



Free Cancer Support

CONTACT US

For more information, call 630.654.5356 or email whchicago@wellnesshouse.org

For more information on transportation resources, call 630.654.5356

In-Person programs take place at:

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

UIHealth Cancer Clinic
Outpatient Care Center,
Suite 1 E
1801 W. Taylor Street,
Chicago, IL 60612



Find out more about Wellness House

SAVE THE DATE
Survivorship
Event at Mile Square
Health Center

In-Person
Saturday, June 3
12:30 – 3:30 p.m.
For questions contact whchicago@wellnesshouse.org or call 630.654.5356

In-Person Programs

At UI Health-Mile Square Health Center

Nutrition

Cooking for Cancer Transitioning to a Cancer Fighting Diet

Wednesdays, April 12, May 10 & June 14
5:30 – 7:00 p.m.

(MSHC 2nd floor, Staff Lounge)

Exercise/Mind Body Movement

Tai Chi

Tuesdays, 5:15 – 6:00 p.m.

(MSHC, 1st floor, Conference Room)

Yoga for Cancer

Wednesdays, 9:30 – 10:30 a.m.

(MSHC, 3rd floor, Rm 3000)

Restore Your Core After Cancer

Thursdays, 4:15 – 5:00 p.m.

(MSHC, 1st floor, Conference Room)

Stretching through Cancer

Thursdays, 5:00 – 5:45 p.m.

(MSHC, 1st floor, Conference Room)

Stress Management

Simple Art for Stress Management

Tuesdays, 4:30 – 5:15 p.m.

(MSHC, 1st floor, Conference Room)

Meditation for Improved Sleep

Thursdays, 5:45 – 6:30 p.m.

(MSHC, 1st floor, Conference Room)

Support and Counseling

Women of Color Support

1st and 3rd Tuesday of each month,
April 4 & 18, May 2 & 16, June 6 & 20

11:00 – 12:30 p.m.

(MSHC, 3rd floor, Room 3000)

Information and Education

Hello Beautiful: Wednesdays,

April 26 & May 24, 5:30 – 6:30 p.m.

(MSHC, 1st floor, Conference Room)

Hola Hermosa!: Miércoles, Junio 28

5:30 – 6:30 p.m.

(MSHC, 1st floor, Conference Room)

Online Programs

In Partnership with UI Health

Exercise/Mind Body Movement

Tai Chi

Wednesdays, April 19-June 7

10:30 – 11:30 a.m.

Registration Required

To register contact Jayden Chipman at

630.654.5116 or jchipman@wellnesshouse.org

Support and Counseling

Soul Chat: Cancer + Discussion Group for Black, Indigenous and People of Color

4th Mondays, April 24, May 22 & June 26
7:00 – 8:30 p.m.

Registration Required

To register contact Nevada Bennett at

630.654.5346 or nbennett@wellnesshouse.org

Information and Education

Cancer Thriving and Surviving

Thursdays, April 20-May 25

10:00 a.m. – 12:30 p.m.

Registration Required

To register, contact Marci Goldberg at

630.654.5102 or mgoldberg@wellnesshouse.org

Top Doc: Life After Treatment: From Managing Side Effects to Everyday Life

June 20

6:30 – 8:00 p.m.

Registration Required

To register, contact Brittany Brady at

630.654.7205 or bbrady@wellnesshouse.org

Medical Advocacy for Yourself and a Loved One

June 13

3:00 – 4:30 p.m.

Registration Required

To register, contact Brittany Brady at

630.654.7205 or bbrady@wellnesshouse.org