

Program Guide



Free
Cancer
Support

Now Online and In-Person

SPECIAL EVENTS:

Hot Topics in Colorectal Cancer
Some Enchanted Evening
Wellness Evolving: Poetry
and Medicine

¡Programas en
español!

Table of Contents

Program Registration Information

Register for any program through the link below. You can also register by program area in the program sections throughout the guide.

For Staff Registration, please email or call the staff member listed.

Questions?
Feel free to call
630.323.5150

[Register here>](#)

03 | [Special Events](#) | [New to Wellness House](#)

04 | [Information & Education](#)

07 | [Nutrition](#)

09 | [Exercise](#)

11 | [Stress Management](#)

13 | [Child & Family Programs](#)

14 | [Support Groups & Counseling](#)

17 | [Programas de apoyo para el cáncer en español](#)

18 | [Wellness House Partner Network](#)

Hours of Operation

Monday - Thursday

Reception desk: 9:00 a.m. – 7:30 p.m.
Programs: 7:30 a.m. – 8:30 p.m.

Friday

Reception desk: 9:00 a.m. – 5:00 p.m.
Programs: 7:30 a.m. – 5:00 p.m.

Saturday



Reception desk: 9:00 a.m. – 12:00 p.m.
Programs: 7:30 a.m. – 1:00 p.m.

Closed for Holidays

Monday, January 2

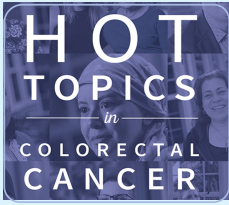
Choose How You Participate

Wellness House offers a variety of classes, groups, and individual appointments in-person and online. Registration is limited for in-person programs, and screening and safety measures will be in place. Online programs will remain available.

Look for the  **In-Person** icon throughout the guide to indicate in-person programming. Look for the  **Online** icon throughout the guide to indicate online programming.

We recognize in-person programs may not be the best choice for all participants at this time and encourage you to consult your healthcare team if you have questions about your safety. Online programs will remain available for select programs.

Special Events



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

Some Enchanted Evening

Friday, February 10 | 6:00 – 7:30 p.m.
Registration Required
 To register, contact Brittany Brady at 630.654.7205 or bbrady@wellnesshouse.org.

You and a loved one are invited to join this very special evening. Engage in a fiesta-themed cooking experience, enjoy a light dinner, and listen to music with other couples.

Wellness Evolving: Poetry and Medicine

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 ♥♥

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.

New to Wellness House?

Three easy ways to connect!

#1

Call us at **630.323.5150**

#2

Attend a Welcome to Wellness House Orientation

#3

Register for a program at wellnesshouse.org

Welcome to Wellness House Orientation

Registration Required

Join us for an opportunity to learn more about how you can benefit and get started. We'll share an overview of programs, a virtual tour and a chance to meet staff.

- 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.
- Saturdays** ⓘ 9:30 – 10:30 a.m.

No Orientation March 25

Bienvenidos a Wellness House

📅 **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. Compartiremos una descripción general de los programas, un recorrido virtual y la oportunidad de conocer al personal.

Information & Education

Access to current and reliable information on topics like new treatments, help you feel empowered to stay informed.



Contact Brittany Brady at 630.654.7205 or bbrady@wellnesshouse.org.

Information & Education Programs: [Register here>](#)

Program		Jan	Feb	Mar	Time
Chicago Prostate Cancer Foundation Meetings			1	1	5:00 – 6:00 p.m.
Improving Strength, Flexibility and Balance for Fall Prevention		9			5:00 – 6:30 p.m.
Medical Cannabis 101		12			6:30 – 8:00 p.m.
Reiki Share: Continuing practice gathering for Reiki Practitioners		17	21	14	6:30 – 7:30 p.m.
Introduction to Reiki		24			6:30 – 7:30 p.m.
Wellness House Death Café		31			7:00 – 8:30 p.m.
Wellness House Life Café			1		11:30 a.m. – 1:00 p.m.

UNIQUE BOUTIQUE

Brows, Scarves and More!

Wednesdays, January 11, February 8
2:00 – 4:00 p.m.

Registration Required

Join us for a fun and practical session that teaches you how to create realistic brows and stylish scarf techniques. We also cover makeup tips, skin and body care. This program is offered for participants in active treatment.

Hello, Beautiful

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

*At UIH Mile Square Health Center,
1220 S. Wood St. Chicago, IL 60608*

Staff Registration Required

*To register and for more information,
contact Blanca Diaz-Martinez at*

630.560.0336 or

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.

¡Hola Hermosa!

Martes, 21 de marzo
5:30 – 6:30 p.m.

*At UIH Mile Square Health Center,
1220 S. Wood St. Chicago, IL 60608*

Se require registro con personal. Para registrarse y obtener más información, comuníquese con Blanca Díaz-Martínez al 630.560.0336 o 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.

Wig Consultation










By appointment only

Receive personalized recommendations for wig style, color, fit and care with one of our experts. One wig is provided at no cost to participants experiencing hair loss due to treatment.

