

Program Guide

Free
Cancer
Support

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Now In-Person and Online

SPECIAL EVENTS:

Self-Compassion for Strength
and Resilience

Hope Social: Wellness House
Community Picnic

Hot Topics in Breast Cancer

Save the Date
Kids Kamp, July 10 – 14
9:00 a.m. – 12:00 p.m.

¡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>](#)

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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.

Special Hours

Friday, May 26, Close at 3:00 p.m.
Saturday, May 27, Closed
Monday, May 29, Closed

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

Wellness Evolving: Importance of Support and Connection during Cancer with Imerman Angels

Featuring Jackie Herigodt, Director of Programs and Outreach, Imerman Angels


 **Tuesday, April 18**
6:30 – 8:00 p.m.

Registration Required

An ongoing support system during cancer can help regain a sense of normalcy, maintain emotional stability, and even improve cancer outcomes. Being affected by cancer can feel isolating, but connecting with others that have gone through a similar experience can help. Learn about how Imerman Angels is helping cancer fighters survivors, previvors, and caregivers find comfort through connection with others and discuss ways to enhance your support.




Morning of Beauty and Wellness at the Unique Boutique

 **Saturday, April 22**
9:00 – 10:30 a.m.
10:30 a.m. – 12:00 p.m.

Registration Required

Join us at the Wellness House Unique Boutique for a Saturday morning of pampering to help you feel refreshed and empowered. Participants will enjoy a variety of beauty and wellness activities during their hour and a half long timeslot.


Hope Social: Wellness House Community Picnic

 **Thursday, June 1 | 5:00 – 7:00 p.m.**
Registration Required

Join us as we celebrate the power of community with food, games, and time together. This outdoor event will provide an opportunity for the Wellness House community to gather and share together.

How Self-Compassion can Provide Strength and Resilience for People Affected by Cancer

Featuring Special Guest Speaker **Dr. Kristin Neff**
Author and Pioneer in the Study of Self-Compassion

 **Thursday, May 18 | 7:00 – 8:30 p.m.**
Registration Required





Self-compassion involves treating ourselves kindly, like we would a close friend we cared about. Rather than making global evaluations of ourselves as “good” or “bad,” self-compassion involves generating kindness toward ourselves as imperfect humans, and learning to be present with the inevitable struggles of life with greater ease. It motivates us to make needed changes in our lives not because we’re worthless or inadequate, but because we care about ourselves and want to reach our full potential. Self-compassion has a tender side, providing unconditional support and acceptance, but also has a fierce side, spurring us to take fierce action to change behaviors or situations that cause suffering. This talk will present theory and research on self-compassion will also discuss evidence demonstrating how self-compassion can provide strength and resilience for those affected by cancer. There will be short practices taught that allow participants to give themselves compassion when needed in daily life, and time will also be provided for questions.

ADDITIONAL SELF-COMPASSION PROGRAMMING


Relationship Resilience

Thursday, May 25

  **6:30 - 8:00 p.m.**

Mindfulness for Self-Compassion

Mondays, May 1 - May 22

 **6:00 - 7:30 p.m.**

Book Club: Fierce Self Compassion

Tuesdays, May 30 - June 20

 **4:00 - 5:00 p.m.**

Survivorship Day Open House at Mile Square

 **Saturday, June 3 | 11:00 – 2:00 p.m.**

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

Contact Brittany Brady at 630.654.7205 or
bbrady@wellnesshouse.org to learn more

Special Events



Hot Topics in Breast Cancer 2023

Registration Required

Updates in Breast Cancer Treatment and Research Panel

📅 Saturday, June 24, 9:00 – 11:00 a.m.

Join the top oncologists, surgeons, and healthcare professionals in Chicagoland to learn about the latest updates in the research, treatment and side effect management for breast cancer. Presenters from around the Chicagoland area will present about the newest options in surgical, radiation, and systemic treatment for breast cancer.

Updates in Treatment of Metastatic Breast Cancer

📅 Friday, June 23, 12:00 – 1:30 p.m.

Learn about the latest treatment options available for metastatic breast cancer. Side effect management and quality of life will be discussed as well.

Women's Workshop with PT Solutions: Lymphedema, Pelvic Floor, and Exercise

📅 Tuesday, June 27, 5:00 – 7:00 p.m.

