

# Program Guide

Free  
Cancer  
Support

¡Programas  
en español!

Now In-Person and Online

**SPECIAL EVENTS:**

Mind Body Fest

Hot Topics in Prostate Cancer

Day of Remembrance

**Kids Kamp**

July 10 - 14

9:00 a.m. – 12:00 p.m.

# 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

#### Open, no programs:



Saturday, July 1, 9:00 a.m. - 12:00 p.m.  
Monday, July 3, 9:00 a.m. - 3:00 p.m.  
Thursday, July 6, 9:00 a.m. - 5:00 p.m.  
Friday, July 7, 9:00 a.m. - 5:00 p.m.

#### Closed:

Tuesday, July 4  
Wednesday, July 5  
Friday, September 1, Close at 3:00 p.m.  
Saturday, September 2  
Monday, September 4

## 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: Transforming Illness into Art and Healing

*Eva Faktselis, Cancer Survivor, Artist and Author,  
The Practical and Magical Field-Guide to Cancer*



**Monday, September 25  
6:00 – 7:30 p.m.**

**Registration Required**

Finding inspiration in the oceanic and forested world surrounding Nosara, Costa Rica, artist Eva Faktselis tells the story of how she kick-started her own healing after being diagnosed with stage IV Non-Hodgkin's Lymphoma. Showcasing artwork from "The

Practical and Magical Field-Guide to Cancer," participants will explore the comfort and beauty that can be found in art even through what can feel like a sterile and frightening experience. Following her talk, participants will enjoy an opportunity to create their own artwork at the event.

## Day of Remembrance

**Thursday, September 14 | 5:00 – 7:00 p.m.**

**Registration Required**

Join us for a time to remember and honor our loved ones who have died over the past year. When you register for this event, please consider sending a digital photo of your loved one to be included in the slide presentation during our time together.

*Please send your photo to Beth Possley at  
bpossley@wellnesshouse.org by Monday, September 11.  
Light refreshments will be served.*



## Mind Body Fest

**Saturday, August 19  
9:30 a.m. – 2:30 p.m.**

**Registration Required**

Join us for a week-long festival of activities designed to reduce stress, increase relaxation, and improve your overall sense of well-being. Choose

from a variety of Wellness House stress management programs and learn techniques to add to your self-care toolbox.

Class experiences include Yoga and Chair Yoga, Tai Chi, Expressive Arts, Hypnosis, Reiki, Forest Therapy Walks, Dance, Breathwork and more! After registering, you will receive an email to complete your activity preferences for the day.

### Mind Body Fest: Top Tips for Reducing Stress

**Tuesday, August 22 | 6:30 – 8:00 p.m.**

**Registration required**

Hear from researcher and psychologist Alex Psihogios, Ph.D., from Northwestern University Feinberg School of Medicine about the top tips for reducing stress during cancer and steps to healthy living overall.

### Mind Body Fest: Mindfulness, Meditation and Yoga from a Physical Therapist's Perspective

**Wednesday, August 23 | 3:00 – 4:30 p.m.**

**Registration Required**

Our bodies and our mind are deeply intertwined. In this presentation, participants will learn about the relationship between stress-reducing activities such as mindfulness, meditation and yoga, and the benefits these can have to our physical body and mental well-being.

### Mind Body Fest: Using Humor as a Coping Tool

**Thursday, August 24 | 6:00 – 7:30 p.m.**

**Registration Required**

It won't replace medical care, but laughter is a strong medicine. Hear how the founder of Humor Beats Cancer, Olivia Clarke, and other cancer survivors have used the power of humor as a coping and community-building tool – both personally and professionally – and learn ways to build comedy into your own life!