For questions or to schedule an appointment call 630.654.5110 or email uniqueboutique@wellnesshouse.org




Information & Education


Program	Jan	Feb	Mar	Time
Coping with Cancer: Tips for Living Well during Cancer Treatment  <i>In partnership with UI Health Mile Square</i>		7		4:00 – 5:30 p.m.
Energy Healing: Release Blocked Energy 		16		6:00 – 7:30 p.m.
Reiki for You Level 1 Workshop 		23	2, 9	5:00 – 8:00 p.m.
Estate Planning Considerations for the New Year 		21		3:00 – 4:30 p.m.
Black Cancer Podcast Club  <i>In partnership with UI Health Mile Square</i>			2	6:30 – 8:00 p.m.
Cancer after 65: Aging, Transitions, and Relationships 			7	6:30 – 8:00 p.m.
Clearing the Clutter - Tips for you and your family 			14	11:00 a.m. – 12:00 p.m.
Nurses Know: A Guide to Chemotherapy and Managing Side Effects  <i>At UI Health Mile Square, 1220 S. Wood St, Chicago, IL 60608</i>			15	5:00 – 6:30 p.m.
Healthy Eating for Colorectal Cancer 			28	6:30 – 8:00 p.m.

SURVIVORSHIP SERIES

Weigh to Go: Managing Weight after Cancer


 **Thursdays, January 12 - March 9 | 5:30 – 6:30 p.m.** *Staff Registration Required*
To register, contact Ellen Nieman, LCSW at enieman@wellnesshouse.org or 630-654-5198.
Many cancer survivors struggle with weight-related issues following cancer treatments. This program explores the behavioral changes needed for healthy weight management.

REROUTING: Choosing Your Course After Cancer, Five-Week Post-Treatment Series

 **Thursdays, February 2 - March 2 | 6:00 – 7:00 p.m.** *Registration Required*
Finishing cancer treatment often elicits a full range of emotions, as well as a new range of physical concerns and questions for both patients and caregivers. Each week of this interactive five-week series focuses on a different aspect of survivorship post-treatment including: nutrition, exercise, emotional and practical, and medical concerns.

Cancer Thriving and Surviving

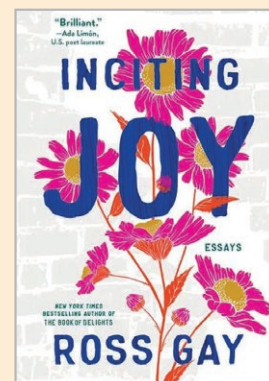
In partnership with UI Health Mile Square

 **Thursdays, 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.
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.

WELLNESS HOUSE BOOK CLUB



Inciting Joy: Essays by Ross Gay

 **Tuesdays, January 24 - February 14 | 4:00 – 5:00 p.m.**
Registration Required

In *Inciting Joy*, poet and author Ross Gay considers what in life incites joy and then what joy incites in our lives. Join us for a midwinter exploration of joy.



Information & Education

Top Doc Lecture Series



Mouth Sores and Dental Hygiene during Cancer Treatment

📅 Thursday, January 19

6:00 – 7:30 p.m.

Registration Required

Michael Morgan, DDS, Dentistry by Design

It is important to maintain good oral care through cancer treatment and beyond. Chemotherapy can cause sores in the mouth and throat as well as dryness and bleeding. Dental complications can be difficult and sometimes debilitating due to side effects of chemotherapy, radiation, and other cancer treatments. Learn about the risks, prevention, progression, and treatment options for dental and periodontal complications.



Fertility after Cancer

📅 Wednesday, January 25

5:30 – 7:00 p.m.

Registration Required

Amanda Adeleye, MD, Reproductive Endocrinologist, UChicago Medicine

Some cancer treatments can affect one's ability to have children. Learn about how your fertility might be affected after certain treatments, understand interventions and options for having children after cancer, and how to cope with the uncertainty along the way.



Managing Prostate Cancer Side Effects

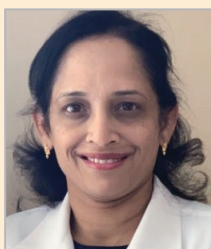
📅 Thursday, February 2

5:30 – 7:00 p.m.

Registration Required

Omer Raheem, MD, Urologist, UChicago Medicine

Prostate cancer treatment can lead to varying side effects, disrupting everyday life. Learn about managing common prostate cancer side effects like incontinence, erectile dysfunction, pain or discomfort and more.



Immunotherapy in the Treatment of Cancer

📅 Tuesday, March 21

6:30 – 8:00 p.m.

Registration Required

Srilata Gundala, MD, Hope and Healing Care

Understand how immunotherapy works to boost the natural defenses of our immune system to fight existing cancer cells. Cancer types currently being treated and implications for the future use of immunotherapies will also be discussed.

PROGRAMS ON-DEMAND

Registration Required

Wellness House offers recorded programs that you can watch when it's convenient for you. Programs range from guided meditations, to cooking classes and more!