Please join us for our Women's Workshop in partnership with health and wellness experts from PT Solutions Physical Therapy. The workshop will include information on lymphedema risk reduction and management, pelvic floor disorders, and exercise.

Pink Ribbon Yoga and Picnic

📅 Wednesday, June 28, 6:00 – 7:30 p.m.

You are invited to join us for a special yoga session honoring and celebrating breast cancer survivors everywhere! Within yoga, we find support, community, healing, joy and peace. Engage in conversation, form new friendships, and have fun! This unique experience is free for all people with breast cancer. No yoga experience required.

Healthy Eating for Breast Cancer

📅 Friday, June 30, 11:00 a.m. – 12:30 p.m.

This presentation is designed specifically for those diagnosed with breast cancer. We will discuss the most updated research about diet and breast cancer, as well as foods to safely include and limit.

Relationships and Body Image after Breast Cancer

📅 Tuesday, July 11, 6:00 – 7:30 p.m.

We will talk about factors that can influence body image and relationships during and after breast cancer. Tips for regaining confidence, feeling comfortable in your body, and working through relationship challenges will be discussed.

Advances in Plastic and Reconstructive Surgery Options

📅 Tuesday, July 18, 7:00 – 8:30 p.m.

Learn about the different reconstructive surgery options available post mastectomy or lumpectomy. New methods and recovery expectations will also be discussed.

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. April 1, 8, 15, May 6, 13, 20, June 3, 10, 17

Bienvenidos a Wellness House

Solo con cita

Para hacer una cita y obtener más información, comuníquese con Blanca Díaz-Martínez al 630.560.0336 o bdiazmartinez@wellnesshouse.org.

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		April	May	June	Time
Prostate Cancer Foundation of Chicago Meetings		5	3	7	5:00 – 6:00 p.m.
Creating Your Vision Board		11			3:00 – 4:30 p.m.
Helpful Tips for Ostomy Care		6			3:00 – 4:30 p.m.
Reiki Share	 	13	16	20	6:30 – 7:30 p.m. 6:30 – 8:00 p.m.
Exercise for Breast Cancer Recovery		11, 18, 25	2		1:00 – 2:00 p.m.
Healthy at Home: Tips for Staying Safe from Harmful Environmental Exposures		25			6:30 – 8:00 p.m.
Dizziness and Cancer Education		27			6:00 – 7:00 p.m.

UNIQUE BOUTIQUE

Brows, Scarves and More!

Wednesdays, May 3, June 14
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

Wednesdays, April 26, May 24
5:30 – 6:30 p.m.

*At UIH Mile Square Health Center,
1220 W. 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!

Miercoles, June 28, 5:30 – 6:30 p.m.

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

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 perdida de cejas por un diagnostico 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.












Salon Services

Licensed professional stylists provide haircuts, hair shaving and wig styling to those experiencing hair loss due to cancer treatment or hair regrowth after treatment.

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



Information & Education

Program		April	May	June	Time
Relationship Resilience	 		25		6:30 – 8:00 p.m.
Reiki for You Level 1 Workshop			11		9:00 a.m. – 5:00 p.m.
Caring for the Caregiver			11		7:00 – 8:30 p.m.
Wellness House Death Café			30		7:00 – 8:30 p.m.
Wellness House Life Café			31		10:00 – 11:30 a.m.
Grief: Supporting Our Loved Ones and Ourselves Through the Journey				6	2:00 – 3:30 p.m.
Acupuncture & Chinese Medicine: Benefits of Acupuncture During Cancer				6	6:00 – 7:00 p.m.
Reiki for You Level 2 Workshop				8, 9	9:00 a.m. – 1:00 p.m.
Long Term Follow up Care for Children, Adolescents, and Young Adults with Cancer				13	6:00 – 7:30 p.m.
Medical Advocacy for Yourself and a Loved One <i>In partnership with UI Health Mile Square</i>				13	3:00 – 4:00 p.m.

SURVIVORSHIP SERIES

Moving Forward

 **Mondays and Wednesdays, April 3 - May 25**

5:30 – 7:30 p.m. (M)

5:30 – 6:30 p.m. (W)


Staff Registration Required

To register, contact Kara Niekamp, RN, BSN, at kniekamp@wellnesshouse.org or 630-654-5197.