## Kids Kamp

**Monday, July 10 - Friday, July 14**

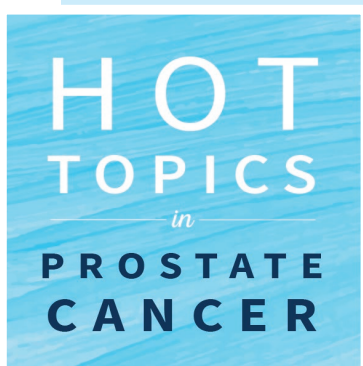
**9:00 a.m. – 12:00 p.m.**

**Staff Registration Required**

Kids Kamp is an opportunity to participate in fun activities, meet other children who have experienced cancer in the family, build confidence, and simply HAVE FUN!

*Contact Ellen Nieman at enieman@wellnesshouse.org  
or 630.654.5198 to register.*

# Special Events



## Updates in Prostate Cancer Treatment and Research

**Saturday, September 16, 9:00 – 11:00 a.m.**

*Registration Required*

Join top oncologists, surgeons, and healthcare professionals in the Chicagoland area to learn about the latest updates in the research, treatment and side effect management for prostate cancer.

- Dr. Chirag Modi, *Radiation Oncologist, UChicago Medicine AdventHealth Medical Group*
- Dr. Alan Tan, *Hematologist/Oncologist, Rush University Medical Center*
- Dr. Hiten Patel, *Urologist, Northwestern Medicine*

## Movement and Exercise for Prostate Cancer

**Saturday, September 16, 11:00 a.m. – 12:00 p.m.**

Learn about the best exercises and movements to practice to reduce side effects and improve quality of life during Prostate Cancer.

## 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.

<b>Mondays</b>	12:00 – 1:00 p.m.	
<b>Tuesdays</b>	3:30 – 4:30 p.m.	
<b>Wednesdays</b>	9:30 – 10:30 a.m.	
<b>Thursdays</b>	5:30 – 6:30 p.m.	
<b>Fridays</b>	12:00 – 1:00 p.m.	
<b>Saturdays</b>	9:30 – 10:30 a.m.	July 8, 15, 22, August 5, 12, 26 September 9, 16

## 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](mailto: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](mailto:bbrady@wellnesshouse.org).



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

Program		July	Aug	Sept	Time
<b>Prostate Cancer Foundation of Chicago Meetings</b>			2	6	5:00 – 6:00 p.m.
<b>Relationships and Body Image after Breast Cancer</b>		11			6:00 – 7:30 p.m.
<b>Post- Mastectomy Recovery</b>		13			6:00 – 7:30 p.m.
<b>Nurses Know: Chemotherapy</b> <i>In partnership with UI Health Mile Square</i>		19			5:00 – 6:30 p.m.
<b>How to Talk to Kids about Cancer</b>		26			4:00 – 5:30 p.m.
<b>Faith and Spirituality during Cancer</b>			10		5:00 – 7:00 p.m.
<b>Reiki Share</b>	 		17	20	6:30 – 7:30 p.m. 6:30 – 7:30 p.m.

## UNIQUE BOUTIQUE

### Brows, Scarves and More!

**Wednesday, July 12**

**Thursday, August 3**

**Wednesday, September 6**

**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, July 19, August 23**

**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](mailto: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!

**Miércoles, September 27**

**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](mailto: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](mailto:uniqueboutique@wellnesshouse.org).*



## Information & Education

Program		July	Aug	Sept	Time
Wellness House Death Café			29		7:00 – 8:30 p.m.
Wellness House Life Café			30		10:00 – 11:30 a.m.
Benefits of Exercise for Mental Health				5	6:00 – 7:30 p.m.
How to Reduce Toxins in the Home				12	6:00 – 7:30 p.m.
Balancing Work and Cancer				14	6:00 – 7:30 p.m.
Healthy Eating For Prostate Cancer				22	10:00 – 11:30 a.m.
Reiki for You Level 1 Workshop				22	9:00 a.m. – 5:00 p.m.
Estate Planning				26	3:00 – 4:30 p.m.
Benefits of Nature for Our Health		20			6:00 – 7:30 p.m.

