

# Program Guide

Free  
Cancer  
Support

¡Programas en español!

Now In-Person and Online

**SPECIAL EVENTS:**

Spooky Spectacular

Wellness House Winter Social

Polar Express Party

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## 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. – 7:00 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

September 1 - close at 3:00 p.m.  
September 2 - closed  
September 4 - closed  
November 22 - close at 3:00 p.m.  
November 23 - 25 closed  
December 22 - 25 closed  
December 26 - December 30 open  
9:00 a.m. – 5:00 p.m., no programs  
January 1 - closed

## Choose How You Participate

**Wellness House** offers a variety of classes, groups, and individual appointments in-person and online. 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



### Breast Cancer Awareness and Resource Day

① **Friday, October 13**  
**2:00 – 4:00 p.m.**

*Registration Required*  
Wellness House has partnered with Oakbrook

Center to put on an afternoon of relaxing music, yoga, information, and free giveaways. Find resources and information for those going through all stages of Breast Cancer whether you are a survivor, patient, or caregiver. Yoga sessions will take place at 2:15 and 3:15 p.m. Giveaways are first come first serve and provided by the United Breast Cancer Foundation.



### Spooky Spectacular

① **Saturday, October 14 | 3:00 – 4:30 p.m.**

*Staff Registration Required*

Contact Saige Spears at 630.654.5115 or [sspears@wellnesshouse.org](mailto:sspears@wellnesshouse.org) to register

This fun family event will be an opportunity for everyone to come dressed in their Halloween best! We will have games, snacks and halloween fun for all! Families with kids of all ages are welcome.



### Wellness Evolving: Healing the Spirit Within One Note at a Time

① **Saturday, November 4 | 11:00 a.m. – 12:30 p.m.** *Registration Required*

This mixed media program integrates music, poetry, and art. **Katherine Eldridge** started on the journey of healing after losing her first husband to cancer. She discovered that going out of her comfort zone with different creative processes healed her soul. Creating art and reading poetry revealed her passion and purpose - to play the flute and inspire others while she performs. So many are suffering in these turbulent times which is why she is sharing her experience on how she found peace. With this program, we will explore the themes of love lost and found, hope, joy, and gratitude through music (playing the flute), words (reciting poetry), and art (displaying her art journal). Her hope is that we all find new ways to heal the spirit within ourselves.



### Wellness House Winter Social

① **Friday, December 1**  
**4:30 – 6:30 p.m.**

*Registration Required*

You and your family are invited to join us for a very special evening of music, food and fun as we celebrate the season at Wellness House.



### Polar Express

① **Thursday, December 7**  
**6:00 – 7:30 p.m.**

*Staff Registration Required*

Contact Saige Spears at 630.654.5115 or [sspears@wellnesshouse.org](mailto:sspears@wellnesshouse.org) to register

Wellness House families are invited to come experience our **Polar Express Winter Wonderland** featuring fun activities and games, plus special surprises from Santa! Families with kids of all ages are welcome.

## Special Events



### Updates in the Treatment and Research for Blood Cancers

 **Saturday, November 18**

**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 and treatment of blood cancers.

**Featuring:**

Dr. John Quigley, *Oncologist, Hematologist/Oncologist, University of Illinois Cancer Center*

Dr. Anand A. Patel, MD, *Hematologist/Oncologist, UChicago Medicine*

### Coping with a Transplant

 **Saturday, November 18**

**11:00 a.m. – 12:00 p.m.**

*Registration Required*

**Featuring:**

Denisse Martinez, LSW, *The University of Chicago AYA Program Administrator, The University of Chicago Medical Center*

## New to Wellness House?

Three easy ways to connect!

#1

Call us at  
**630.323.5150**

#2

Attend a Welcome to  
Wellness House Orientation

#3

Register for a program  
at **wellnesshouse.org**

### Welcome to Wellness House Orientation

*Registration Required*

Join us for an opportunity to learn more about how you can benefit and get started. We'll share an overview of programs, a virtual tour and a chance to meet staff.

