

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 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 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.

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.



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.

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.

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.



Information & Education

Program		Oct	Nov	Dec	Time
Emotional Healing: Breath, Touch, Words			2		6:00 – 7:00 p.m.
Mobility during Cancer			13		2:00 – 3:00 p.m.
The Power of Breath			16		2:00 – 3:00 p.m.
Managing Stress through the Holidays			16		5:00 – 6:00 p.m.
Wellness House Death Café		25			5:00 – 6:30 p.m.
Wellness House Life Café		26			11:00 a.m. – 12:30 p.m.
Cancer Survivorship for Children, Adolescents, and Young Adults			30		6:00 – 7:30 p.m.
Pelvic Floor Health				12	6:00 – 7:30 p.m.
Nurses Know: Top Questions Breast Cancer Patients Ask		12			11:00 a.m. – 12:30 p.m.
Managing Prostate Cancer Side Effects		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.

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

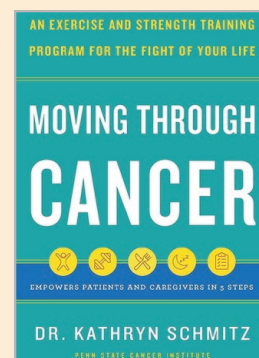
Wednesdays at 4:00 – 5:00 p.m.

Thursdays at 4:00 – 6:00 p.m.

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

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

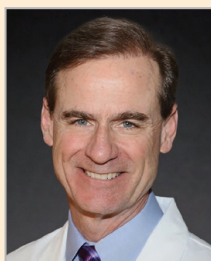
 Tuesday, October 3

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 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
Antioxidant Favorites				16	9:30 – 10:30 a.m.
Cooking & Eating During Treatment	 	19	13	7	12:30 – 2:00 p.m. 2:00 – 3:30 p.m. 5:30 – 6:30 p.m.
Cooking for Cancer: 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.
Healthy and Easy Ingredient Swaps		21			9:30 – 10:30 a.m.
Indian Cooking with Sri		11			5:30 – 7:00 p.m.
Snack & Learn		4	1	6	12:30 – 1:00 p.m.
Wellness in Season: 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

Nov 4	9:30 – 10:30 a.m.
Nov 6	6:00 – 7:00 p.m.
Nov 13	6:00 – 7:00 p.m.
Nov 20	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
Date Night Couple's Cooking Class <i>Staff Registration Required</i>		12			6:00 – 7:30 p.m.
Wellness in Action: Hands-On Cooking Series <i>Staff Registration Required</i>			3, 10, 17	1	10:00 – 11:30 a.m.

NUTRITION PRESENTATION/DISCUSSION

Program		Oct	Nov	Dec	Time
Cancer Nutrition 101 Series		20, 27	3, 10		10:00 – 11:00 a.m.
Cancer Nutrition Basics					
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.
Cancer Nutrition Beyond the Basics					
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.
Managing Cancer Side Effects					
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.
Mushroom Growing Kits		7			10:00 – 11:00 a.m.
Snack & Learn <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 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, 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.

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 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 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 with any questions or to register.

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

MIND/BODY

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

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



Stress Management

EXPRESSIVE ARTS

Program		Day/Month	Time
Flute Circle		Tuesdays <i>No online class Oct 3, Nov 7, Dec 5</i>	10:00 – 11:00 a.m.
Color by Number for Stress Management <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.
Express Yourself <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.
Flute Circle on the Lawn		Tuesdays, Oct 3, Nov 7, Dec 5	10:00 – 11:00 a.m.
Simple Art for Stress Management <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
Art Books		3, 10, 17			11:30 a.m. – 12:30 p.m.
Charcoal Drawing Basics		4, 11, 16, 25			5:30 – 7:00 p.m.
Cancer Creative Connections <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.
Mixed Media		19	16	21	1:00 – 7:00 p.m.
Musical Art Expression		30			5:30 – 7:00 p.m.
Holiday Card Making			7, 14, 21		11:30 a.m. – 12:30 p.m.
Seasonal Wreaths			10		1:00 – 3:00 p.m.
Fall Ceramics <i>Staff Registration Required</i>			17	1	1:00 – 3:00 p.m.
Sand Painting			29	6, 13	5:30 – 7:00 p.m.



Stress Management

WELLNESS TUNE-UPS

Email 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 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 with any questions or to schedule an individual consultation.

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

SUPPORT GROUPS

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





Child & Family

WELLNESS

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

Monday, November 9

5:00 – 6:30 p.m.

Staff Registration Required

Contact Saige Spears at 630.654.5115 or 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.



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

SUPPORT GROUPS

Program		Day/Month	Time
Cancer Support Group <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.
Living with Metastatic Breast Cancer		Tuesdays	10:00 – 11:30 a.m.
Women's Support Group		Tuesdays	2:00 – 3:30 p.m.
Men's Support Group	 	Tuesdays Thursdays	12:00 – 1:30 p.m. 12:00 – 1:30 p.m.
Cancer Support Group	 	Wednesdays Wednesdays	3:00 – 4:30 p.m. 7:00 – 8:30 p.m.
Caregiver Support Group	 	Wednesdays Wednesdays	3:00 – 4:30 p.m. 7:00 – 8:30 p.m.
Living with Recurrent and Metastatic Cancer		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 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

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 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.