This 8-week experiential series is for those who have completed treatment within the past year. The class includes commitment to weekly exercise classes, a weekly support group, and healthy cooking classes all designed to explore the range of emotions, physical concerns and questions that may arise following cancer treatment.

Cancer Thriving and Surviving

In partnership with UI Health Mile Square

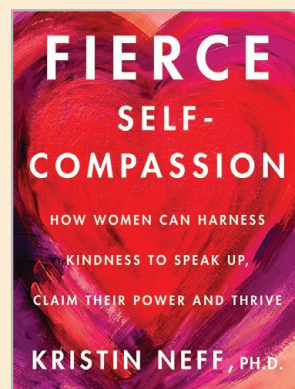
 **Thursdays, April 20 - May 25 | 10:00 a.m. – 12:30 p.m.**

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



Fierce Self-Compassion: How Women Can Harness Kindness to Speak Up, Claim Their Power, and Thrive

 **Tuesdays, May 30 - June 20
4:00 – 5:00 p.m.**

Registration Required



Information & Education

Top Doc Lecture Series



Skin Health During Cancer Treatment and Beyond

Thursday, April 20

6:30 – 8:00 p.m.

Registration Required

Jennifer Choi, MD, Associate Professor of Dermatology, Chief, Division of Oncodermatology, Robert H. Lurie Comprehensive Cancer Center

From scars, dry skin, and hair loss to rashes, nail changes, and sun sensitivity, cancer treatments can cause various skin-related side effects. During this program, learn about how to care for your skin, hair, and nails during cancer treatment and ways to reduce discomfort.



Updates in the Treatment of Melanoma

Tuesday, May 2

6:00 – 7:30 p.m.

Registration Required

Alix J. Charles, MD, FAAD, Dermatologist, Duly Health and Care

Learn about current options for melanoma treatment as well as research advances in this area.



Updates in the Treatment of Pancreatic Cancer

Tuesday, May 16

6:30 – 8:00 p.m.

Registration Required

David J. Bentrem, MD, Hepatopancreatobiliary Surgeon, Northwestern Medicine

Learn about new innovations in the treatment of pancreatic cancer, symptom management, and patient outcomes.



Updates in Surgery for GI Cancers

Tuesday, May 23

6:30 – 8:00 p.m.

Registration Required

Fadi S. Dahdaleh, MD, Surgeon, Edward-Elmhurst Health

Learn about the recent advances in GI Cancers cancer surgery and new techniques in minimally invasive surgery. Cancers discussed include esophageal, pancreas, gastric, liver and rectal.



Tamara Hamlisch, PhD



Deborah J. Manst, MD, MPH

Life After Treatment: From Managing Side Effects to Everyday Life

Tuesday, June 20

6:30 – 8:00 p.m.

In Partnership with UI Health Mile Square

Registration Required

Tamara Hamlisch, PhD, and Deborah J. Manst, MD, MPH, University of Illinois Cancer Center

Learn about managing long-term as well as latent treatment side effects as well as other issues that can come about after treatment with work, finances, relationships, and more.

Nutrition

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

Contact Jamie Shifley at 630.654.5194 or jshifley@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		April	May	June	Time
Antioxidant Favorites				17	9:30 – 10:30 a.m.
Cooking & Eating During Treatment	 	6	25	22	12:30 – 2:00 p.m. 12:30 – 2:00 p.m. 12:30 – 2:00 p.m.
Cooking for Cancer					
Transitioning to a Cancer Fighting Diet		8	13	10	10:30 a.m. – 12:00 p.m.
Meatless Mondays		17	15	19	6:00 – 7:30 p.m.
Convenient and Quick Meals		24	22	26	6:00 – 7:30 p.m.
Cooking for Cancer: Transitioning to a Cancer Fighting Diet		11			6:00 – 7:00 p.m.
<i>At Good Samaritan Hospital Bhora Cancer Center, 3745 Highland Ave, Downers Grove, IL 60515</i>					
Cooking for Cancer: Transitioning to a Cancer Fighting Diet		12	10	14	5:30 – 7:00 p.m.
<i>At UI Health Mile Square, 1220 S. Wood St., Chicago, IL 60608</i>					
Healthy and Easy Ingredient Swaps		1			9:30 – 10:30 a.m.
Indian Cooking with Sri			9		6:00 – 7:30 p.m.
Snack & Learn		5	3	7	12:30 – 1:00 p.m.
Wellness in Season					
Spring Kitchen Makeover Series		15, 22			10:30 a.m. – 12:00 p.m.
Healthy Grilling Series			31	14, 21	6:00 – 7:30 p.m.
Hydration Series				5, 12	6:00 – 7:30 p.m.
Little to No Heat Meals				16	12:30 – 2:00 p.m.
Wellness in Season: Spring Favorites			8		6:00 – 7:30 p.m.
<i>At Lemons of Love, 406 W. Central Rd, Mt. Prospect, IL 60056</i>					
Nutrition Recommendations for Exercise During Cancer Series		10, 24			6:00 – 7:00 p.m.