**Mondays**  12:00 – 1:00 p.m.

**Tuesdays**  1:00 – 2:00 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.

October 7, 14, 21, November 4, 11, December 2, 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 Kara Niekamp at 630.654.5197 or [kniekamp@wellnesshouse.org](mailto:kniekamp@wellnesshouse.org).



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

Program		Oct	Nov	Dec	Time
Prostate Cancer Foundation of Chicago Meetings		4	1	6	5:00 – 6:00 p.m.
Genetic Testing and its Implications in Cancer Care			14		6:00 – 7:30 p.m.
Building a Family Tree		19			6:00 – 7:30 p.m.
Reiki Share	 	18	9	5	6:30 – 7:30 p.m. 6:30 – 7:30 p.m.
Improving Strength, Flexibility and Balance for Fall Prevention		26	9		5:00 – 6:30 p.m.

## UNIQUE BOUTIQUE

### Glowing Through It

**Friday, October 13**

**10:00 a.m. – 12:00 p.m.**

**Wednesday, November 8**

**2:00 – 4:00 p.m.**

*Registration Required*

Eye brows, scarves, makeup and more to make you shine. This program is offered for participants in active treatment.

### Hello, Beautiful

**Wednesday, October 18,**

**December 6 | 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, 15 de noviembre**

**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 pérdida de cejas por un diagnóstico 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		Oct	Nov	Dec	Time
<b>Emotional Healing: Breath, Touch, Words</b>			2		6:00 – 7:00 p.m.
<b>Mobility during Cancer</b>			13		2:00 – 3:00 p.m.
<b>The Power of Breath</b>			16		2:00 – 3:00 p.m.
<b>Managing Stress through the Holidays</b>			16		5:00 – 6:00 p.m.
<b>Wellness House Death Café</b>		25			5:00 – 6:30 p.m.
<b>Wellness House Life Café</b>		26			11:00 a.m. – 12:30 p.m.
<b>Cancer Survivorship for Children, Adolescents, and Young Adults</b>			30		6:00 – 7:30 p.m.
<b>Pelvic Floor Health</b>				12	6:00 – 7:30 p.m.
<b>Nurses Know: Top Questions Breast Cancer Patients Ask</b>		12			11:00 a.m. – 12:30 p.m.
<b>Managing Prostate Cancer Side Effects</b>		10			11:00 a.m. – 12:30 p.m.
<i>At Rush - Chicago 1620 W Harrison St, Chicago, IL 60612</i>					

### SURVIVORSHIP SERIES

#### Cancer Thriving and Surviving

**Thursdays, November 2 - December 14**

**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 a 6-week interactive workshop for cancer survivors. The sessions are highly participative where mutual support and success builds confidence in your ability to manage your 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. The program is open to people with cancer, survivors, family, friends, and caregivers.

#### Moving Forward

**October 19 - December 14**

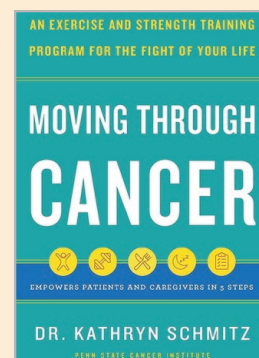
**Wednesdays at 4:00 – 5:00 p.m.**

**Thursdays at 4:00 – 6:00 p.m.**

*To register, contact Earl King at 630.654.7203 or [ekingii@wellnesshouse.org](mailto:ekingii@wellnesshouse.org)*

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.

### WELLNESS HOUSE BOOK CLUB



#### Wellness House Book Club:

##### Moving Through Cancer

**Tuesdays, October 10 - November 14**  
**2:00 – 3:00 p.m.**

*Registration Required*

Both informative and practical, Moving Through Cancer explains the science of healing and prevention and delivers a paradigm-shifting message about using exercise to live with and beyond cancer.




Steven Brandes, MD, FACS



Amit Patel, MD

### Managing Prostate Cancer Side Effects

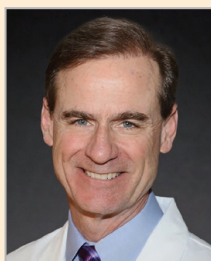
 Tuesday, October 3

6:00 – 7:30 p.m.