### SURVIVORSHIP SERIES

#### Cancer Thriving and Surviving

*In partnership with UI Health Mile Square*

**Thursdays, August 24 - September 28**

**10:00 a.m. – 12:30 p.m.**

*Staff Registration Required*

*To register, contact Marci Goldberg at 630-654-5102 or [mgoldberg@wellnesshouse.org](mailto: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.

#### REROUTING: Choosing Your Course After Cancer

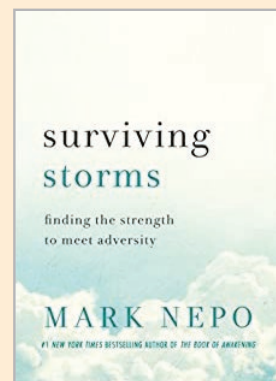
**Mondays, July 17 - August 14**

**3:00 – 4:30 p.m.**

*Registration Required*

Finishing cancer treatment often elicits a full range of emotions, as well as a new range of physical concerns and questions for both patients and caregivers. Join us for this interactive five-week series that will provide the information you need to create your course after cancer treatment. You will receive the most benefit from attending each week in this series, though it is not required.

### WELLNESS HOUSE BOOK CLUB



#### Surviving Storms: Finding the Strength to Meet Adversity

**Fridays, August 4 - 25**

**10:30 – 11:30 a.m.**

*Registration Required*




## Information & Education

## Top Doc Lecture Series



### Advances in Plastic and Reconstructive Surgery Options for Breast Cancer

 Tuesday, July 18

**7:00 – 8:30 p.m.**


*Registration Required*

*Mark Tan, MD, Plastic Surgeon, UChicago Medicine*

Plastic and reconstructive surgery options for breast cancer will be discussed.



### Palliative Care for Symptom Management

 Tuesday, July 25

**6:00 – 7:30 p.m.**


*Registration Required*

*Elisha D. Waldman, MD, Ann and Robert H. Lurie Children's Hospital of Chicago*

Palliative care does not cure or treat cancer. Instead, palliative care relieves physical, emotional, and psychosocial symptoms. Join us to learn how palliative care can help by reducing and relieving physical, mental, and emotional symptoms.



### Understanding Supplements during Cancer

 Tuesday, August 15

**6:00 – 7:30 p.m.**

*Registration Required*

*Surhee Williams, ND, MSA, LAc, FABNO, City of Hope*

If you are undergoing cancer treatment, you may be wondering if or what supplements are right for you. Although there are benefits to taking supplements, there may also be risks. Join us to learn more about supplements and what cancer patients should know.



### Updates in the Treatment of Head and Neck Cancer

 Thursday, September 28

**6:00 – 7:30 p.m.**

*Registration Required*

*Michael Jelinek, MD, Hematologist and Oncologist, Rush University Medical Center*

Learn about the latest treatments for head and neck cancers.

# Nutrition

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

Contact Angela Dennison at 630.654.5196 or [adennison@wellnesshouse.org](mailto:adennison@wellnesshouse.org) with questions or to schedule an individual nutrition consultation.



**Nutrition Programs:** [Register here>](#)

## COOKING DEMONSTRATION/DISCUSSION

*Recipes may contain common food allergens.*

Program		July	Aug	Sept	Time
<b>Cooking for Cancer: Transitioning to a Cancer Fighting Diet</b>	<a href="#">i</a>	8	12	9	10:30 a.m. – 12:00 p.m.
<b>Snack &amp; Learn</b>	<a href="#">i</a>	19	2	6	12:30 – 1:00 p.m.
<b>Cook Well, Eat Well Series</b>		13, 20, 27	3		6:00 – 7:30 p.m.
<b>Cooking &amp; Eating During Treatment</b>	 <a href="#">i</a>	13	14		12:30 – 1:30 p.m. 12:30 – 1:30 p.m.
<b>Cooking for Cancer:</b> Transitioning to a Cancer Fighting Diet <i>At UI Health Mile Square, 1220 S. Wood St., Chicago, IL 60608</i>	<a href="#">i</a>	12	9	13	5:30 – 7:00 p.m.
Meatless Mondays		17	21	18	6:00 – 7:30 p.m.
<b>Antioxidant Favorites</b>		22			9:30 – 10:30 p.m.
<b>Cancer Nutrition Connections</b> Herbs & Spices Whole Grains	<a href="#">i</a> <a href="#">i</a>		21	18	6:00 – 7:00 p.m. 6:00 – 7:30 p.m.
<b>Healthy and Easy Ingredient Swaps</b>	<a href="#">i</a>			23	9:30 – 10:30 a.m.