Nutrition

NEW



HANDS-ON COOKING CLASSES

Recipes may contain common food allergens.

Program		April	May	June	Time
Wellness in Action: Hands-On Cooking Series	i		5 - 26		10:00 – 11:30 a.m.
<i>Staff Registration Required</i>					
Date Night: Couple's Cooking Class	i			29	6:00 – 7:30 p.m.
<i>Staff Registration Required</i>					

NUTRITION PRESENTATION/DISCUSSION

Program		April	May	June	Time
Cancer Nutrition Q & A					
How Much Protein Do I Need?	i	3			6:00 – 7:00 p.m.
Does Sugar Feed Cancer?	i	21			12:00 – 1:00 p.m.
Is My Food Safe? Safety of the US Food Supply	i	25			6:00 – 7:00 p.m.
Health Benefits of Nuts and Seeds	i		1		6:00 – 7:00 p.m.
Maintaining Muscle Mass with Dietary Strategies	i		6		9:30 – 10:30 a.m.
Do I Need to Avoid Dairy?	i		18		6:00 – 7:00 p.m.
Managing Cancer Side Effects					
GI Issues	i	3			12:30 – 1:30 p.m.
Fatigue	i		8		6:00 – 7:00 p.m.
Low Blood Cell Counts	i			8	12:30 – 1:30 p.m.
Walk & Brunch	i	7, 12, 21, 26			11:00 – 11:45 a.m.
<i>Staff Registration Required</i>					

SPECIAL PROGRAMS

Wellness in Season - Hydration Series

[i](#) **Mondays, June 5, 12 | 6:00 - 7:30 p.m.**

Registration Required

Proper hydration is incredibly important to your health and can often be overlooked. Join Chloe to learn about proper hydration based on different needs. The class on June 12 will be a cooking class that provides nutritious and hydrating recipes.

Cancer Nutrition 101 Series

[i](#) **April 6 - May 11 | 5:30 – 6:30 p.m.**

This series will break down topics such as cancer nutrition myths, protein, carbohydrates, and fat recommendations. This series will also include some cooking in order to help you put the evidence-based information onto your plate.

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.
Beginner Mat Yoga	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.
Tai Chi Series <i>In partnership with UIH Mile Square</i>	April 19 - June 7 10:30 - 11:30 a.m.
Beginner Mat Yoga <i>At Lemons of Love, 406 W. Central, Mt. Prospect, IL 60056</i>	11:00 a.m. - 12:00 p.m.
Chair Yoga	11:45 a.m. - 12:30 p.m.

Stretching through Cancer <i>In partnership with UIH Mile Square</i>	4:00 - 4:45 p.m.
Beginner Mat Yoga	5:30 - 6:30 p.m.
Stretching through Cancer <i>At PAV YMCA 2947 Oak Park Ave, Berwyn, IL 60402</i>	April 19 - June 7 6:30 - 7:30 p.m.
Pink Ribbon Community Yoga	April 26, May 24 7:00 - 8:00 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.
Restore Your Core After Cancer <i>At UIH Mile Square, 1220 S. Wood St, Chicago, IL 60608</i>	4:15 - 5:00 p.m.
Stretching through Cancer <i>At UIH Mile Square, 1220 S. Wood St, Chicago, IL 60608</i>	5:00 - 5:45 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 - 12:00 p.m.
Beginner Chair Yoga	12:30 - 1:15 p.m.



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.
Open Gym	📍 12:30 - 4:30 p.m.

