

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
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 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

Mire nuestros
nuevos programas
en español

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.

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

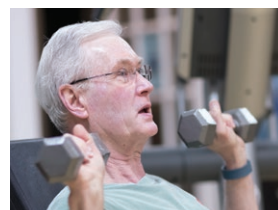
Exercise is safe and recommended before, during and after cancer treatment. No experience required and all abilities welcome.

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. 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

A great way
to start!

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 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.

🌸 *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 Borade
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 or call **630.323.5150**.