## SPECIAL PROGRAMS

### Prepping & Freezing Series

**September 7 - 21 | 6:00 – 7:30 p.m.**

*Registration Required*

Sometimes we do not feel like cooking, but we want a nutritious meal at the ready. Adrienne will demonstrate how to prep and freeze 2 recipes for later use. You will be prepared to eat healthy each night, even when you're not up for cooking.

### Puerto Rican Cooking with Madeline

**July 31 | 6:00 – 7:30 p.m.**

*Registration Required*

Join Madeline to learn more about authentic Puerto Rican cuisine and how these ingredients fit into a Cancer Fighting Diet.



# Nutrition

NEW



## HANDS-ON COOKING CLASSES

*Recipes may contain common food allergens.*

Program		July	Aug	Sept	Time
<b>Wellness in Action: Hands-On Cooking Series</b>	<a href="#">i</a>		10, 17, 24	7	5:30 – 7:00 p.m.
<i>Staff Registration Required</i>					
<b>Back to School Family Cooking Club</b>	<a href="#">i</a>			20	5:30 – 7:00 p.m.
<i>Staff Registration Required</i>					

## NUTRITION PRESENTATION/DISCUSSION

Program		July	Aug	Sept	Time
<b>Managing Cancer Side Effects</b>					
GI Issues	<a href="#">i</a>	14			3:00 – 4:00 p.m.
	<a href="#">i</a>		3		6:00 – 7:00 p.m.
	<a href="#">i</a>			7	12:30 – 1:30 p.m.
Low Blood Cell Counts	<a href="#">i</a>	17	7	18	12:30 – 1:30 p.m.
Fatigue	<a href="#">i</a>	19	18	11	12:30 – 1:30 p.m.
<b>Walk &amp; Brunch</b>	<a href="#">i</a>	19	18	15	10:45 – 11:30 a.m.
<b>Cancer Nutrition Q &amp; A</b>					
Are Carbohydrates Bad?	<a href="#">i</a>	28			12:30 – 1:30 p.m.
Do I Need to Eat Only Organic Foods?	<a href="#">i</a>		14		5:30 – 6:30 p.m.
<b>Cancer Nutrition Connections</b>					
Herbs & Spices	<a href="#">i</a>		7	11	6:00 – 7:00 p.m.
Whole Grains	<a href="#">i</a>			18	6:00 – 7:00 p.m.
<b>Cancer Nutrition 101</b>					
Fueling for Energy	<a href="#">i</a>		26		9:30 – 10:30 a.m.
Healthy Tips to Eating Out	<a href="#">i</a>			20	6:00 – 7:00 p.m.

# Exercise



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

No experience required and all abilities welcome. Contact Angie Ruggiero at 630.654.5114 or [aruggiero@wellnesshouse.org](mailto: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>	August 16, 23, 30 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	11:30 a.m. - 12:15 p.m.

Stretching through Cancer	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>	6:30 - 7:30 p.m. July 12 - August 16
Pink Ribbon Community Yoga	September 13, 20, 27 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](mailto: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](mailto: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	📍 July 19-Aug 30 11:00 a.m. - 12:00 p.m.

#### Core, Balance, and Flexibility Series

📍 Mondays, July 17, 24, 31 | 6:00 - 7:00 p.m.