Support & Counseling

BEREAVEMENT GROUPS

Program		Day/Month	Time
Bereavement Support Group		Mondays	5:00 – 6:15 p.m.
		Tuesdays	5:00 – 6:30 p.m.
Transitions Alumni Connections Group		October 24, November 28	5:00 – 6:30 p.m.
Networking Group for Bereaved Dads of Young Children and Teens		October 10, November 14, December 12	7:00 – 8:30 p.m.
Transitions for Spouses		Wednesdays, <i>Meets twice every month. Dates provided at registration.</i>	
Bereavement Connections Group for Those Who Have Lost a Parent		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
Death Café Alumni		3	7	5	7:00 – 8:30 p.m.
LGBTQ+ Cancer		3	7	5	3:00 – 4:30 p.m.
Meaning-Centered Psychotherapy Alumni		10	14	12	3:00 – 4:30 p.m.
Soul Chat: Cancer + Spirituality Discussion for Black, Indigenous and People of Color <i>In partnership with UIH Mile Square</i>		23	27		6:30 – 8:00 p.m.
Spiritual Side of Cancer		10	14	12	5:00 – 6:30 p.m.
Strengthening Family Ties		17	21	19	3:00 – 4:30 p.m.
Survivorship		16	20	18	6:30 – 8:00 p.m.
Women of Color <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.
Young Adults with Cancer		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
Bladder		24	28		3:00 – 4:30 p.m.
Brain Tumor		26		14	5:00 – 6:30 p.m.
Breast	At main location in Hinsdale	5, 19	2, 16	7, 21	2:00 – 3:30 p.m.
		9, 23	13, 27	11	6:30 – 8:00 p.m.
At RUSH University Medical Center, 1520 W Harrison Street, Rubschlager Ambulatory Bldg (RAB), 4th Floor, Chicago, IL 60607		3	7	5	11:00 a.m. – 12:30 p.m.
Colon/Rectal		9	13	11	7:00 – 8:30 p.m.
Gynecologic		12	9	14	6:30 – 8:00 p.m.
Head, Neck & Thyroid		17	21	19	7:00 – 8:30 p.m.
At RUSH University Medical Center, 1520 W Harrison Street, Rubschlager Ambulatory Bldg (RAB), 4th Floor, Chicago, IL 60607		3	7	5	5:30 – 7:00 p.m.
Lung		2	6	4	3:00 – 4:30 p.m.
		16	20	18	3:00 – 4:30 p.m.
Lymphoma & Leukemia		12	9	14	7:00 – 8:30 p.m.
Melanoma		24	28		7:00 – 8:30 p.m.
Metastatic Breast		2	6	4	6:30 – 8:00 p.m.
Multiple Myeloma		19	16	21	6:30 – 8:00 p.m.
Neuroendocrine Tumors (NET)		14	11	9	10:30 a.m. – 12:30 p.m.
Pancreatic		12, 26	9, 30	14	4:00 – 5:30 p.m.
Prostate		11, 25	8, 22	13	9:30 – 11:00 a.m.
At main location in Hinsdale		4, 18	1, 15	6, 20	9:30 – 11:00 a.m.
At RUSH University Medical Center, 1520 W Harrison Street, Rubschlager Ambulatory Bldg (RAB), 4th Floor, Chicago, IL 60607		17	21	19	5:30 – 7:00 p.m.
Sarcoma		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 o llame al 630.654.5529.

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

Program	Day	Time
Cocinar para el cáncer	 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.
Grupo de Apoyo para Personas Viviendo con Cáncer	 Cada Jueves <i>Se requiere registro con personal Para registrarse, comuníquese con Ima García Pérez a través de correo electrónico igarciaperez@wellnesshouse.org o llame 630.654.7217.</i>	5:30 – 6:45 p.m.
Grupo de Apoyo para Mujeres Viviendo con Cáncer	 cada Martes <i>Se requiere registro con personal Para registrarse, comuníquese con Thelma Razo, LSW al 630.654.7208 o por correo electrónico a trazo@wellnesshouse.org.</i>	4:00 – 5:00 p.m.
Grupo de Conexiones de Cáncer Recurrente o Metastásico	 Viernes, Octubre 6, Noviembre 3, Diciembre 1	12:00 – 1:30 p.m.
Yoga en español <i>In Partnership with ALAS Wings Chicago</i>	 Sábado	11:00 a.m. – 12:00 p.m.
¡Hola Hermosa!	 miércoles, noviembre 15 <i>Para registrarse y obtener más información, comuníquese con Blanca Díaz-Martínez al 630.560.0336 o bdiazmartinez@wellnesshouse.org.</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
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

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
Community Memorial Foundation
Duly Health and Care Charitable Fund
of DuPage Foundation
George M. Eisenberg Foundation for Charities
The Greer Foundation
Hinsdale Junior Woman's Club
LaGrange Highlands Woman's Club
Naffah Family Charitable Foundation
Edmond & Alice Opler Foundation
Rolfe Pancreatic Cancer Foundation
Westlake Health Foundation