WEDNESDAY

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

World Dance

📍 **Mondays April 10, 17, 24 | 6:00 – 7:00 p.m.**

To register, contact Angie Ruggiero at aruggiero@wellnesshouse.org or 630.654.5114. Class will begin with deep breathing and relaxed stretches, flowing gently and joyfully into World Dance movements.

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.

Walk and Brunch

📍 **April 7, 12, 21, 26 | 10:00 a.m. – 12:00 p.m.**

To register, contact Angie Ruggiero at aruggiero@wellnesshouse.org or 630.654.5114.

Start your morning off right by joining us for a community walk with exercise staff followed by brunch with our nutrition team! Participants who attend this program and also participate in 2 Exercise, Stress Management, and Nutrition programs throughout the month of April will be eligible to win prizes. Contact Angie Ruggiero to register or to schedule consultation to review programs.

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
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 <i>At UI Health Mile Square, 1220 S. Wood St, Chicago, IL 60608</i>		Thursdays	5:45 – 6:15 p.m.
Meditation for Improved Sleep		Fridays	4:00 – 5:00 p.m.
Wellness through Deep Hypnosis <i>Staff Registration Required At Countryside Church, 1025 N Smith St, Palatine, IL 60067</i>		Saturdays, April 1, May 6, June 3 Saturdays, April 15, May 20, June 17	10:00 a.m. – 12:00 p.m. 10:00 – 11:30 a.m.
Reiki Clinic <i>Staff Registration Required At Countryside Church, 1025 N Smith St, Palatine, IL 60067</i>		Saturdays, April 1, May 6, June 3 Saturdays, April 15, May 20, June 17	10:00 a.m. – 1:00 p.m. 11:35 a.m. – 12:15 p.m.
Journeying Inward: Deep Relaxation for Stress Relief and Well-Being		Saturdays, April 1, May 6, June 3	11:00 a.m. – 12:15 p.m.
Stress-Free Saturday		Saturdays, April 8, May 13, June 10	9:30 – 10:30 a.m.
Unified Mindfulness		Mondays, April 17, 24, May 1, 8, 15, 22	5:30 – 6:30 p.m.
Mindfulness Meditation Circle		Mondays, April 17, May 15, June 19	11:30 a.m. – 12:30 p.m.
Self-Compassion Practice		Wednesdays, April 19, May 17, June 21	6:30 – 7:30 p.m.
Stress-Less Breathing Techniques		Thursdays, April 20, May 25, June 15	5:30 – 6:30 p.m.
Garden Walk <i>Staff Registration Required</i>		Tuesdays, May 2, June 27	1:00 – 3:00 p.m.
Sound Meditation <i>Staff Registration Required</i>		Tuesday, May 16	6:00 – 7:00 p.m.
Forest Therapy Walk <i>Staff Registration Required</i>		Wednesday, May 17	10:00 a.m. – 12:00 p.m.
Music in the Park		Friday, June 16	12:00 – 2:00 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>	①	Tuesdays	4:30 – 5:15 p.m.
Embroidery	①	Tuesdays, April 4, 11, 18, 25	11:30 a.m. – 12:30 p.m.
Mixed Media	①	Thursdays, April 20, May 18, June 15	1:00 – 3:00 p.m.
Color Theory		Wednesdays, May 3, 10, 17, 24	5:00 – 6:30 p.m.
At Home Still Life Drawing		Thursdays, April 6, 13, 20, 27	5:30 – 7:00 p.m.
Spring Ceramics <i>Staff Registration Required</i>	①	Fridays, May 5, 19	1:00 – 3:00 p.m.
Decoupage Creations	①	Thursday, May 11	12:00 – 2:00 p.m.
Tea Cup Candle Making <i>Staff Registration Required</i>	①	Wednesday, May 24	5:30 – 7:30 p.m.
Expressive Journaling Series	①	Tuesdays, June 6, 13, 20, 27	11:30 a.m. – 12:30 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 ①

Staff Registration Required

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

Massage Therapy ①

Staff Registration Required

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

Therapeutic Touch ①

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 PROGRAMS

Mindful Self Compassion

Mondays, May 1, 8, 15, 22 | 6:00 – 7:30 p.m.