Scan here for a
full list of
on-demand
programs

Nutrition

Healthy eating can increase energy and reduce cancer-related side effects.

Contact Angela Dennison at 630.654.5196 or adennison@wellnesshouse.org with questions or to schedule an individual nutrition consultation.



Nutrition Programs: [Register here>](#)

COOKING DEMONSTRATION/DISCUSSION

Recipes may contain common food allergens.

Program		Jan	Feb	Mar	Time
Snack & Learn		4	1	1	12:30 – 1:00 p.m.
Cooking for Cancer		14	11	11	10:30 a.m. – 12:00 p.m. 6:00 – 7:30 p.m.
		16	20	20	
Antioxidant Favorites		21			9:30 – 10:30 a.m.
Cooking & Eating During Treatment		23			2:00 – 3:00 p.m. 12:30 – 1:30 p.m. 5:30 – 6:30 p.m.
			23		
				9	
Wellness in Action <i>Staff Registration Required</i>		26			5:30 – 7:00 p.m. 2:00 – 3:30 p.m.
			9		
Wellness in Season: Supporting a Healthy Immune System		27			12:30 – 2:00 p.m.
Cooking for Cancer: Fueling for Energy		28			9:30 – 10:30 a.m.
Cooking for Cancer <i>At Lemons of Love, 406 W. Central Road, Mount Prospect, IL 60056</i>			6		6:00 – 7:00 p.m.
Winter Comfort Foods Series			16, 23		6:00 – 7:30 p.m.
Healthy Cooking for Breast Cancer <i>At River Forest Breast Care Center, 420 William St B, River Forest, IL 60305</i>			23		12:30 – 2:00 p.m.
Knife Skills Series			24	3	12:30 – 2:00 p.m.
Cancer Nutrition Spotlight: Artichokes				2	5:30 – 7:00 p.m.

Cancer Fighting Kitchen: Healthy Soups Course Cooking Demonstration/Discussion

Thursdays, January 12 - February 2 | 5:30 – 6:30 p.m.

Join us for this series based on the Cancer-Fighting Kitchen Course by Rebecca Katz. Join Angela in the kitchen for tips to making comforting and nourishing soups while improving your kitchen skills. Caregivers are also welcome to attend. You will receive a complimentary log-in to the course after attending the first session.



Nutrition

COOKING DEMONSTRATION/DISCUSSION *continued*

Recipes may contain common food allergens.

Program	Jan	Feb	Mar	Time
Prepping & Freezing Series			6, 13, 20	5:30 – 7:00 p.m.
Hands-on Family Cooking Program <i>Staff Registration Required</i>			15	6:00 – 7:30 p.m.
Wellness in Action: Cook-Along with Artichokes <i>Staff Registration Required</i>			16	5:30 – 7:00 p.m.
Healthy and Easy Ingredient Swaps			18	9:30 – 10:30 a.m.
Healthy Cooking for Colorectal Cancer <i>At MacNeal Hospital in Berwyn, 3340 S Oak Park Ave., Berwyn, IL 60402 Suite 206</i>			21	5:00 – 6:00 p.m.

PRESENTATION/DISCUSSION

Program	Jan	Feb	Mar	Time
Managing Cancer Side Effects 	5, 9 30	13 6, 20	13 24	6:00 – 7:00 p.m. 12:30 – 1:30 p.m. 12:30 – 1:30 p.m. 10:00 – 11:00 a.m.
Cancer Nutrition 101: Building Healthy Eating Habits	9			6:00 – 7:00 p.m.
Mindful Eating Series	23, 30			6:00 – 7:00 p.m.
Cancer Nutrition 101: Whole Grains	30			5:30 – 6:30 p.m.
Cancer Nutrition 101: Importance of Omega 3's		6		6:00 – 7:00 p.m.
Cancer Nutrition Connections: Managing Diabetes during Cancer Treatment		13, 27		6:00 – 7:30 p.m.
Cancer Nutrition Q & A : Do I need to follow an alkaline diet?		17		12:30 – 1:30 p.m.
Cancer Nutrition Q & A: What are electrolytes and why are they important?		20		6:00 – 7:00 p.m.
Cancer Nutrition 101: Meat Intake Recommendations for Cancer			4	9:30 – 10:30 a.m.
Gardening Class: Growing Cold-Tolerant Vegetables			23	10:00 – 11:00 a.m.
Cancer Nutrition 101: Plant-Based Eating for Cancer			30	5:30 – 6:30 p.m.

Exercise



Exercise is safe and recommended before, during and after cancer treatment.

No experience required and all abilities welcome. Contact Angie Ruggiero at 630.654.5114 or aruggiero@wellnesshouse.org with any questions or to schedule an individual exercise consultation or fitness assessment.