Registration Required

Steven Brandes, MD, FACS, Reconstructive Urologist,  
Duly Health and Care

Amit Patel, MD, Urologist, Duly Health and Care



### Advances in Surgical Treatment for Sarcoma

 Tuesday, October 17

6:00 – 7:30 p.m.

Registration Required

David J. Winchester, MD, FACS

Learn about the latest surgical updates in the treatment of Sarcoma.



### The Importance of Complementary Medicine

 Thursday, November 28

6:00 – 7:30 p.m.

Registration Required

Arti Lakhani, MD, Hematologist and Oncologist, Advent Health Cancer Institute

Learn about research behind different complementary therapies to support patients during cancer treatment.



### Hormone Therapy in the Treatment of Breast Cancer

 Thursday, December 7

6:30 – 8:00 p.m.

Registration Required

Daniel Bruetman, MD, Medical Oncologist, City of Hope

This presentation will discuss the different types of hormone therapy treatment options and how to manage side effects associated with the treatment.

# 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		Oct	Nov	Dec	Time
<b>Antioxidant Favorites</b>				16	9:30 – 10:30 a.m.
<b>Cooking &amp; Eating During Treatment</b>	  	19	13	7	12:30 – 2:00 p.m. 2:00 – 3:30 p.m. 5:30 – 6:30 p.m.
<b>Cooking for Cancer:</b> Convenient & Quick Meals Meatless Mondays Transitioning to a Cancer Fighting Diet Transitioning to a Cancer Fighting Diet <i>At UI Health Mile Square, 1220 S. Wood St., Chicago, IL 60608</i>	   	16 14	11 8	4 18 9	6:00 – 7:30 p.m. 6:00 – 7:00 p.m. 10:30 a.m. – 12:00 p.m. 5:30 – 7:00 p.m.
<b>Healthy and Easy Ingredient Swaps</b>		21			9:30 – 10:30 a.m.
<b>Indian Cooking with Sri</b>		11			5:30 – 7:00 p.m.
<b>Snack &amp; Learn</b>		4	1	6	12:30 – 1:00 p.m.
<b>Wellness in Season:</b> Fall Favorites Fall Favorites <i>At Lemons of Love 406 W. Central, Mt. Prospect, IL 60056</i> Tea Tasting	  	27 18, 25		11	12:30 – 2:00 p.m. 6:00 – 7:30 p.m. 12:30 – 1:30 p.m.

See page 16 for Child & Family Nutrition Programs. See page 11 for Community Walk & Brunch.

### SPECIAL PROGRAM

#### **Nutrition Holiday Series** *Registration Required*

Holiday recipes can provide joy and nourishment at the same time. Join us for healthy and easy recipes that will be a hit this holiday season.

Healthy Tips for the Holidays  
Holiday Appetizers  
Holiday Desserts  
Holiday Entrees

<b>Nov 4</b>	9:30 – 10:30 a.m.
<b>Nov 6</b>	6:00 – 7:00 p.m.
<b>Nov 13</b>	6:00 – 7:00 p.m.
<b>Nov 20</b>	6:00 – 7:00 p.m.





# Nutrition

## **Cancer Nutrition Connections** *Registration Required*

Join us for Cancer Nutrition Connections, a two-part offering connecting the top cancer nutrition topics through a lecture-style education session followed by a separate cooking demonstration. Participation in both sessions is not required. October's Cancer Nutrition Connections feature Bone Health and Soy.

### **Health Benefits of Soy for Breast Cancer**


presentation	Oct 5	6:00 – 7:00 p.m.
cooking demonstration	Oct 26	6:00 – 7:30 p.m.

### **Nutrition & Bone Health**















presentation	Oct 2	6:00 – 7:00 p.m.
cooking demonstration	Oct 9	6:00 – 7:30 p.m.

## **HANDS-ON COOKING CLASSES**

*Recipes may contain common food allergens.*

Program		Oct	Nov	Dec	Time
<b>Date Night Couple's Cooking Class</b> <i>Staff Registration Required</i>		12			6:00 – 7:30 p.m.
<b>Wellness in Action: Hands-On Cooking Series</b> <i>Staff Registration Required</i>			3, 10, 17	1	10:00 – 11:30 a.m.

