April | May | June 2023

Program Guide

Free Cancer Support

Jamie Shifley
Community Oncology Dietitian

Angela Dennison
RD, LDN Nutrition Program Manager

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.

Now In-Person and Online

¡Programas en español!
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.
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, which a burgeoning empirical literature has shown to be powerfully associated with psychological and physical wellbeing. It 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.

**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, which a burgeoning empirical literature has shown to be powerfully associated with psychological and physical wellbeing. It 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.**
  - **Registration Required**

- **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.**

**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.

**Survivorship Event at Mile Square Health Center**

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

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

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.

Updates in Breast Cancer Treatment and Research Panel

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>

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

### 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**

Join beauty expert Blanca Diaz-Martinez as she leads this intimate and fun session that will teach you 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, comunícese con Blanca Diaz-Martínez al 630.560.0336 o bdiazmartinez@wellnesshouse.org.**

**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.
## 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
- **By Kristin Neff, PhD**
- **Tuesdays, May 30 - June 20**
- **4:00 – 5:00 p.m.**
- **Registration Required**

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

---

<table>
<thead>
<tr>
<th>Program</th>
<th>April</th>
<th>May</th>
<th>June</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relationship Resilience</td>
<td>04</td>
<td>25</td>
<td></td>
<td>6:30 – 8:00 p.m.</td>
</tr>
<tr>
<td>Reiki for You Level 1 Workshop</td>
<td>11</td>
<td></td>
<td></td>
<td>9:00 a.m. – 5:00 p.m.</td>
</tr>
<tr>
<td>Caring for the Caregiver</td>
<td>11</td>
<td></td>
<td></td>
<td>7:00 – 8:30 p.m.</td>
</tr>
<tr>
<td>Wellness House Death Café</td>
<td></td>
<td>30</td>
<td></td>
<td>7:00 – 8:30 p.m.</td>
</tr>
<tr>
<td>Wellness House Life Café</td>
<td></td>
<td>31</td>
<td></td>
<td>10:00 – 11:30 a.m.</td>
</tr>
<tr>
<td>Grief: Supporting Our Loved Ones and Ourselves Through the Journey</td>
<td></td>
<td>6</td>
<td></td>
<td>2:00 – 3:30 p.m.</td>
</tr>
<tr>
<td>Acupuncture &amp; Chinese Medicine: Benefits of Acupuncture During Cancer</td>
<td></td>
<td>6</td>
<td></td>
<td>6:00 – 7:00 p.m.</td>
</tr>
<tr>
<td>Reiki for You Level 2 Workshop</td>
<td>8, 9</td>
<td></td>
<td></td>
<td>9:00 a.m. – 1:00 p.m.</td>
</tr>
<tr>
<td>Long Term Follow up Care for Children, Adolescents, and Young Adults with Cancer</td>
<td></td>
<td>13</td>
<td></td>
<td>6:00 – 7:30 p.m.</td>
</tr>
<tr>
<td>Medical Advocacy for Yourself and a Loved One</td>
<td></td>
<td></td>
<td>31</td>
<td>3:00 – 4:00 p.m.</td>
</tr>
</tbody>
</table>

---

**Information & Education**

[Image]
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.

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 Hamlish, 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.
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.*

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

## HANDS-ON COOKING CLASSES

*Recipes may contain common food allergens.*

<table>
<thead>
<tr>
<th>Program</th>
<th>April</th>
<th>May</th>
<th>June</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wellness in Action: Hands-On Cooking Series</td>
<td>☑</td>
<td>5 - 26</td>
<td></td>
<td>10:00 – 11:30 a.m.</td>
</tr>
<tr>
<td><strong>Staff Registration Required</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Date Night: Couple’s Cooking Class</td>
<td>☑</td>
<td>29</td>
<td></td>
<td>6:00 – 7:30 p.m.</td>
</tr>
<tr>
<td><strong>Staff Registration Required</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## NUTRITION PRESENTATION/DISCUSSION

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

## SPECIAL PROGRAMS

### Wellness in Season - Hydration Series

- **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 nutritous and hydrating recipes.

### Cancer Nutrition 101 Series

- **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.