Staff Registration

Contact [aruggiero@wellnesshouse.org](mailto:aruggiero@wellnesshouse.org) to register.

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	📍 11:30 a.m. - 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.

#### Community Walk and Brunch

📍 July 19, August 18, September 15 | 10:00 - 10:45 a.m.

Staff Registration

Contact Angie Ruggiero at [aruggiero@wellnesshouse.org](mailto:aruggiero@wellnesshouse.org) with questions or to register.

Start your morning off right by joining us for a community walk with exercise staff followed by brunch with our nutrition team!

# 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](mailto:aruggiero@wellnesshouse.org) with any questions or to register.

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

### MIND/BODY




Program		Day/Month	Time
<b>Mindfulness for Everyday Living</b>		Tuesdays	10:30 – 11:30 a.m.
<b>Guided Meditation</b>		Thursdays	10:30 – 11:30 a.m.
<b>TYM for Me</b>		Thursdays	4:00 – 4:45 p.m.
<b>Meditation for Improved Sleep</b>		Thursdays	5:45 – 6:30 p.m.
<i>At UI Health Mile Square, 1220 S Wood St, Chicago, IL 60608</i>			
<b>Meditation for Improved Sleep</b>		Fridays	4:00 – 5:00 p.m.

Program		July	Aug	Sept	Time
<b>Wellness Through Deep Hypnosis</b>			5		10:00 a.m. – 12:00 p.m.
<i>At Countryside Church, 1025 N. Smith St, Palatine, IL 60067</i>					
		15		16	10:00 – 11:30 a.m.
<b>Reiki Clinic</b>			5		10:00 a.m. – 1:00 p.m.
<i>At Countryside Church, 1025 N. Smith St, Palatine, IL 60067</i>					
		15		16	11:35 a.m. – 12:15 p.m.
<b>Stress Free Saturday</b>		8	12	9	9:30 – 10:30 a.m.
<b>Mindfulness Meditation Circle</b>		17	21	18	11:30 a.m. – 12:30 p.m.
<b>Self-Compassion Practice</b>		19	16	20	6:30 – 7:30 p.m.
<b>Stress-Less Breathing Techniques</b>		20		21	5:30 – 6:30 p.m.
<b>Journeying Inward: Deep Relaxation for Stress Relief and Well-Being</b>			5		11:00 a.m. – 12:15 p.m.
<b>Forest Therapy Walk</b>			9		10:00 a.m. – 12:00 p.m.
<i>Staff Registration Required</i>					
<b>Sound Meditation</b>				12	6:00 – 7:00 p.m.
<i>Staff Registration Required</i>					



# Stress Management

## EXPRESSIVE ARTS

Program	Day/Month	Time
<b>Flute Circle</b>	 Tuesdays No class August 1, September 5	10:00 – 11:00 a.m.
<b>Flute Circle on the Lawn</b>	 August 1, September 5	10:00 – 11:00 a.m.
<b>Simple Art for Stress Management</b> <i>At UI Health Mile Square, 1220 S. Wood St, Chicago, IL 60608</i>	 Tuesdays	4:30 – 5:15 p.m.

Program		July	Aug	Sept	Time
<b>Mixed Media</b>		20	17	21	1:00 – 3:00 p.m.
<b>Tissue Paper Flower Bouquet</b>		27			12:30 – 1:30 p.m.
<b>Copper and Silver Tooling</b> <i>Staff Registration Required</i>			3, 10, 17, 24		5:30 – 7:30 p.m.
<b>Origami Mobiles</b>			8, 15, 22, 29		12:00 – 1:00 p.m.
<b>Blending Colors</b>			30		5:30 – 7:30 p.m.
<b>Slow Stitching</b>				5, 12, 19, 26	12:00 – 1:00 p.m.
<b>Water Color Landscapes</b>				5, 12, 19, 26	5:30 – 7:30 p.m.
<b>Summer Ceramics</b>				8, 22	1:00 – 3:00 p.m.

