

# Welcome Guide

Support for Living with Cancer

Provided  
at no cost



**Welcome to Wellness House.** We are a team of warm and caring experts ready to help. We're here for those who are newly diagnosed, in treatment, post treatment, caregivers and families. All programs are provided at no cost.



SCAN ME

Check out the  
programs available  
to you today!

Offering online and  
in-person programs

Visit [wellnesshouse.org](https://wellnesshouse.org) or call **630.323.5150**

## Everything we do is to prepare and empower people to fully live life with cancer and beyond.

Wellness House is a nonprofit and here for everyone, no matter where you're receiving your medical treatment. Our classes are taught by experts who can help you through every step of cancer.

Learn more at [wellnesshouse.org](https://wellnesshouse.org).

### Information and Education

**Access to current and reliable information** on topics like new treatments, managing side effects and coping with cancer can help you feel empowered and stay informed.

*Top Doc Lectures, Classes, Workshops, Webinars and On-Demand Videos*

- ✓ Feel empowered with reliable information
- ✓ Learn about options
- ✓ Gain new skills



#### Connect with our staff

[informationandeducation@wellnesshouse.org](mailto:informationandeducation@wellnesshouse.org)

### Nutrition

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

*Cooking Classes, Side Effect Management, Kitchen Skills, Individual Nutrition Consultations*

- ✓ Improve food choices
- ✓ Discover new nutrient-dense foods and delicious recipes
- ✓ Reduce side effects such as poor appetite, nausea, diarrhea/constipation



#### Connect with one of our oncology dietitians

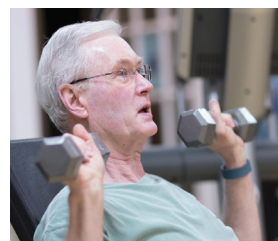
[nutrition@wellnesshouse.org](mailto:nutrition@wellnesshouse.org)

### Exercise

**Exercise is safe** and recommended before, during and after cancer treatment. No experience required and all abilities welcome.

*Exercise classes, yoga, tai chi, exercise consultations, and fitness assessments*

- ✓ Increase energy
- ✓ Improve quality of life
- ✓ Reduce side effects such as fatigue, neuropathy, lymphedema, osteoporosis and nausea



#### Connect with one of our oncology exercise specialists

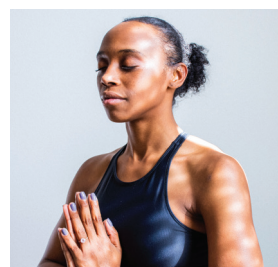
[exerciseprograms@wellnesshouse.org](mailto:exerciseprograms@wellnesshouse.org)

### Stress Management

**Experience relaxation** and learn stress management techniques to relax your body, still your mind, engage your spirit, and improve quality of life.

*Mindfulness, Meditation, Expressive Arts, Reiki, and Massage*

- ✓ Learn to manage stress
- ✓ Improve coping skills
- ✓ Increase your sense of well-being



#### Connect for a consultation

[stressmanagement@wellnesshouse.org](mailto:stressmanagement@wellnesshouse.org)



You'll find community here.  
Connect with us today. Call 630.323.5150

## Child and Family

**Our family programs** give kids, teens, and parents a place to learn, express how they're feeling, and heal. Consultations and short-term counseling assist parents, families, and couples talk to children about cancer.

*Kids and Teen Groups, Counseling for Children, Teens, Couples and Families, Fun Family Events*

- ✓ Navigate cancer together as individuals and families
- ✓ Improve communication
- ✓ Feel understood



**Connect with a Child & Family Counselor**  
[childandfamily@wellnesshouse.org](mailto:childandfamily@wellnesshouse.org)

## Support Groups and Counseling

**Connecting with others** who understand what you're going through is important, whether you have cancer or are close to someone who does.