## **NUTRITION PRESENTATION/DISCUSSION**

Program		Oct	Nov	Dec	Time
<b>Cancer Nutrition 101 Series</b>		20, 27	3, 10		10:00 – 11:00 a.m.
<b>Cancer Nutrition Basics</b>					
Benefits of a Plant-Based Diet for Cancer		18			6:00 – 7:00 p.m.
Protein <i>At UI Health Mile Square</i>				13	5:30 – 7:00 p.m.
Whole Grains <i>At UI Health Mile Square</i>		11			5:30 – 7:00 p.m.
<b>Cancer Nutrition Beyond the Basics</b>					
Electrolytes				14	5:30 – 6:30 p.m.
Importance of Omega 3's				11	6:00 – 7:00 p.m.
Nutrition & Muscle Mass			30		5:30 – 6:30 p.m.
<b>Managing Cancer Side Effects</b>					
Fatigue	  	23	20		5:30 – 6:30 p.m. 12:30 – 1:30 p.m.
GI Issues		5	2	21	6:00 – 7:00 p.m.
Low Blood Cell Counts		9	6	14	12:30 – 1:30 p.m.
<b>Mushroom Growing Kits</b>		7			10:00 – 11:00 a.m.
<b>Snack &amp; Learn</b> <i>At Loyola Medical Center 2160 S. 1st Ave. Maywood, IL 60153</i>		2	6	4	1:30 – 2:30 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.
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.
Chair Yoga <i>At Loyola Medical Center 2160 S. 1st Ave. Maywood, IL 60153</i>	 12:30 - 1:30 p.m.
Beginner Mat Yoga	 6:30 - 7:30 p.m.

### TUESDAY





Restore Your Core After Cancer	 9:45 - 10:30 a.m.
Beginner Mat Yoga Series	 11:30 a.m. - 12:30 p.m. <i>Nov. 7 - Dec. 19</i>
Chair Yoga	 11:45 a.m. - 12:30 p.m.
Stretching through Cancer	 4:30 - 5:15 p.m.
Tai Chi	 5:15 - 6:00 p.m. <i>Dec. 5, 12, 19</i> <i>At UIH Mile Square, 1220 S. Wood St, Chicago, IL 60608</i>
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.
QiGong Series	 10:30 - 11:30 a.m. <i>Oct. 11, 18, 25</i>

Beginner Mat Yoga	 11:00 a.m. - 12:00 p.m. <i>At Lemons of Love, 406 W. Central, Mt. Prospect, IL 60056</i>
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. <i>No class Nov. 22</i>

### THURSDAY

Beginner Chair Yoga	 12:30 - 1:15 p.m.
Restore Your Core After Cancer	 2:00 - 2:45 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</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.
Breast Cancer Exercise	📍 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.
Breast Cancer Exercise	📍 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. Oct. 4 - Nov. 15

#### Breast Cancer Community Yoga Series

📍 October 11, 18, 25 | 6:00 - 7:30 p.m.

Staff Registration Required

You are invited to join us in person for a special mat yoga session honoring and celebrating breast cancer survivors. Snacks will be provided to enjoy after your practice.

### 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.
Breast Cancer Exercise	📍 11:30 a.m. - 12:30 p.m.

#### Core, Balance, and Flexibility Series

📍 October 16, 23, 30 | 6:00 - 7:00 p.m.

Staff Registration Required

Contact Angie Ruggiero at [aruggiero@wellnesshouse.org](mailto:aruggiero@wellnesshouse.org) to register. Medical release and health history required.

Learn & practice exercises to support your core, balance, & flexibility.

#### Community Walk & Brunch

📍 October 11, November 15, December 8 | 10:00 - 11:30 a.m.

Staff Registration Required

Contact Angie Ruggiero at [aruggiero@wellnesshouse.org](mailto:aruggiero@wellnesshouse.org) 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> <i>At UI Health Mile Square, 1220 S Wood St, Chicago, IL 60608</i>		Thursdays	5:45 – 6:30 p.m.
<b>Meditation for Improved Sleep</b>		Fridays	4:00 – 5:00 p.m.