Exercise Programs: [Register here>](#)

SELF-REGISTRATION EXERCISE CLASSES

MONDAY

Bodyweight Exercises for Strength & Balance		8:00 - 8:45 a.m.
Tai Chi		9:30 - 10:30 a.m.
Beginner Mat Yoga <i>In partnership with Wheeling Township</i>		10:00 - 11:00 a.m.
Yoga for Cancer		11:00 - 11:45 a.m.
Chair Yoga		12:30 - 1:15 p.m.
Beginner Mat Yoga		6:30 - 7:30 p.m.

TUESDAY

Restore Your Core After Cancer		9:45 - 10:30 a.m.
Chair Yoga		11:45 a.m. - 12:30 p.m.
Stretching through Cancer		4:30 - 5:15 p.m.
Tai Chi <i>At UIH Mile Square, 1220 S. Wood St, Chicago, IL 60608</i>		5:15 - 6:00 p.m.
Tai Chi		6:00 - 7:00 p.m.

WEDNESDAY

Bodyweight Exercises for Strength & Balance		8:00 - 8:45 a.m.
Yoga for Cancer <i>At UIH Mile Square, 1220 S. Wood St, Chicago, IL 60608</i>		9:30 - 10:30 a.m.
Chair Yoga		11:45 a.m. - 12:30 p.m.
Stretching through Cancer		4:00 - 4:45 p.m.

Beginner Mat Yoga		5:30 - 6:30 p.m.
Pink Ribbon Community Yoga		4th Wednesday 7:00 - 8:15 p.m.

THURSDAY

Beginner Mat Yoga		9:15 - 10:15 a.m.
Beginner Chair Yoga		12:30 - 1:15 p.m.
Restore Your Core After Cancer		2:00 - 2:45 p.m.
Chair Tai Chi		3:00 - 3:45 p.m.

FRIDAY

Bodyweight Exercises for Strength & Balance		8:00 - 8:45 a.m.
Qigong		9:00 - 10:00 a.m.
Beginner Chair Yoga <i>In partnership with Insight Chicago</i>		10:00 - 11:00 a.m.
Beginner Mat Yoga		10:30 - 11:30 a.m.
Beginner Chair Yoga		11:00 - 11:45 a.m.

SATURDAY

Spanish Language Yoga <i>In partnership with ALAS-Wings + Pav YMCA</i>		11:00 a.m. - 12:00 p.m.
Beginner Chair Yoga		12:30 - 1:15 p.m.

Stretching through Cancer
Tuesdays, January 17 - March 7
12:30 - 1:15 p.m.

At UIH Health Mile Square, 1220 S. Wood St, Chicago, IL 60608

Gentle stretches to help you feel better during and after cancer.



Exercise

STAFF-REGISTRATION EXERCISE CLASSES

The following classes require a Medical Release, Health History and an exercise consultation prior to registration. Please contact Angie Ruggiero, aruggiero@wellnesshouse.org, 630.654.5114 to schedule an exercise consultation. Treatment is abbreviated below as Tx.



Individual fitness assessments are available to participants. During the assessment, our exercise specialists will help you determine your baseline, support you in your goals, and guide you to appropriate classes that will fit your needs. To schedule an assessment, please contact aruggiero@wellnesshouse.org or 630.654.5114. A current Medical Release and Health History are required.

MONDAY

Exercise After Cancer Tx I	📍 9:00 - 10:00 a.m.
Exercise During Cancer Tx II	📍 10:30 - 11:30 a.m.
Exercise During Cancer Tx I	📍 11:30 a.m. - 12:30 p.m.
Open Gym	📍 1:15 - 4:30 p.m.
Exercise After Cancer Tx II	📍 4:30 - 5:30 p.m.
Exercise After Cancer Tx I	📍 5:30 - 6:30 p.m.
Pink Ribbon Fitness	📍 6:30 - 7:30 p.m.

TUESDAY

Exercise After Cancer Tx II	📍 7:30 - 8:30 a.m.
Prostate Exercise	📍 8:00 - 8:45 a.m.
Exercise After Cancer Tx I	📍 8:30 - 9:30 a.m.
Nia	📍 9:00 - 10:00 a.m.
Exercise During Cancer Tx II	📍 10:30 - 11:30 a.m.
Pink Ribbon Fitness	📍 11:30 a.m. - 12:30 p.m.

WEDNESDAY

Exercise After Cancer Tx I	📍 9:00 - 10:00 a.m.
Pilates	📍 11:00 a.m. - 12:00 p.m.
Exercise After Cancer Tx I	📍 10:00 - 11:00 a.m.
Exercise During Cancer Tx II	📍 11:00 a.m. - 12:00 p.m.

Exercise for Fall Prevention

📍 Monday, January 23 | 5:30 – 7:00 p.m.

Contact aruggiero@wellnesshouse.org to register. Medical release and health history required.

See page 4 for and intro presentation on this topic titled: Improving Strength, Flexibility and Balance for Fall Prevention.

THURSDAY

Exercise After Cancer Tx II	📍 7:30 - 8:30 a.m.
Prostate Exercise	📍 8:00 - 8:45 a.m.
Exercise After Cancer Tx I	📍 8:30 - 9:30 a.m.
Exercise After Cancer Tx I	📍 9:30 - 10:30 a.m.
Exercise During Cancer Tx II	📍 10:30 - 11:30 a.m.
Exercise During Cancer Tx I	📍 11:45 a.m. - 12:15 p.m.