*Support Groups, Caregiver Groups, Diagnosis-Specific Networking, Individual Counseling, Bereavement Support*

- ✓ Manage the emotions of the cancer journey
- ✓ Share and connect with supportive peers
- ✓ Improve health outcomes by reducing isolation



**Connect with an Oncology Support Counselor**  
[supportandcounseling@wellnesshouse.org](mailto:supportandcounseling@wellnesshouse.org)

**Wellness House** for LIVING with CANCER  
You'll feel better inside.

# Unique Boutique

## PERSONALIZED SALON AND BODYWORK

Introducing **Unique Boutique**, a warm and welcoming salon specializing in care for your hair, skin, and body. Experience personalized salon and bodywork offerings tailored specifically for people with cancer.

## SALON SERVICES

HAIR CUTTING, SHAVING, & SHAPING

## WIG BOUTIQUE

FITTING & STYLING

## WELLNESS TUNE-UPS

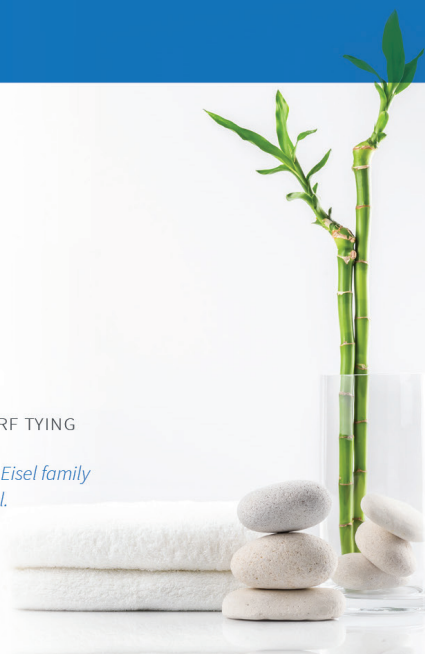
MASSAGE & ENERGY WORK THERAPY

## BEAUTY WORKSHOPS

EYEBROW, MAKEUP & SKIN TIPS, SCARF TYING

*Unique Boutique is made possible by the Eisel family in memory of wife and mother, Linda Eisel.*

To schedule an appointment, call **630.654.5110** or email [uniqueboutique@wellnesshouse.org](mailto:uniqueboutique@wellnesshouse.org). Appointments are limited and provided at no cost. Register for Beauty Workshops at [wellnesshouse.org](https://wellnesshouse.org)



In-person and online programs

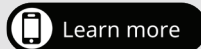
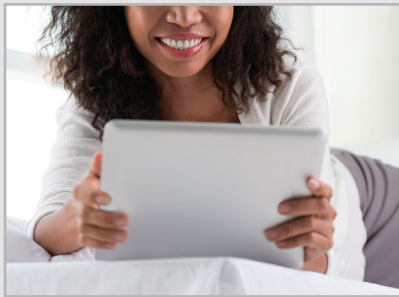
A great way  
to start!

## WELCOME TO WELLNESS HOUSE ORIENTATION

**New to Wellness House?** This is a great place to begin. Join us for an orientation that provides an overview of programs and an opportunity to learn more about the ways to benefit from Wellness House. Choose a day and time that works for you. **For more information, call 630.323.5150.** **Comuníquese por correo electrónico a [información@wellnesshouse.org](mailto:información@wellnesshouse.org) o llame al 630.654.5529.**

For a full list of Welcome to Wellness House Orientation dates and times or to register visit [wellnesshouse.org/welcome](https://wellnesshouse.org/welcome)

### Wellness House On Demand Videos



*Scan to view video content*

**Watch from the comforts of your own home.** Our video content is always evidence-based and presented by experts in the field of oncology.

#### 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

### Wellness House envisions a community where all people affected by cancer thrive.



"No one should be disadvantaged when faced with cancer. Wellness House is committed to providing evidence-based psychosocial support services to advance cancer health equity among all people impacted by cancer."

**Maigenete Mengesha, Ph.D.,**  
Director of Cancer Health Equity Initiatives,  
Wellness House

Attend a program at one of our partner sites. For a full list of partner locations, visit [wellnesshouse.org/about](https://wellnesshouse.org/about)  
*Participants do not need to be patients of these hospitals in order to attend the groups and classes.*

**96%**

of annual survey  
respondents reported  
an increased sense  
of well-being.

**99%**

of annual survey  
respondents reported  
an increased sense  
of community  
and support.

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