Program		Oct	Nov	Dec	Time
<b>Wellness Through Deep Hypnosis</b> <i>At Countryside Church, 1025 N. Smith St, Palatine, IL 60067</i> <i>Staff Registration Required</i>	 	7 21	4 18	2 16	10:00 a.m. – 12:00 p.m. 10:00 – 11:30 a.m.
<b>Reiki Clinic</b> <i>At Countryside Church, 1025 N. Smith St, Palatine, IL 60067</i> <i>Staff Registration Required</i>	 	7 21	4 18	2 16	10:00 a.m. – 1:00 p.m. 11:35 a.m. – 12:15 p.m.
<b>Journeying Inward: Deep Relaxation for Stress Relief and Well-Being</b>		7	4	2	11:00 a.m. – 12:15 p.m.
<b>Nature Arts Walk</b>		13			11:00 a.m. – 12:00 p.m.
<b>Stress Free Saturday</b>		14	11	9	9:30 – 10:30 a.m.
<b>Stress Free Saturday for Kids</b>		14	11	9	11:00 a.m. – 12:00 p.m.
<b>Mindfulness Meditation Circle</b>		16	20	18	11:30 a.m. – 12:30 p.m.
<b>Self-Compassion Practice</b>		18	15	20	6:30 – 7:30 p.m.
<b>Garden Walk</b> <i>Staff Registration Required</i>		24			1:00 – 3:00 p.m.
<b>Sound Meditation</b> <i>Staff Registration Required</i>			14		6:00 – 7:00 p.m.














# Stress Management

## EXPRESSIVE ARTS

Program		Day/Month	Time
<b>Flute Circle</b>		Tuesdays <i>No online class Oct 3, Nov 7, Dec 5</i>	10:00 – 11:00 a.m.
<b>Color by Number for Stress Management</b> <i>At UI Health Mile Square, 1220 S. Wood St, Chicago, IL 60608</i>		Tuesdays, October 3, 10, 17, 24	4:30 – 5:15 p.m.
<b>Express Yourself</b> <i>At UI Health Mile Square, 1220 S. Wood St, Chicago, IL 60608</i>		Tuesdays, October 3, 10, 17, 24	5:15 – 6:00 p.m.
<b>Flute Circle on the Lawn</b>		Tuesdays, Oct 3, Nov 7, Dec 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, Dec 5, 12, 19	4:30 – 5:15 p.m.

Program		Oct	Nov	Dec	Time
<b>Art Books</b>		3, 10, 17			11:30 a.m. – 12:30 p.m.
<b>Charcoal Drawing Basics</b>		4, 11, 16, 25			5:30 – 7:00 p.m.
<b>Cancer Creative Connections</b> <i>Staff Registration Required</i> <i>Rush Oak Park- Medical Office Building 610 S Maple Ave Suite 2000 Oak Park, IL</i>		16	20	18	4:30 – 5:15 p.m.
<b>Mixed Media</b>		19	16	21	1:00 – 7:00 p.m.
<b>Musical Art Expression</b>		30			5:30 – 7:00 p.m.
<b>Holiday Card Making</b>			7, 14, 21		11:30 a.m. – 12:30 p.m.
<b>Seasonal Wreaths</b>			10		1:00 – 3:00 p.m.
<b>Fall Ceramics</b> <i>Staff Registration Required</i>			17	1	1:00 – 3:00 p.m.
<b>Sand Painting</b>			29	6, 13	5:30 – 7:00 p.m.



# Stress Management

## 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

### Stress-Less Breathing Techniques

 **October 19, November 16, December 21**

**5:30 – 6:30 p.m.**

#### **Registration Required**

Experience meditation with music, tones, and other sonic vibrations to balance and heal the mind, body, and spirit.

### Acrylic Apron Painting

 **October 21**

**10:30 a.m. – 12:30 p.m.**

#### **Staff Registration Required**

*To register, contact Angie Ruggiero at [aruggiero@wellnesshouse.org](mailto:aruggiero@wellnesshouse.org) or 630-654-5114*

Learn how to blend, mix and apply acrylic paint to create a variety of values, intensities and saturations of color on canvas aprons.

# Child & Family



Our family programs give kids, teens, and parents a place to learn, express how they're feeling and heal.