FRIDAY

Exercise After CancerTx II	📍 9:00 - 10:00 a.m.
Open Gym	📍 12:00 - 3:00 p.m.

SATURDAY

Exercise After Cancer Tx II	📍 7:30 - 8:30 a.m.
Pilates	📍 8:30 - 9:30 a.m.
Exercise After Cancer Tx I	📍 8:30 - 9:30 a.m.
Exercise After Cancer Tx I	📍 9:30 - 10:30 a.m.
Exercise During Cancer Tx II	📍 10:30 - 11:30 a.m.
Pink Ribbon Fitness	📍 11:30 a.m. - 12:30 p.m.

Tai Chi Series

📍 Wednesdays February 1, 8, 15, 22 | 10:30 – 11:30 a.m.

In Partnership with UI Health Mile Square

Experience an intro to this gentle, ancient Chinese healing practice.

Core, Balance, and Flexibility Series

📍 Tuesdays, March 7, 14, 21, 28 | 9:30 – 10:30 a.m.

Learn and practice exercises to support your core, balance, and flexibility. Contact aruggiero@wellnesshouse.org to register. Medical release and health history required.

Stress Management



Experience relaxation and learn stress management techniques to relax your body, still your mind, and improve your quality of life.

Contact Angie Ruggiero at 630.654.5114 or aruggiero@wellnesshouse.org with any questions or to register.

Stress Management Programs: [Register here>](#)










MIND/BODY

Program	Day/Month	Time
Meditation for Stress Management	Mondays	5:00 – 6:00 p.m.
Mindfulness for Everyday Living	Tuesdays	10:30 – 11:30 a.m.
Guided Meditation	Thursdays	10:30 – 11:30 a.m.
TYM for Me	Thursdays	4:00 – 4:45 p.m.
Meditation for Improved Sleep	Fridays	4:00 – 5:00 p.m.
Journeying Inward: Deep Relaxation for Stress Relief and Well-Being	Saturdays, January 14, February 4, March 4	11:00 a.m. – 12:15 p.m.
Wellness through Deep Hypnosis <i>Staff Registration Required</i> <i>At Countryside Church, 1025 N Smith St, Palatine, IL 60067</i>	Saturdays, January 7, February 4, March 4 Saturdays, January 21, February 18, March 18	10:00 a.m. – 12:00 p.m. 10:00 – 11:30 a.m.
Midday Mindful Reset Series <i>At UI Health Mile Square, 1220 S. Wood St, Chicago, IL 60608</i>	Tuesdays, January 17 - March 7	1:15 – 2:00 p.m.
Stress-Free Saturday	Saturdays, January 14, February 11, March 11	9:30 – 10:30 a.m.
Mind Science Yoga	Saturdays, January 14, 21, February 11, 25 March 11, 18	9:30 – 10:30 a.m.
Reiki Clinic <i>Staff Registration Required</i> <i>At Countryside Church, 1025 N Smith St, Palatine, IL 60067</i>	Saturdays, January 7, February 4, March 4 Saturdays, January 21, February 18, March 18	10:00 a.m. – 1:00 p.m. 11:35 a.m. – 12:15 p.m.
Mindfulness Meditation Circle	Mondays, January 23, February 20, March 20	11:30 a.m. – 12:30 p.m.
Self-Compassion Practice	Wednesdays, January 25, February 22, March 22	6:30 – 7:30 p.m.
Stress-Less Breathing Techniques	Thursdays, January 19, February 16, March 16	5:30 – 6:30 p.m.



Stress Management

EXPRESSIVE ARTS

Program	Day/Month	Time
Flute Circle	 Tuesdays	10:00 – 11:00 a.m.
Simple Art for Stress Management <i>At UI Health Mile Square, 1220 S. Wood St, Chicago, IL 60608</i>	 Tuesdays	4:30 – 5:15 p.m.
Mixed Media	 Thursdays, January 19, February 16, March 16	1:00 – 3:00 p.m.
Color by Number	 Monday, January 23	1:00 – 2:30 p.m.
Watercolors	 Thursdays, February 2, 9	12:00 – 1:30 p.m.
Optical Illusion Drawing Series	 Mondays, February 6, 13, 20, 27	1:00 – 2:30 p.m.
Finger Painting on a Canvas	 Wednesday, February 22	5:30 – 6:30 p.m.
Pastels	 Tuesdays, March 7, 14, 21, 28	6:30 – 7:30 p.m.
Kokedama <i>Staff Registration Required</i>	 Thursday, March 23	12:00 – 1:30 p.m.

WELLNESS TUNE-UPS

Email UniqueBoutique@wellnesshouse.org or leave a message at 630.654.5110 to request a 45-minute session with a trained practitioner.

Healing Touch

Staff Registration Required
Energy-based techniques to help reduce stress, pain, and fatigue. Distant appointments available.