### SELF-REGISTRATION EXERCISE CLASSES

#### MONDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 - 8:45 a.m.</td>
<td>Bodyweight Exercises for Strength &amp; Balance</td>
</tr>
<tr>
<td>9:30 - 10:30 a.m.</td>
<td>Tai Chi</td>
</tr>
<tr>
<td>10:00 - 11:00 a.m.</td>
<td>Beginner Mat Yoga</td>
</tr>
<tr>
<td>11:00 - 11:45 a.m.</td>
<td>Yoga for Cancer</td>
</tr>
<tr>
<td>12:30 - 1:15 p.m.</td>
<td>Chair Yoga</td>
</tr>
<tr>
<td>6:30 - 7:30 p.m.</td>
<td>Beginner Mat Yoga</td>
</tr>
</tbody>
</table>

#### TUESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:45 - 10:30 a.m.</td>
<td>Restore Your Core After Cancer</td>
</tr>
<tr>
<td>11:45 a.m. - 12:30 p.m.</td>
<td>Chair Yoga</td>
</tr>
<tr>
<td>4:30 - 5:15 p.m.</td>
<td>Stretching through Cancer</td>
</tr>
<tr>
<td>5:15 - 6:00 p.m.</td>
<td>Tai Chi</td>
</tr>
<tr>
<td>6:00 - 7:00 p.m.</td>
<td>Beginner Mat Yoga</td>
</tr>
</tbody>
</table>

#### WEDNESDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 - 8:45 a.m.</td>
<td>Bodyweight Exercises for Strength &amp; Balance</td>
</tr>
<tr>
<td>9:30 - 10:30 a.m.</td>
<td>Yoga for Cancer</td>
</tr>
<tr>
<td>April 19 - June 7 10:30 - 11:30 a.m.</td>
<td>Tai Chi Series</td>
</tr>
<tr>
<td>11:00 a.m. - 12:00 p.m.</td>
<td>Beginner Mat Yoga</td>
</tr>
<tr>
<td>11:45 a.m. - 12:30 p.m.</td>
<td>Chair Yoga</td>
</tr>
</tbody>
</table>

#### THURSDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:15 - 10:15 a.m.</td>
<td>Beginner Mat Yoga</td>
</tr>
<tr>
<td>12:30 - 1:15 p.m.</td>
<td>Beginner Chair Yoga</td>
</tr>
<tr>
<td>2:00 - 2:45 p.m.</td>
<td>Restore Your Core After Cancer</td>
</tr>
<tr>
<td>3:00 - 3:45 p.m.</td>
<td>Chair Tai Chi</td>
</tr>
<tr>
<td>4:15 - 5:00 p.m.</td>
<td>Restore Your Core After Cancer</td>
</tr>
<tr>
<td>4:00 - 4:45 p.m.</td>
<td>Stretching through Cancer</td>
</tr>
<tr>
<td>4:00 - 4:45 p.m.</td>
<td>Stretching through Cancer</td>
</tr>
</tbody>
</table>

#### FRIDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 - 8:45 a.m.</td>
<td>Bodyweight Exercises for Strength &amp; Balance</td>
</tr>
<tr>
<td>9:00 - 10:00 a.m.</td>
<td>Qigong</td>
</tr>
<tr>
<td>10:00 - 11:00 a.m.</td>
<td>Beginner Chair Yoga</td>
</tr>
<tr>
<td>10:30 - 11:30 a.m.</td>
<td>Beginner Mat Yoga</td>
</tr>
<tr>
<td>11:00 - 11:45 a.m.</td>
<td>Beginner Chair Yoga</td>
</tr>
</tbody>
</table>

#### SATURDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00 - 12:00 p.m.</td>
<td>Spanish Language Yoga</td>
</tr>
<tr>
<td>12:30 - 1:15 p.m.</td>
<td>Beginner Chair Yoga</td>
</tr>
</tbody>
</table>
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.

### STAFF-REGISTRATION EXERCISE CLASSES

#### 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.

#### 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 Cancer Tx 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.