## WELLNESS TUNE-UPS

Email [UniqueBoutique@wellnesshouse.org](mailto:UniqueBoutique@wellnesshouse.org) or leave a message at 630.654.5110 to request a 45-minute session with a trained practitioner.

### Healing Touch

**Staff Registration Required**

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

### Reiki

**Staff Registration Required**

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

### Massage Therapy

**Staff Registration Required**

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

### Therapeutic Touch

**Staff Registration Required**

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

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

## SPECIAL PROGRAMS

### Garden Walk


 **July 25, August 29, September 26**

**1:00 – 3:00 p.m.**

**Staff Registration Required**

Weather Permitting. Join Susan Beard to view gardens in their Spring Blooms. Participants will meet at Wellness House Hinsdale, then use own transportation to go to local garden destinations.

### Container Gardening

 **August 31 | 4:00 – 5:30 p.m.**

**Staff Registration Required**

Learn the basics of container gardening and create your own. This class is led by the Conservation Foundation, a nonprofit organization which improves the health of communities by preserving and restoring natural areas and open space, protecting rivers and watersheds, and promoting stewardship of our environment.

**To register for Garden Walks or Container Gardening, contact Angie Ruggiero at [aruggiero@wellnesshouse.org](mailto:aruggiero@wellnesshouse.org) or 630.654.5114.**

# 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](mailto:awenclawski@wellnesshouse.org) with any questions or to schedule an individual consultation.

\* Staff Registration Required

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

Program	Day/Month	Time
<b>Kids Kamp*</b>	Monday - Friday, July 10-14	9:00 a.m. – 12:00 p.m.
<b>Turtles*</b>	Mondays, weekly beginning July 17	4:30 – 5:30 p.m.
<b>Turtles Bereavement Group for Parents*</b>	Mondays, July 17, August 7, 21, September 18	4:30 – 5:30 p.m.
<b>Networking Group for Bereaved Dads of Young Children and Teens*</b>	Tuesdays, July 11, August 8, September 12	7:00 – 8:30 p.m.
<b>Brave Kids*</b>	Thursdays, weekly beginning July 20	5:45 – 6:45 p.m.
<b>Parenting Brave Kids*</b>	Contact <a href="mailto:awenclawski@wellnesshouse.org">awenclawski@wellnesshouse.org</a> for dates and information.	5:45 – 6:45 p.m.
<b>Kids Group*</b>	Thursdays, weekly beginning July 20	4:30 – 5:30 p.m.
<b>Stress Free Saturday for Kids</b>	Saturday, July 8, August 12, September 9	11:00 a.m. – 12:00 p.m.
<b>Kids Yoga*</b>	Fridays, July 21, 28, August 4	11:30 a.m. – 12:30 p.m.
<b>Kids Fitness*</b>	Wednesdays, August 9, 16, 23, 30	4:00 – 5:00 p.m.
<b>Kids Art*</b>	Tuesdays, September 12, 19, 26	5:30 – 6:30 p.m.
<b>Programa práctico de cocina familiar*</b>	Thursday, September 21	6:00 – 7:30 p.m.
<b>Back to School Family Cooking Club*</b>	Wednesday, September 20	5:30 – 7:00 p.m.

### SPECIAL PROGRAMS

#### Back-to-School Ice Cream Social

**Monday, August 14 | 6:00 – 7:30 p.m.** Staff Registration Required  
To register, contact Ellen Nieman at [enieman@wellnesshouse.org](mailto:enieman@wellnesshouse.org) or 630.654.5198.  
Join us to enjoy a cool treat and fun activities to celebrate summer before heading back to school!

#### Twist Heart Workshop with Twist Out Cancer

**Saturday, September 30 | 10:30 a.m. – 12:30 p.m.** Staff Registration Required  
To register, contact Alex Bohnstedt at [abohnstedt@wellnesshouse.org](mailto:abohnstedt@wellnesshouse.org) or 630.654.7492.  
This family-friendly art-making workshop hosted by Twist Out Cancer will provide an opportunity for kids and families to explore their inner creativity, share, connect and heal. All families are welcome to join.