Reiki

Staff Registration Required
Energy-based holistic practice to help increase relaxation and inner balance. Distant or in person appointments available.

Massage Therapy

Staff Registration Required
Light, fully-clothed massage for relaxation. Physician medical release required. Limited in-person appointments available.


Therapeutic Touch

Staff Registration Required
Energy-based practice incorporating the intentional and compassionate use of universal energy to promote balance and well-being.

For distant Wellness Tune-up, please be sure to be in a quiet/private space. The practitioner will call you to check-in. The practitioner will then hang up and begin sending energy to you remotely.

SPECIAL PROGRAM

Expressive Journaling

 **Tuesday, January 10**
12:00 – 1:30 p.m.

Registration Required
This class combines the best of mindful journaling and mixed media. Blend your writing with collage, calligraphy and more to express your feelings in a creative and satisfying way.

Child & Family



Our family programs give kids, teens, and parents a place to learn, express how they're feeling and heal.

Contact Allison Wenclawski at 630.654.7215 or awenclawski@wellnesshouse.org with any questions or to schedule an individual consultation.

Child & Family Programs: [Register here>](#)

Program	Day/Month	Time
Turtles <i>Staff Registration Required</i> <i>Contact Jill Otto at 630.654.7203 or jotto@wellnesshouse.org</i>	📍 Mondays	4:30 – 5:30 p.m.
Turtles Bereavement Group for Parents <i>Staff Registration Required</i> <i>Contact Jill Otto at 630.654.7203 or jotto@wellnesshouse.org</i>	📍 1st and 3rd Mondays	4:30 – 5:30 p.m.
Brave Kids <i>Staff Registration Required</i> <i>Contact Allison Wenclawski at 630.654.7215 or awenclawski@wellnesshouse.org</i>	📍 1st and 3rd Thursdays	5:45 – 6:45 p.m.
Networking Group for Bereaved Dads of Young Children and Teens <i>Staff Registration Required</i> <i>Contact Michael Williams at 630.654.5117 or mwilliams@wellnesshouse.org</i>	📍 Tuesdays	7:00 – 8:30 p.m.
Teen Cancer Chat <i>Staff Registration Required</i> <i>Contact Nevada Bennett at 630.654.5346 or nbennett@wellnesshouse.org</i>	📍 4th Thursdays	6:30 – 7:30 p.m.
Kids Group <i>Staff Registration Required</i> <i>Contact Jill Otto at 630.654.7203 or jotto@wellnesshouse.org</i>	📍 Thursdays	4:30 – 5:30 p.m.
Parenting Brave Kids <i>Staff Registration Required</i> <i>Contact Allison Wenclawski at 630.654.7215 or awenclawski@wellnesshouse.org</i>	📍 1st and 3rd Thursdays	5:45 – 6:45 p.m.
Hands-On Family Cooking Program <i>Staff Registration Required</i> <i>Contact Angela Dennison at 630.654.5196 or adennison@wellnesshouse.org</i>	📍 March 15	6:00 – 7:30 p.m.

SPECIAL PROGRAMS

Happy Hearts

📍 **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.

Some Enchanted Evening

📍 **Friday, February 10 | 6:00 – 7:30 p.m.**

Staff Registration Required bbrady@wellnesshouse.org

Parent, Child, Teen and Family Consultations

📍 *Staff Registration Required*

Consultations and short-term counseling are available to assist parents, children, teens, families, family caregivers and couples in addressing concerns about cancer and developing positive coping strategies.

For more information or to schedule an appointment, please contact Allison Wenclawski at 630.654.7215 or awenclawski@wellnesshouse.org.

Support Groups & Counseling

Connecting with others who understand what you're going through is important.



For questions about support groups and counseling, call 630.323.5150 or to schedule an individual consultation contact Nevada Bennett at nbennett@wellnesshouse.org.

..... **Support Groups & Counseling Programs:** [Register here>](#)

SUPPORT GROUPS

Program	Day/Month	Time
Cancer Support Group <i>At Rush Oak Park Hospital, Rush Oak Park Medical Office Building, 610 Maple Ave., Oak Park IL 60304</i>	Mondays	4:00 – 5:30 p.m.
Living with Metastatic Breast Cancer	Tuesdays	10:00 – 11:30 a.m.
Men's Drop-in Support Group	Tuesdays Thursdays	12:00 – 1:30 p.m. 11:00 a.m. – 12:30 p.m.
Women's Drop-in Support Group	Tuesdays	2:00 – 3:30 p.m.
Cancer Support Group	Wednesdays Wednesdays	3:00 – 4:30 p.m. 7:00 – 8:30 p.m.
Caregiver Support Group	Wednesdays Wednesdays	3:00 – 4:30 p.m. 7:00 – 8:30 p.m.
Living with Recurrent and Metastatic Cancer Support Group	Fridays	10:00 – 11:30 a.m.

Couples Series: Let's Talk About Sex!

Wednesdays

February 8, 22 and March 8 | 5:00 – 6:30 p.m.

