Free Cancer Support

**In-Person Programs**
*At UI Health-Mile Square Health Center*

**Information and Education**

**Hello Beautiful**
*Wednesdays, October 18, December 6*
*5:30 – 6:30 p.m.*
*Mile Square Health Center, Conference Room*

To register and for more information, contact Blanca Diaz-Martinez at 630.560.0036 or bdiazmartinez@wellnesshouse.org

**Cooking for Cancer: Transitioning to a Cancer Fighting Diet**
*Wednesday, November 8*
*5:30 – 7:00 p.m.*

Changing dietary habits during or after treatment can be overwhelming. Join this program to gather recipes and tips on how to start to transition your plate.

**Cancer Nutrition Basics: Whole Grains**
*Wednesday, October 11*
*5:30 – 7:00 p.m.*

Nutrition recommendations for cancer can be confusing. Join us to learn about whole grains and their health benefits for cancer.

**Cancer Nutrition Basics: Protein**
*Wednesday, December 13*
*5:30 – 7:00 p.m.*

Join us to learn about different protein sources and their recommendations for cancer.

**Exercise/Mind Body Movement**

**Tai Chi**
*Tuesdays, December 5, 12, 19*
*5:15 – 6:00 p.m.*
*Mile Square Health Center, Conference Room*

**Yoga for Cancer**
*Wednesdays, 9:30 – 10:30 a.m.*
*Mile Square Health Center, 3rd floor, Room 3000*

**Restore Your Core After Cancer**
*Thursdays, 4:15 – 5:00 p.m.*
*Mile Square Health Center, Conference Room*

**Stretching through Cancer**
*Thursdays, 5:00 – 5:45 p.m.*
*Mile Square Health Center, 1st floor, Conference Room*

**Stress Management**

**Simple Art for Stress Management**
*Tuesdays, December 5, 12, 19*
*4:30 – 5:15 p.m.*
*Mile Square Health Center, 1st floor, Conference Room*

**Meditation for Improved Sleep**
*Thursdays, 5:45 – 6:30 p.m.*
*Mile Square Health Center, 1st floor, Conference Room*

**Color by Number for Stress Management**
*Fridays, October 3, 10, 17, 24*
*4:30 – 5:15 p.m.*
*Mile Square Health Center, 1st floor, Conference Room*

**Express Yourself**
*Fridays, October 3, 10, 17, 24*
*5:15 – 6:00 p.m.*
*Mile Square Health Center, 1st floor, Conference Room*

**Support and Counseling**

**Women of Color Support**
*3rd Tuesdays, October 17, November 21, December 19*
*11:00 a.m. – 12:30 p.m.*
*Mile Square Health Center, 3rd floor, Room 3000*

Connect with others with a cancer diagnosis, who self-identify as women of color.

**Online Programs**
*In Partnership with UI Health*

**Soul Chat: Cancer + Spirituality Discussion Group for Black, Indigenous and People of Color**
*4th Mondays, October 23, November 27*
*6:30 – 8:00 p.m.*

Registration Required
To register, contact Earl King at 630.654.7203 or ekingii@wellnesshouse.org.

This monthly group creates a welcoming space to discuss the challenges and joys found in the spiritual side of the cancer journey.

**Hot Topics in Blood Cancer**
*Online*
*Saturday, November 18*
*9:00 a.m. – 12:00 p.m.*

For questions contact whchicago@wellnesshouse.org or call 630.654.5356