---

**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.

**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.
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](#)

<table>
<thead>
<tr>
<th>Program</th>
<th>Day/Month</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mindfulness for Everyday Living</td>
<td>Tuesdays</td>
<td>10:30 – 11:30 a.m.</td>
</tr>
<tr>
<td>Guided Meditation</td>
<td>Thursdays</td>
<td>10:30 – 11:30 a.m.</td>
</tr>
<tr>
<td>TYM for Me</td>
<td>Thursdays</td>
<td>4:00 – 4:45 p.m.</td>
</tr>
<tr>
<td>Meditation for Improved Sleep</td>
<td>Thursdays</td>
<td>5:45 – 6:15 p.m.</td>
</tr>
<tr>
<td>Wellness through Deep Hypnosis</td>
<td>Saturdays, April 1, May 6, June 3</td>
<td>10:00 a.m. – 12:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>Saturdays, April 15, May 20, June 17</td>
<td>10:00 – 11:30 a.m.</td>
</tr>
<tr>
<td>Reiki Clinic</td>
<td>Saturdays, April 1, May 6, June 3</td>
<td>10:00 a.m. – 1:00 p.m.</td>
</tr>
<tr>
<td></td>
<td>Saturdays, April 15, May 20, June 17</td>
<td>11:35 a.m. – 12:15 p.m.</td>
</tr>
<tr>
<td>Journeying Inward: Deep Relaxation for Stress Relief and Well-Being</td>
<td>Saturdays, April 1, May 6, June 3</td>
<td>11:00 a.m. – 12:15 p.m.</td>
</tr>
<tr>
<td>Stress-Free Saturday</td>
<td>Saturdays, April 8, May 13, June 10</td>
<td>9:30 – 10:30 a.m.</td>
</tr>
<tr>
<td>Unified Mindfulness</td>
<td>Mondays, April 17, 24, May 1, 8, 15, 22</td>
<td>5:30 – 6:30 p.m.</td>
</tr>
<tr>
<td>Mindfulness Meditation Circle</td>
<td>Mondays, April 17, May 15, June 19</td>
<td>11:30 a.m. – 12:30 p.m.</td>
</tr>
<tr>
<td>Self-Compassion Practice</td>
<td>Wednesdays, April 19, May 17, June 21</td>
<td>6:30 – 7:30 p.m.</td>
</tr>
<tr>
<td>Stress-Less Breathing Techniques</td>
<td>Thursdays, April 20, May 25, June 15</td>
<td>5:30 – 6:30 p.m.</td>
</tr>
<tr>
<td>Garden Walk</td>
<td>Tuesdays, May 2, June 27</td>
<td>1:00 – 3:00 p.m.</td>
</tr>
<tr>
<td>Sound Meditation</td>
<td>Tuesday, May 16</td>
<td>6:00 – 7:00 p.m.</td>
</tr>
<tr>
<td>Forest Therapy Walk</td>
<td>Wednesday, May 17</td>
<td>10:00 a.m. – 12:00 p.m.</td>
</tr>
<tr>
<td>Music in the Park</td>
<td>Friday, June 16</td>
<td>12:00 – 2:00 p.m.</td>
</tr>
</tbody>
</table>
**EXPRESSIVE ARTS**

<table>
<thead>
<tr>
<th>Program</th>
<th>Day/Month</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flute Circle</td>
<td>Tuesdays</td>
<td>10:00 – 11:00 a.m.</td>
</tr>
<tr>
<td>Simple Art for Stress Management</td>
<td>Tuesdays</td>
<td>4:30 – 5:15 p.m.</td>
</tr>
<tr>
<td>At UI Health Mile Square, 1220 S. Wood St, Chicago, IL 60608</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Embroidery</td>
<td>Tuesdays, April 4, 11, 18, 25</td>
<td>11:30 a.m. – 12:30 p.m.</td>
</tr>
<tr>
<td>Mixed Media</td>
<td>Thursdays, April 20, May 18, June 15</td>
<td>1:00 – 3:00 p.m.</td>
</tr>
<tr>
<td>Color Theory</td>
<td>Wednesdays, May 3, 10, 17, 24</td>
<td>5:00 – 6:30 p.m.</td>
</tr>
<tr>
<td>At Home Still Life Drawing</td>
<td>Thursdays, April 6, 13, 20, 27</td>
<td>5:30 – 7:00 p.m.</td>
</tr>
<tr>
<td>Spring Ceramics</td>
<td>Fridays, May 5, 19</td>
<td>1:00 – 3:00 p.m.</td>
</tr>
<tr>
<td>Decoupage Creations</td>
<td>Thursday, May 11</td>
<td>12:00 – 2:00 p.m.</td>
</tr>
<tr>
<td>Tea Cup Candle Making</td>
<td>Wednesday, May 24</td>
<td>5:30 – 7:30 p.m.</td>
</tr>
<tr>
<td>Expressive Journaling Series</td>
<td>Tuesdays, June 6, 13, 20, 27</td>
<td>11:30 a.m. – 12:30 p.m.</td>
</tr>
</tbody>
</table>

**WELLNESS TUNE-UPS**

- **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.