#### 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](mailto:awenclawski@wellnesshouse.org).

# Support Groups & Counseling

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

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



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

## SUPPORT GROUPS

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

### Individual Consultations

For more information or to schedule an appointment, please contact Nevada Bennett, LCPC, at 630.654.5346 or [nbennett@wellnesshouse.org](mailto:nbennett@wellnesshouse.org).

### SPECIAL PROGRAM

#### Meaning Centered Psychotherapy Group

**Thursdays, August 10 - September 28 | 1:00 – 2:30 p.m.**

*Staff Registration Required*

*To register, contact Michael Williams at*

*[mwilliams@wellnesshouse.org](mailto: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
<b>Bereavement Support Group</b>	Mondays Tuesdays	5:00 – 6:15 p.m. 5:00 – 6:30 p.m.
<b>Transitions Alumni Connections</b>	July 25, August 22, September 26	5:00 – 6:30 p.m.
<b>Networking Group for Bereaved Dads of Young Children and Teens</b>	July 11, August 8, September 12	7:00 – 8:30 p.m.
<b>Transitions for Spouses</b>	Wednesdays, <i>Meets twice every month. Dates provided at registration.</i>	
<b>Bereavement Connections Group for Those Who Have Lost a Parent</b>	Thursdays, August 3, September 7	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		July	August	Sept	Time
<b>Women of Color Connections</b> <i>At UI Health Mile Square, 1220 S. Wood St, Chicago, IL 60608</i>		18	1, 15	5, 19	11:00 a.m. – 12:30 p.m.
<b>LGBTQ+ Cancer Connections Group</b>			1	5	3:00 – 4:30 p.m.
<b>Death Café Alumni Connections Group</b>			1	5	7:00 – 8:30 p.m.
<b>Young Adults with Cancer Connections</b>			3	7	7:00 – 8:30 p.m.
<b>Meaning-Centered Psychotherapy Alumni Connections Group</b>		11	8	12	3:00 – 4:30 p.m.
<b>Spiritual Side of Cancer</b>		<i>Contact Earl King at <a href="mailto:ekingii@wellnesshouse.org">ekingii@wellnesshouse.org</a> or 630.654.7203 for dates and information.</i>			
<b>Survivorship Connections Group</b>		17	21	18	6:30 – 8:00 p.m.
<b>Strengthening Family Ties Connections Group</b>		18	15	19	3:00 – 4:30 p.m.
<b>Soul Chat: Cancer + Spirituality Discussion for Black, Indigenous and People of Color</b> <i>In partnership with UIH Mile Square</i>		24	28	25	6:30 – 8:00 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		July	Aug	Sept	Time
Bladder Cancer Connections		25	22	26	3:00 – 4:30 p.m.
Brain Tumor Connections		27	24	28	5:00 – 6:30 p.m.
Breast Cancer Connections	 	20 10, 24	3, 17 14, 28	7, 21 11, 25	2:00 – 3:30 p.m. 6:30 – 8:00 p.m.
Colon/Rectal Cancers Connections		10	14	11	7:00 – 8:30 p.m.
Gynecologic Cancers Connections		13	10	14	6:30 – 8:00 p.m.
Head, Neck & Thyroid Cancer Connections		18	15	19	7:00 – 8:30 p.m.
Lung Cancer Connections	 	 17	7 21	 18	3:00 – 4:30 p.m. 3:00 – 4:30 p.m.
Lymphoma & Leukemia Connections		13	10	14	7:00 – 8:30 p.m.
Melanoma Connections		25	22	26	7:00 – 8:30 p.m.
Metastatic Breast Cancer Connections			7		6:30 – 8:00 p.m.
Multiple Myeloma Connections		20	17	21	6:30 – 8:00 p.m.
Neuroendocrine Tumors (NET) Connections		8	12	9	10:30 a.m. – 12:30 p.m.
Pancreatic Cancer Connections		13, 27	10, 24	14, 28	4:00 – 5:30 p.m.
Prostate Cancer Connections	 	12, 26 19	9, 23 2, 16	13, 27 6, 20	9:30 – 11:00 a.m. 9:30 – 11:00 a.m.
Sarcoma Cancers Connections		15	19	16	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](mailto:información@wellnesshouse.org) o llame al 630.654.5529.