Contact Saige Spears at 630.654.5115 or [sspears@wellnesshouse.org](mailto:sspears@wellnesshouse.org) with any questions or to schedule an individual consultation.

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

## SUPPORT GROUPS

Program		Day/Month	Time
<b>Turtles</b> *	📍	Mondays	5:30 – 6:30 p.m.
<b>Turtles Bereavement Group for Parents</b> *	📍	Mondays, Oct 2, 16, Nov 6, 20, Dec 4, 18	5:30 – 6:30 p.m.
<b>Networking Group for Bereaved Dads of Young Children and Teens</b> *	📍	Tuesdays, Oct 10, Nov 14, Dec 12	7:00 – 8:30 p.m.
<b>Toddler Talk: Parent and Tot Connections Group</b> *	📍	Thursdays, Oct 5, Nov 2, Dec 7	3:00 – 3:45 p.m.
<b>Brave Kids</b> *	📍	Thursdays	5:45 – 6:45 p.m.
<b>Parenting Brave Kids</b> *	📍	Thursdays, Oct 5, 19, Nov 2, 16, Dec 21	5:45 – 6:45 p.m.
<b>Kids Group</b> *	📍	Thursdays	4:30 – 5:30 p.m.

\* Staff Registration Required

### 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 Saige Spears at 630.654.5115 or [sspears@wellnesshouse.org](mailto:sspears@wellnesshouse.org)





# Child & Family

## WELLNESS

Program	Day/Month	Time
<b>Cooking Series for Teens *</b>	① Thursdays, Nov 9, 16	5:30 – 7:00 p.m.
<b>Date Night: Couple's Cooking Class *</b>	① Thursday, Oct 12	6:00 – 7:30 p.m.
<b>Kids Art *</b>	① Tuesdays, Dec 5, 12, 19	5:30 – 6:30 p.m.
<b>Kids Fitness</b>	① Wednesdays, Oct 4, 11, 18, 25	4:00 – 5:00 p.m.
<b>Kids Group Snack &amp; Learn</b>	① Thursdays, Oct 5, Nov 2, Dec 14	4:00 – 4:30 p.m.
<b>Kids Yoga *</b>	① Wednesdays, Nov 1, 8, 15	6:00 – 7:00 p.m.
<b>Stress Free Saturday for Kids</b>	① Saturdays, Oct 14, Nov 11, Dec 9	11:00 a.m. – 12:00 p.m.

## SPECIAL EVENTS

### Spooky Spectacular



① **Saturday, October 14**

**3:00 – 4:30 p.m.**

*Staff Registration Required*

Contact Saige Spears at 630.654.5115 or [sspears@wellnesshouse.org](mailto:sspears@wellnesshouse.org) to register

This fun family event will be an opportunity for everyone to come dressed in their Halloween best! We will have games, snacks and halloween fun for all! Families with kids of all ages are welcome.



### Polar Express

① **Thursday, December 7**  
**6:00 – 7:30 p.m.**

*Staff Registration Required*  
Contact Saige Spears at 630.654.5115 or [sspears@wellnesshouse.org](mailto:sspears@wellnesshouse.org) to register

Wellness House families are invited to come take a drive through our **Polar Express Winter Wonderland**, with station stops along the way featuring fun activities and games, plus special surprises from Santa! Families with kids of all ages are welcome.

### Let's Bowl

**Thursday, November 9**  
**5:00 – 6:30 p.m.**

*Staff Registration Required*

Contact Saige Spears at 630.654.5115 or [sspears@wellnesshouse.org](mailto:sspears@wellnesshouse.org) to register



# 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, Suite #2000, 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>Women's Support Group</b>	Tuesdays	2:00 – 3:30 p.m.
<b>Men's Support Group</b>	Tuesdays Thursdays	12:00 – 1:30 p.m. 12:00 – 1:30 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.

## SPECIAL PROGRAMS

### Caregiver Expressive Arts Series

**Thursdays, October 12 - November 16 | 3:00 – 4:30 p.m.**

*Staff Registration Required*

Contact Allison Wenclawski at 630.654.7215 or [awenclawski@wellnesshouse.org](mailto:awenclawski@wellnesshouse.org) to register

Share and learn with other caregivers about positive coping and self-care strategies in this six-week series that utilizes expressive arts. During each session, participants will engage in expressive arts as well as have time to discuss their experiences, stressors, and share positive coping and self-care strategies.