Staff Registration Required

Contact Jady Chipman at

jchipman@wellnesshouse.org to register

This 6-hour 4-session virtual workshop will provide essential tools to enhance your well-being and resilience, and your capacity for treating yourself in a kind, compassionate way. Based on the ground-breaking research of Dr. Kristen Neff and the clinical expertise of Dr. Christopher Germer, it teaches us how to treat ourselves with kindness, care, and understanding.

Musical Art Expression

Wednesday, June 28 | 5:30 – 7:00 p.m.

Registration Required

Join us for this music inspired art class. Participants will listen to songs played by the artist and create images or write down words to express themselves. Participants will have a chance to share their drawings with the group.

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>		Mondays	4:30 – 5:30 p.m.
Turtles Bereavement Group for Parents <i>Staff Registration Required</i>		April 3, 17, May 1, 15, June 5, 19	4:30 – 5:30 p.m.
Networking Group for Bereaved Dads of Young Children and Teens <i>Staff Registration Required</i>		April 11, May 9 June 13	7:00 – 8:30 p.m.
Brave Kids <i>Staff Registration Required</i>		April 6, 20, May 4, 18, June 1, 15	5:45 – 6:45 p.m.
Parenting Brave Kids <i>Staff Registration Required.</i>		April 6, 20, May 4, 18, June 1, 15	5:45 – 6:45 p.m.
Kids Group <i>Staff Registration Required</i>		Thursdays	4:30 – 5:30 p.m.

SPECIAL PROGRAMS

Date Night: Couple's Cooking Class

Thursday, June 29 | 6:00 – 7:30 p.m.

To register, contact Angela Dennison at adennison@wellnesshouse.org or 630.654.5196.

Join us for this fun evening of cooking with your spouse and connecting with other couples. You will make nourishing and fun recipes that are healthy and delicious!

Super Hero Day **SAVE THE DATE!**

Saturday, April 29

To register, contact Ellen Nieman at enieman@wellnesshouse.org or 630.654.5198.

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.

SAVE THE DATE Kids Kamp
Monday, July 10 – Friday, July 14
9:00 a.m. – 12:00 p.m.

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	5:00 – 6:30 p.m.
Living with Metastatic Breast Cancer		Tuesdays	10:00 – 11:30 a.m.
Men's Support Group	 	Tuesdays Thursdays	12:00 – 1:30 p.m. 11:00 a.m. – 12:30 p.m.
Women's 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		Fridays	10:00 – 11:30 a.m.

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, May 11 - June 29 | 1:00 – 2:30 p.m.

Staff Registration Required

To register, contact Michael Williams at mwilliams@wellnesshouse.org or 630.654.5117.

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 Tuesdays	5:00 – 6:15 p.m. 5:00 – 6:30 p.m.
Transitions Alumni Connections	Tuesdays, April 25, May 23, June 20	5:00 – 6:30 p.m.
Networking Group for Bereaved Dads of Young Children and Teens	Tuesdays, April 11, May 9 June 13	7:00 – 8:30 p.m.
Transitions for Spouses	Wednesdays, <i>Meets twice every month. Dates provided at registration.</i>	
Bereavement Connections Group for Those Who Have Lost a Parent	Thursdays, April 6, May 4, June 1	5:30 – 7:00 p.m.

MONTHLY PEER CONNECTION GROUPS

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		April	May	June	Time
LGBTQ+ Cancer Connections		4	2	6	3:00 – 4:30 p.m.
Death Café Alumni Connections		4	2	6	7:00 – 8:30 p.m.
Women of Color Connections <i>At UI Health Mile Square, 1220 S. Wood St, Chicago, IL 60608</i>		4, 18	2, 16	6, 20	11:00 a.m. – 12:30 p.m.
Young Adults with Cancer Connections		6	4	1	7:00 – 8:30 p.m.
Recurrent or Metastatic Cancer Connections		10	8	12	3:00 – 4:30 p.m.
Meaning-Centered Psychotherapy Alumni Connections		11	9	13	3:00 – 4:30 p.m.
Spiritual Side of Cancer		13	11	8	5:00 – 6:30 p.m.
Caregiver Connections <i>At Lemons of Love, 406 W. Central Rd, Mt. Prospect, IL 60056</i>		15	20	17	10:00 – 11:30 a.m.
Cancer Creative Connections <i>At Rush Oak Park Hospital, Rush Oak Park Medical Office Building, 610 Maple Ave., Oak Park IL 60304</i>		15	20	17	10:30 a.m. – 12:00 p.m.
Survivorship Connections		17	22	19	6:30 – 8:00 p.m.
Strengthening Family Ties Connections		18	16	20	3:00 – 4:30 p.m.
Soul Chat: Cancer + Spirituality Discussion for Black, Indigenous and People of Color <i>In partnership with UIH Mile Square</i>		24	22	26	7:00 – 8:30 p.m.