- **Tea Cup Candle Making**
  - Staff Registration Required
  - Fine Motor Skills
  - Wednesday, May 24
  - 5:30 – 7:30 p.m.

**SPECIAL PROGRAMS**

- **Mindful Self Compassion**
  - Staff Registration Required
  - Contact Jadyn 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 groundbreaking 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**
  - Staff Registration Required
  - Contact Jadyn Chipman at jchipman@wellnesshouse.org to register
  - June 28
  - 5:30 – 7:00 p.m.
  - This music inspired art class will allow participants to 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>

<table>
<thead>
<tr>
<th>Program</th>
<th>Day/Month</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turtles</td>
<td>Mondays</td>
<td>4:30 – 5:30 p.m.</td>
</tr>
<tr>
<td>Turtles Bereavement Group for Parents</td>
<td>April 3, 17, May 1, 15, June 5, 19</td>
<td>4:30 – 5:30 p.m.</td>
</tr>
<tr>
<td>Networking Group for Bereaved Dads of Young</td>
<td>April 11, May 9 June 13</td>
<td>7:00 – 8:30 p.m.</td>
</tr>
<tr>
<td>Children and Teens</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brave Kids</td>
<td>April 6, 20, May 4, 18, June 1, 15</td>
<td>5:45 – 6:45 p.m.</td>
</tr>
<tr>
<td>Parenting Brave Kids</td>
<td>April 6, 20, May 4, 18, June 1, 15</td>
<td>5:45 – 6:45 p.m.</td>
</tr>
<tr>
<td>Kids Group</td>
<td>Thursdays</td>
<td>4:30 – 5:30 p.m.</td>
</tr>
</tbody>
</table>

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.
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 Groups & Counseling Programs: Register here>

### SUPPORT GROUPS

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

### 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

<table>
<thead>
<tr>
<th>Program</th>
<th>Day/Month</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bereavement Support Group</td>
<td>Mondays</td>
<td>5:00 – 6:15 p.m.</td>
</tr>
<tr>
<td></td>
<td>Tuesdays</td>
<td>5:00 – 6:30 p.m.</td>
</tr>
<tr>
<td>Transitions Alumni Connections</td>
<td>Tuesdays, April 25, May 23, June 27</td>
<td>5:00 – 6:30 p.m.</td>
</tr>
<tr>
<td>Networking Group for Bereaved Dads of Young Children and Teens</td>
<td>Tuesdays, April 11, May 9 June 13</td>
<td>7:00 – 8:30 p.m.</td>
</tr>
<tr>
<td>Transitions for Spouses</td>
<td>Wednesdays, Meets twice every month. Dates provided at registration.</td>
<td></td>
</tr>
<tr>
<td>Bereavement Connections Group for Those Who Have Lost a Parent</td>
<td>Thursdays, April 6, May 4, June 1</td>
<td>5:30 – 7:00 p.m.</td>
</tr>
</tbody>
</table>

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.