### Support in Overcoming Stress Series

**Mondays, October 2, 9, 16 | 5:00 – 6:15 p.m.**

*Staff Registration Required*

Contact Nevada Bennett at 630.654.5346 or [nbennett@wellnesshouse.org](mailto:nbennett@wellnesshouse.org)

Connect with others in this 3-week series (Week 1: Self-Talk, Week 2: Self-Care, Week 3: Relaxation Techniques), open to those who have or have had a cancer diagnosis and caregivers,

discussing stress management and learning to improve coping skills.

### Meaning Centered Psychotherapy Group

**Thursdays, October 26 - December 21 | 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.

### 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).



# 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 Group</b>		October 24, November 28	5:00 – 6:30 p.m.
<b>Networking Group for Bereaved Dads of Young Children and Teens</b>		October 10, November 14, December 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, October 5, November 2, December 7	6:00 – 7:30 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		Oct	Nov	Dec	Time
<b>Death Café Alumni</b>		3	7	5	7:00 – 8:30 p.m.
<b>LGBTQ+ Cancer</b>		3	7	5	3:00 – 4:30 p.m.
<b>Meaning-Centered Psychotherapy Alumni</b>		10	14	12	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>		23	27		6:30 – 8:00 p.m.
<b>Spiritual Side of Cancer</b>		10	14	12	5:00 – 6:30 p.m.
<b>Strengthening Family Ties</b>		17	21	19	3:00 – 4:30 p.m.
<b>Survivorship</b>		16	20	18	6:30 – 8:00 p.m.
<b>Women of Color</b> <i>At UI Health Mile Square, Room 3000, 1220 S. Wood St, Chicago, IL 60608</i>		17	21	19	11:00 a.m. – 12:30 p.m.
<b>Young Adults with Cancer</b>		5	2	7	7:00 – 8:30 p.m.



# Support & Counseling

## DIAGNOSIS SPECIFIC CANCER 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.





Cancer Type		Oct	Nov	Dec	Time
<b>Bladder</b>		24	28		3:00 – 4:30 p.m.
<b>Brain Tumor</b>		26		14	5:00 – 6:30 p.m.
<b>Breast</b>	<i>At main location in Hinsdale</i>	5, 19	2, 16	7, 21	2:00 – 3:30 p.m.
		9, 23	13, 27	11	6:30 – 8:00 p.m.
<i>At RUSH University Medical Center, 1520 W Harrison Street, Rubschlager Ambulatory Bldg (RAB), 4th Floor, Chicago, IL 60607</i>		3	7	5	11:00 a.m. – 12:30 p.m.
<b>Colon/Rectal</b>		9	13	11	7:00 – 8:30 p.m.
<b>Gynecologic</b>		12	9	14	6:30 – 8:00 p.m.
<b>Head, Neck &amp; Thyroid</b>		17	21	19	7:00 – 8:30 p.m.
<i>At RUSH University Medical Center, 1520 W Harrison Street, Rubschlager Ambulatory Bldg (RAB), 4th Floor, Chicago, IL 60607</i>		3	7	5	5:30 – 7:00 p.m.
<b>Lung</b>		2	6	4	3:00 – 4:30 p.m.
		16	20	18	3:00 – 4:30 p.m.
<b>Lymphoma &amp; Leukemia</b>		12	9	14	7:00 – 8:30 p.m.
<b>Melanoma</b>		24	28		7:00 – 8:30 p.m.
<b>Metastatic Breast</b>		2	6	4	6:30 – 8:00 p.m.
<b>Multiple Myeloma</b>		19	16	21	6:30 – 8:00 p.m.
<b>Neuroendocrine Tumors (NET)</b>		14	11	9	10:30 a.m. – 12:30 p.m.
<b>Pancreatic</b>		12, 26	9, 30	14	4:00 – 5:30 p.m.
<b>Prostate</b>		11, 25	8, 22	13	9:30 – 11:00 a.m.
<i>At main location in Hinsdale</i>		4, 18	1, 15	6, 20	9:30 – 11:00 a.m.
<i>At RUSH University Medical Center, 1520 W Harrison Street, Rubschlager Ambulatory Bldg (RAB), 4th Floor, Chicago, IL 60607</i>		17	21	19	5:30 – 7:00 p.m.
<b>Sarcoma</b>		21	18	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>Cocinar para el cáncer</b>	 Octubre 14, Noviembre 4, Diciembre 2 <i>Esta demostración de clase y cocina contará con recetas fáciles y saludables para ayudarle a incorporar deliciosamente los alimentos que combaten el cáncer en su dieta.</i>	9:30 – 10:30 a.m.
<b>Grupo de Apoyo para Personas Viviendo con Cáncer</b>	 Cada Jueves <i>Se requiere registro con personal Para registrarse, comuníquese con Ima García Pérez a través de correo electrónico <a href="mailto:igarciaperez@wellnesshouse.org">igarciaperez@wellnesshouse.org</a> o llame 630.654.7217.</i>	5:30 – 6:45 p.m.
<b>Grupo de Apoyo para Mujeres Viviendo con Cáncer</b>	 cada Martes <i>Se requiere registro con personal Para registrarse, comuníquese con Thelma Razo, LSW al 630.654.7208 o por correo electrónico a <a href="mailto:trazo@wellnesshouse.org">trazo@wellnesshouse.org</a>.</i>	4:00 – 5:00 p.m.
<b>Grupo de Conexiones de Cáncer Recurrente o Metastásico</b>	 Viernes, Octubre 6, Noviembre 3, Diciembre 1	12:00 – 1:30 p.m.
<b>Yoga en español</b> <i>In Partnership with ALAS Wings Chicago</i>	 Sábado	11:00 a.m. – 12:00 p.m.
<b>¡Hola Hermosa!</b>	 miércoles, noviembre 15 <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.