Staff Registration Required
 Jill Otto, LCSW at 630-654-7203 or
jotto@wellnesshouse.org.

Couples are invited to join in this three-part series to talk openly about the impacts of cancer on sexual functioning, body image and emotional intimacy. Strategies to increase sexual intimacy and feelings of closeness will be discussed.

Individual Consultations

For more information or to schedule an appointment, please contact Nevada Bennett, LPC, at 630.654.5346 or nbennett@wellnesshouse.org.

SPECIAL PROGRAM

Meaning Centered Psychotherapy Group

Thursdays

February 9 – March 30 | 1:00 – 2:30 p.m.

Staff Registration Required
 Michael Williams, Psy.D. at 630.654.5117 or
mwilliams@wellnesshouse.org.

Meaning-Centered Psychotherapy (MCP) was designed by Memorial SloanKettering Cancer Center to help people with cancer create and sustain meaning in their lives. This is an 8-week, committed group open to anyone who has had a cancer diagnosis or is tending emotionally and/or physically to a loved one with a cancer diagnosis.



Support & Counseling

BEREAVEMENT GROUPS

Program	Day/Month	Time
Bereavement Support Group	Mondays	5:00 – 6:15 p.m.
Bereavement Drop-in Support Group	Tuesdays	5:00 – 6:30 p.m.
Transitions Alumni Connections	Tuesdays, January 24, February 28, March 28	5:00 – 6:30 p.m.
Transitions for Spouses	<i>Meets two Wednesdays a month. Dates provided at registration.</i>	
Bereavement Connections Group for Those Who Have Lost a Parent	Thursdays, January 5, February 2, March 2	5:30 – 7:00 p.m.

MONTHLY PEER CONNECTION GROUPS

Drop-Ins Welcome! The following groups give people the opportunity to meet with others experiencing the same type of cancer. The purpose is to share challenges, information and strategies for navigating the cancer experience.

Program	Jan	Feb	Mar	Time
Death Café Alumni Connections Group	3	7	7	7:00 – 8:30 p.m.
LGBTQ+ Cancer Connections Group	3	7	7	3:00 – 4:30 p.m.
Women of Color Connections Group <i>At UI Health Mile Square, 1220 S. Wood St, Chicago, IL 60608</i>	3, 17	7, 21	7, 21	11:00 a.m. – 12:30 p.m.
Young Adults with Cancer Connections	5	2	2	7:00 – 8:30 p.m.
Recurrent and Metastatic Connections Group	9	13	13	3:00 – 4:30 p.m.
Meaning-Centered Psychotherapy Alumni Connections Group	10	14	14	3:00 – 4:30 p.m.
Spiritual Side of Cancer	12	9	9	5:00 – 6:30 p.m.
Survivorship Connections Group	16	20	20	6:30 – 8:00 p.m.
Strengthening Family Ties Connections Group	17	21	21	3:00 – 4:30 p.m.
Cancer Creative Connections Group <i>At Rush Oak Park Hospital, Rush Oak Park Medical Office Building, 610 Maple Ave., Oak Park IL 60304</i>	21	18	18	10:30 a.m. – 12:00 p.m.
Soul Chat: Cancer + Spirituality Discussion Group for Black, Indigenous and People of Color <i>In partnership with UI Health Mile Square</i>	23	27	27	7:30 – 8:30 p.m.



Support & Counseling

DIAGNOSIS SPECIFIC MONTHLY CONNECTIONS GROUPS

Drop-ins Welcome! The following groups give people the opportunity to meet with others experiencing the same type of cancer. The purpose is to share challenges, information and strategies for navigating the cancer experience. Caregivers are welcome to all groups except the Breast, Gynecologic and Prostate Groups which are for those diagnosed with cancer only.






Program		Jan	Feb	Mar	Time
Bladder Cancer Connections		24	28	28	3:00 – 4:30 p.m.
Brain Tumor Connections		26	23	23	5:00 – 6:30 p.m.
Breast Cancer Connections		5, 19	2, 16	2, 16	2:00 – 3:30 p.m.
		9, 23	13, 27	12, 27	7:00 – 8:30 p.m.
Breast Cancer Connections		16	6, 20	6, 20	6:00 – 7:30 p.m.
<i>At Rush Oak Park Hospital, Rush Oak Park Medical Office Building, 610 Maple Ave., Oak Park IL 60304</i>					
Colon/Rectal Cancers Connections		9	13	13	7:00 – 8:30 p.m.
Gynecologic Cancers Connections		12	9	9	7:00 – 8:30 p.m.
Head, Neck & Thyroid Cancer Connections		17	21	21	7:00 – 8:30 p.m.
Lung Cancer Connections Group			6	6	3:00 – 4:30 p.m.
		16	20	20	3:00 – 4:30 p.m.
Lymphoma & Leukemia Connections		12	9	9	7:00 – 8:30 p.m.
Melanoma Connections		24	28	28	7:00 – 8:30 p.m.
Metastatic Breast Cancer Connections			6	6	6:30 – 8:00 p.m.
Multiple Myeloma Connections		19	16	16	7:00 – 8:30 p.m.
Neuroendocrine Tumors (NET) Connections		14	11	11	10:30 a.m. – 12:30 p.m.
Pancreatic Cancer Connections		12	9	9	5:00 – 6:30 p.m.
Prostate Cancer Connections		4, 18	1, 15	1, 15	9:30 – 11:00 a.m.
		11, 25	8, 22	8, 22	9:30 – 11:00 a.m.
Sarcoma Cancers Connections		21	18	18	11:00 a.m. – 12:30 p.m.