Support & Counseling

DIAGNOSIS SPECIFIC MONTHLY CONNECTIONS GROUPS

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		April	May	June	Time
Bladder Cancer Connections		25	23	27	3:00 – 4:30 p.m.
Brain Tumor Connections		27	25	22	5:00 – 6:30 p.m.
Breast Cancer Connections	 	6, 20 10, 24	4, 18 8, 22	1, 15 12, 26	2:00 – 3:30 p.m. 7:00 – 8:30 p.m.
Breast Cancer Connections <i>At Rush Oak Park Hospital, Rush Oak Park Medical Office Building, 610 Maple Ave., Oak Park IL 60304</i>		3, 17	1, 15	5, 19	6:00 – 7:30 p.m.
Colon/Rectal Cancers Connections		10	8	12	7:00 – 8:30 p.m.
Gynecologic Cancers Connections		13	11	8	7:00 – 8:30 p.m.
Head, Neck & Thyroid Cancer Connections		18	16	20	7:00 – 8:30 p.m.
Lung Cancer Connections	 	3 17	1 15	5 19	3:00 – 4:30 p.m. 3:00 – 4:30 p.m.
Lymphoma & Leukemia Connections		13	11	8	7:00 – 8:30 p.m.
Melanoma Connections		25	23	27	7:00 – 8:30 p.m.
Metastatic Breast Cancer Connections		3	1	5	6:30 – 8:00 p.m.
Multiple Myeloma Connections		20	18	15	7:00 – 8:30 p.m.
Neuroendocrine Tumors (NET) Connections		8	13	10	10:30 a.m. – 12:30 p.m.
Pancreatic Cancer Connections		20	18	15	5:00 – 6:30 p.m.
Prostate Cancer Connections	 	12, 26 5, 19	10, 24 3, 17	14, 28 7, 21	9:30 – 11:00 a.m. 9:30 – 11:00 a.m.
Sarcoma Cancers Connections		15	20	17	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
Cocinar para el cáncer	 sábado, April 1, May 6, June 3	9:30 – 10:30 a.m.
Grupo de Apoyo para Personas Viviendo con Cáncer	 Cada martes	4:00 – 5:30 p.m.
Yoga en español <i>In Partnership with ALAS Wings Chicago</i>	 sábado	11:00 a.m. – 12:00 p.m.
¡Hola Hermosa!	 miércoles, June 28	5:30 – 6:30 p.m.



Tratamientos Actuales: Cáncer de Seno

 **sábado, 13 de mayo**
9:30 a.m. – 12:00 p.m.

Tratamientos Actuales: Cáncer de Seno 9:30 a.m. – 10:50 a.m.

Las doctoras Rosalinda Alvarado, MD, Rush University Medical Center, y Claudia Tellez, MD, Lurie Cancer Center of Northwestern University presentará el tratamiento más nuevo para el cáncer de seno.

Utilizando la Energía de los Chakras 11:00 a.m. – 12:00 p.m.

Liz Vitell, instructora de yoga y meditación

Consulta de Pelucas

Solo con cita

para programar una cita de peluca de Wellness House llame a Blanca Diaz- Martinez 630.560.0336.

Recomendaciones personalizadas para el estilo, color, ajuste y cuidado de la peluca con uno de nuestros expertos. Reciba una peluca sin alguno costo si tiene pérdida de cabello debido a su tratamiento de cáncer.

Bienvenidos a Wellness House

Solo con cita

para programar una cita de peluca de Wellness House llame a Blanca Diaz- Martinez 630.560.0336.

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.

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 60616

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
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
The Greer Foundation
Naffah Family Charitable Foundation
Edmond and Alice Opler Foundation
Pfizer, Inc.
Rolfe Pancreatic Cancer Foundation
The Service Club of Chicago
TCC Gives
Westlake Health Foundation