### Consulta de Pelucas

*Solo con cita*

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

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


### Bienvenidos a Wellness House

*Solo con cita*

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

Únase a nosotros para tener la oportunidad de aprender más sobre cómo puede beneficiarse y comenzar en Wellness House. Compartiremos una descripción general de los programas, un recorrido virtual y la oportunidad de conocer al personal.

### Día De Los Muertos

 **Sábado, octubre 28**

**11:00 a.m. – 12:30 p.m.**

*Se requiere registro*

Únase con nosotros para recordar y celebrar a nuestros seres queridos que se han perdido a causa del cáncer. Considere traer una foto de su ser querido junto con cualquier objeto que lo honre. Si no ha perdido a un ser querido por el cáncer, puede venir a honrar lo que ha perdido durante su viaje por el cáncer.

### Grupo español de apoyo al cáncer (serie de 3 partes)

 **Jueves, noviembre 30, diciembre 7, 14**

**1:00 – 2:30 p.m.**

*Se requiere registro*

*At RUSH University Medical Center, 1520 W Harrison Street, Rubsclager Ambulatory Bldg (RAB), 4th Floor, Chicago, IL 6060*



# 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

### **Rush Cancer Center**

1520 W. Harrison St.  
Chicago, IL 60607

### **UI Health Cancer Clinic**

1801 W Taylor St  
Chicago, IL 60612

## **DOWNERS GROVE**

### **Advocate Good Samaritan | Bhorade Cancer Center**

3745 Highland Ave  
Downers Grove, IL 60515

## **ELMHURST**

### **Edward-Elmhurst Health | Elmhurst Memorial Hospital**

155 E Brush Hill Rd  
Elmhurst, IL 60126

## **HINSDALE**

### **Office of Sudarshan Sharma, M.D.**

121 N Elm St  
Hinsdale, IL 60521  
Contact Ellen Nieman, LCSW at  
630.654.5198 or [enieman@wellnesshouse.org](mailto: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](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

## **MAYWOOD**

### **Loyola Medicine**

Cardinal Bernardin Cancer Center  
2160 S. 1st Ave  
Maywood, IL 60153

## **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



LOYOLA  
MEDICINE

A Member of Trinity Health



*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  
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