Programas de apoyo para el cáncer en español

Para obtener más información, comuníquese por correo electrónico.


a información@wellnesshouse.org o llame al 630.654.5529.

..... **Registro Programas de apoyo para el cáncer en español:** [Register here>](#)

Program	Day	Time
Grupo de Apoyo para Personas Viviendo con Cáncer	 Cada martes	4:00 – 5:30 p.m.
Bienvenidos a Wellness House	 Cada miércoles	5:30 – 6:30 p.m.
Cocinar para el cáncer	 sabado, 7 de enero, 4 de febrero, 4 de marzo	9:30 – 10:30 a.m.
Cocinar para el cáncer <i>Hospital MacNeal en Berwyn a 3340 S Oak Park Ave., Berwyn, IL 60402 Suite 206</i>	 lunes, 6 de marzo	5:00 – 6:00 p.m.
Bienestar en Temporada: Construyendo un sistema inmunológico saludable	 viernes, 3 de febrero	12:30 – 2:00 p.m.

PROGRAMA ESPECIAL

Programa práctico de cocina familiar

 **miércoles, 23 de marzo**

6:00 – 7:30 p.m.

Nuestra clase de cocina será una divertida experiencia para reunirse con su familia. Unirse para aprender nuevas recetas, deliciosas y saludables. Para registrarse, comuníquese con Blanca Diaz-Martinez bdiazmartinez@wellnesshouse.org llame al 630.560.0336.

Para obtener más información sobre nuestros programas, visite wellnesshouse.org/espanol

Wellness House Partner Network

Because Wellness House envisions a community where all people affected by cancer thrive, we maintain robust relationships with healthcare and community-based partners throughout metro Chicago. For people not able to get to our main location in Hinsdale, this creates access to Wellness House programs closer to home.

When we are able to meet in-person, the partnership programs featured throughout this program guide take place at the partner sites listed below; while programming remains online, participants are welcome to join any programs.

ARLINGTON HEIGHTS

Wheeling Township Office

1616 N Arlington Heights Rd
Arlington Heights, IL 60004

BERWYN

MacNeal Hospital

3249 S Oak Park Ave
Berwyn, IL 60402

Pav YMCA

2947 Oak Park Ave
Berwyn, IL 60402

CHICAGO

ALAS-Wings

3023 N Clark St
Chicago, IL 60657

Center on Halsted

3656 N Halsted
Chicago, IL 60613

Insight Chicago

2525 S Michigan Ave
Chicago, IL 60616

Mile Square Health Center

1220 S Wood St
Chicago, IL 60608

St. Sylvester Church

2157 N Humboldt Blvd
Chicago, IL 60647

UI Health Cancer Clinic

1801 W Taylor St
Chicago, IL 60612

DOWNERS GROVE

Advocate Good Samaritan | Bhorade Cancer Center

3745 Highland Ave
Downers Grove, IL 60515

ELMHURST

Edward-Elmhurst Health | Elmhurst Memorial Hospital

155 E Brush Hill Rd
Elmhurst, IL 60126

HINSDALE

Office of Sudarshan Sharma, M.D.

121 N Elm St

Hinsdale, IL 60521

Contact Ellen Nieman, LCSW at 630.654.5198 or enieman@wellnesshouse.org to schedule an onsite consultation.

Hope and Healing Clinic, Srilata Gundala, M.D.

950 N. York Rd, Ste 201A

Hinsdale, IL 60521

Contact Allison Wenclawski, LCSW at 630.654.7215 or awenclawski@wellnesshouse.org to schedule an onsite consultation.

Advent Health Cancer Center

1 Salt Creek Lane
Hinsdale, IL 60521

LISLE

Duly Health and Care

430 Warrenville Rd
Lisle, IL 60532

MT. PROSPECT

Lemons of Love

406 W Central Rd
Mt. Prospect, IL 60016

OAK PARK

Rush Oak Park Hospital

Medical Office Building
610 S Maple Ave
Oak Park, IL 60304

PALATINE

Countryside Church

1025 N Smith St
Palatine, IL 60067

RIVER FOREST

West Suburban Medical Center | Breast Care Center, River Forest Campus

420 William St
River Forest, IL 60305

Wellness House Partner Network



Excellence Starts Here



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.

**MONTHLY DONATIONS CHANGE LIVES ALL YEAR LONG.
A monthly gift of \$10 or more can help people
to fully live life with cancer and beyond.**

Thank you to our generous grantors:

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