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'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.

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

To register and learn more, visit 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

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.
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.

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:

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Edmond and Alice Opler Foundation
Pfizer, Inc.
The Service Club of Chicago
TCC Gives
Westlake Health Foundation

Visit wellnesshouse.org or call 630.323.5150.

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