”

Esperanza - Participant

Check out a variety of in-person programs!

Visit [wellnesshouse.org/program-guide](https://wellnesshouse.org/program-guide) for more details.

**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.

Visit [wellnesshouse.org](https://wellnesshouse.org) or call **630.323.5150**  
**Connect with us today!**



SCAN ME

Get to know more about us!

Offering online and in-person programs

Now offering  
in-person and  
online programs

[wellnesshouse.org](http://wellnesshouse.org)

Mire nuestros  
nuevos programas  
en español

[wellnesshouse.org/programas-en-espanol/](http://wellnesshouse.org/programas-en-espanol/)

**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](http://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](mailto:adennison@wellnesshouse.org) or 630.654.5196.



## Exercise

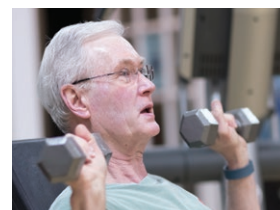
**Exercise is safe** and recommended before, during and after cancer treatment. No experience required and all abilities welcome.

*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](mailto: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](mailto: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. To schedule an appointment contact Allison Wenclawski, AM, LCSW at 630.654.7215 or awenclawski@wellnesshouse.org.



### 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.



## WELLNESS EVOLVING: Poetry and Medicine

📺 **Online Tuesday, February 28**

**6:30 – 8:00 p.m.**

*Registration Required*

Save the Date!

**Dr. Joshua M. Hauser**, Associate Professor of Medicine & Medical Education at Northwestern University Feinberg School of Medicine and Section Chief of Palliative Care at Jesse Brown VA Medical Center in Chicago

**Poetry – the experiential art that connects us to our feelings, emotions, and each other.** By engaging the senses and the mind, it can help explore the emotions that come alongside a cancer diagnosis - whether they be desperate, resilient, vulnerable, or strong - in a unique way. Hear from Dr. Joshua Hauser, palliative care physician at Northwestern Medicine on how he has integrated poetry readings into his work with colleagues, patients, and both, and how it has enabled meaningful conversations around illness, life and everything in between. *There will be a chance for the audience to engage in a poetry reading and discussion as part of the program.*



## Happy Hearts ♥♥

🌸 **In-Person**

**Sunday, February 5**

**1:00 – 3:00 p.m.**

*Staff Registration Required*  
adennison@wellnesshouse.org

Join us for this fun kids event, celebrating joy and love! Parents, enjoy an afternoon out while your kiddos have a fun afternoon full of games, arts, crafts and yummy treats! Dress in your favorite Valentine's Day colors or attire.

**Wellness House | Main Location**  
 The Kay & Mike Birck Home of Hope  
 131 North County Line Road  
 Hinsdale, Illinois 60521



## WELCOME TO WELLNESS HOUSE ORIENTATION

Now offering online and in-person programs

**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](https://wellnesshouse.org/welcome) or call **630.323.5150**.

Comuníquese por correo electrónico a [información@wellnesshouse.org](mailto:información@wellnesshouse.org) o llame al **630.654.5529**.

### Mondays

12:00 – 1:00 p.m.

### Tuesdays

3:30 – 4:30 p.m.

*\* In-Person*

### Wednesdays

9:30 – 10:30 a.m.

*\* In-Person*

### Thursdays

5:30 – 6:30 p.m.

*\* In-Person*

### Fridays

12:00 – 1:00 p.m.

### Select Saturdays

9:30 – 10:30 a.m.

*\* 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.*

### Thank you to our generous grantors:

Anonymous  
 Guy A. and N. Kay Arboit Charitable Trust  
 Bears Care  
 Chicago Board of Trade Foundation  
 The Coleman Foundation  
 Community Memorial Foundation  
 Duly Health and Care Charitable Fund of the DuPage Foundation  
 The Greer Foundation  
 MDRT Foundation  
 Naffah Family Charitable Foundation  
 Edmond and Alice Opler Foundation  
 Pfizer, Inc.  
 The Service Club of Chicago  
 TCC Gives  
 Westlake Health Foundation



## Hot Topics in Colorectal Cancer

*Online*

**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

**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.

Visit [wellnesshouse.org](https://wellnesshouse.org) or call **630.323.5150**.