## Programas en español: [Registrarse aquí>](#)

Program	Day	Time
<b>Grupo de Apoyo para Personas Viviendo con Cáncer</b>	 cada jueves 13 de julio-31 de agosto <i>Se requiere registro con personal Para registrarse, comuníquese con Ima Garcia-Perez 630-654-7217 o por correo electrónico a <a href="mailto:igarciaperez@wellnesshouse.org">igarciaperez@wellnesshouse.org</a>.</i>	5:30 – 6:45 p.m.
<b>Yoga en español</b> <i>In Partnership with ALAS Wings Chicago</i>	 Cada sábado	11:00 a.m. – 12:00 p.m.
<b>Cocinar para el cáncer</b>	 sábado, julio 8, agosto 5, septiembre 9	9:30 – 10:30 a.m.
<b>Programa práctico de cocina familiar</b>	 jueves, septiembre 21	6:00 – 7:30 p.m.
<b>¡Hola Hermosa!</b>	 miércoles, septiembre 27 <i>Para registrarse y obtener más información, comuníquese con Blanca Díaz-Martínez al 630.560.0336 o <a href="mailto:bdiazmartinez@wellnesshouse.org">bdiazmartinez@wellnesshouse.org</a>.</i>	5:30 – 6:30 p.m.
<b>Grupo de Apoyo para Mujeres Viviendo con Cáncer</b>	 cada martes	4:00 – 5:00 p.m.

### Consulta de Pelucas

*Solo con cita*

para programar una cita de peluca de Wellness House llame a Blanca Díaz-Martínez 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 Díaz-Martínez 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](http://wellnesshouse.org/espanol)

### Grupo de Conexiones de Cáncer Recurrente o Metastásico

Contacte a Ima Garcia Perez a traves de correo electronico [igarciaperez@wellnesshouse.org](mailto:igarciaperez@wellnesshouse.org) o llame 630.654.7217 para fechas y informacion.

Este grupo mensual se enfoca en temas relacionados con el cáncer recurrente y metastásico y invita a las personas diagnosticadas, igual que a los miembros de la familia que apoyan a un ser querido con cáncer 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.

*Partnership programs are listed throughout the guide and are held at many of the sites listed below.  
Please note that participants need not be patients of these hospitals in order to attend the groups and classes.*

## **ARLINGTON HEIGHTS**

### **Wheeling Township Office**

1616 N Arlington Heights Rd  
Arlington Heights, IL 60004

## **BERWYN**

### **MacNeal Hospital**

3249 S Oak Park Ave  
Berwyn, IL 60402

### **Pav YMCA**

2947 Oak Park Ave  
Berwyn, IL 60402

## **CHICAGO**

### **ALAS-Wings**

3023 N Clark St  
Chicago, IL 60657

### **Center on Halsted**

3656 N Halsted  
Chicago, IL 60613

### **Insight Chicago**

2525 S Michigan Ave  
Chicago, IL 60616

### **Mile Square Health Center**

1220 S Wood St  
Chicago, IL 60608

### **St. Sylvester Church**

2157 N Humboldt Blvd  
Chicago, IL 60647

### **UI Health Cancer Clinic**

1801 W Taylor St  
Chicago, IL 60612

## **DOWNERS GROVE**

### **Advocate Good Samaritan | Bhorrade 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](mailto:enieman@wellnesshouse.org)  
or 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](mailto: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  
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Community Memorial Foundation  
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