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

<table>
<thead>
<tr>
<th>Program</th>
<th>April</th>
<th>May</th>
<th>June</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bladder Cancer Connections</td>
<td>25</td>
<td>23</td>
<td>27</td>
<td>3:00 – 4:30 p.m.</td>
</tr>
<tr>
<td>Brain Tumor Connections</td>
<td>27</td>
<td>25</td>
<td>22</td>
<td>5:00 – 6:30 p.m.</td>
</tr>
<tr>
<td>Breast Cancer Connections</td>
<td>6, 20</td>
<td>4, 18</td>
<td>1, 15</td>
<td>2:00 – 3:30 p.m.</td>
</tr>
<tr>
<td></td>
<td>10, 24</td>
<td>8, 22</td>
<td>12, 26</td>
<td></td>
</tr>
<tr>
<td>Breast Cancer Connections</td>
<td>3, 17</td>
<td>1, 15</td>
<td>5, 19</td>
<td>6:00 – 7:30 p.m.</td>
</tr>
<tr>
<td>Colon/Rectal Cancers Connections</td>
<td>10</td>
<td>8</td>
<td>12</td>
<td>7:00 – 8:30 p.m.</td>
</tr>
<tr>
<td>Gynecologic Cancers Connections</td>
<td>13</td>
<td>11</td>
<td>8</td>
<td>7:00 – 8:30 p.m.</td>
</tr>
<tr>
<td>Head, Neck &amp; Thyroid Cancer Connections</td>
<td>18</td>
<td>16</td>
<td>20</td>
<td>7:00 – 8:30 p.m.</td>
</tr>
<tr>
<td>Lung Cancer Connections</td>
<td>3</td>
<td>1</td>
<td>5</td>
<td>3:00 – 4:30 p.m.</td>
</tr>
<tr>
<td></td>
<td>17</td>
<td>15</td>
<td>19</td>
<td>3:00 – 4:30 p.m.</td>
</tr>
<tr>
<td>Lymphoma &amp; Leukemia Connections</td>
<td>13</td>
<td>11</td>
<td>8</td>
<td>7:00 – 8:30 p.m.</td>
</tr>
<tr>
<td>Melanoma Connections</td>
<td>25</td>
<td>23</td>
<td>27</td>
<td>7:00 – 8:30 p.m.</td>
</tr>
<tr>
<td>Metastatic Breast Cancer Connections</td>
<td>3</td>
<td>1</td>
<td>5</td>
<td>6:30 – 8:00 p.m.</td>
</tr>
<tr>
<td>Multiple Myeloma Connections</td>
<td>20</td>
<td>18</td>
<td>15</td>
<td>7:00 – 8:30 p.m.</td>
</tr>
<tr>
<td>Neuroendocrine Tumors (NET) Connections</td>
<td>8</td>
<td>13</td>
<td>10</td>
<td>10:30 a.m. – 12:30 p.m.</td>
</tr>
<tr>
<td>Pancreatic Cancer Connections</td>
<td>13</td>
<td>11</td>
<td>8</td>
<td>5:00 – 6:30 p.m.</td>
</tr>
<tr>
<td>Prostate Cancer Connections</td>
<td>12, 26</td>
<td>10, 24</td>
<td>14, 28</td>
<td>9:30 – 11:00 a.m.</td>
</tr>
<tr>
<td></td>
<td>5, 19</td>
<td>3, 17</td>
<td>7, 21</td>
<td>9:30 – 11:00 a.m.</td>
</tr>
<tr>
<td></td>
<td>15</td>
<td>20</td>
<td>17</td>
<td>11:00 a.m. – 12:30 p.m.</td>
</tr>
<tr>
<td>Sarcoma Cancers Connections</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Para obtener más información sobre nuestros programas, visite wellnesshouse.org/espanol.

Para obtener más información, comuníquese por correo electrónico. a información@wellnesshouse.org o llame al 630.654.5529.

---

<table>
<thead>
<tr>
<th>Programa</th>
<th>Fecha</th>
<th>Hora</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cocinar para el cáncer</td>
<td>sábado, mayo 6 y junio 3</td>
<td>de 9:30 a.m. a 10:30 a.m.</td>
</tr>
<tr>
<td>Grupo de Apoyo para Personas Viviendo con Cáncer</td>
<td>Cada martes</td>
<td>de 4:00 p.m. a 5:30 p.m.</td>
</tr>
<tr>
<td>Yoga en español en colaboración con ALAS-Wings Chicago</td>
<td>cada sábado</td>
<td>de 11:00 a.m. a 12:00 p.m.</td>
</tr>
<tr>
<td>¡Hola Hermosa!</td>
<td>miércoles, junio 28</td>
<td>de 5:30 p.m. a 6:30 p.m.</td>
</tr>
</tbody>
</table>

---

**Tratamientos Actuales: Cáncer de Seno**

<table>
<thead>
<tr>
<th>Tratamientos Actuales: Cáncer de Seno</th>
<th>sábado, 13 de mayo</th>
<th>9:30 a.m. – 12:00 p.m.</th>
</tr>
</thead>
</table>

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**

<table>
<thead>
<tr>
<th>Utilizando la Energía de los Chakras</th>
<th>11:00 a.m. – 12:00 p.m.</th>
<th>Liz Vitell, instructora de yoga y meditación</th>
</tr>
</thead>
</table>

---

**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 algún 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.
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

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

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

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

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

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
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