



Free Cancer Support

CONTACT US

For more information, call Maria Quintana-Diaz at 630.654.5356 or email mquintana-diaz@wellnesshouse.org

In-Person programs take place at:

Mile Square Health Center

1220 S. Wood St.
Chicago, IL 60608
Free parking available
(Lot O- Patient Parking)

UIHealth Cancer Clinic

Outpatient Care Center, Suite 1 E
1801 W. Taylor Street,
Chicago, IL 60612



Find out more about Wellness House

Cancer Thriving and Surviving Thursdays,

November 2 - December 14

10:00 a.m. - 12:30 p.m.

Online Program
Staff Registration Required
Contact Marci Goldberg at 630-654-5102 or mgoldberg@wellnesshouse.org.
Cancer Thriving and Surviving is a 6-week interactive workshop for cancer survivors. Participants learn skills to help address concerns such as fear of recurrence, fatigue, pain, nutrition and more. Caregivers and cancer survivors welcome.

In-Person Programs

At UI Health-Mile Square Health Center

Information and Education

Hello Beautiful

Wednesdays, October 18, December 6

5:30 - 6:30 p.m.

MSHC, 1st floor, Conference Room

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

Nutrition

Cooking for Cancer: Transitioning to a Cancer Fighting Diet

Wednesday, November 8

5:30 - 7:00 p.m.

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

Cancer Nutrition Basics: Whole Grains

Wednesday, October 11

5:30 - 7:00 p.m.

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

Cancer Nutrition Basics: Protein

Wednesday, December 13

5:30 - 7:00 p.m.

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

Exercise/Mind Body Movement

Tai Chi

Tuesdays, December 5, 12, 19

5:15 - 6:00 p.m.

MSHC, 1st floor, Conference Room

Yoga for Cancer

Wednesdays, 9:30 - 10:30 a.m.

MSHC, 3rd floor, Rm 3000

Restore Your Core After Cancer

Thursdays, 4:15 - 5:00 p.m.

MSHC, 1st floor, Conference Room

Stretching through Cancer

Thursdays, 5:00 - 5:45 p.m.

MSHC, 1st floor, Conference Room

Stress Management

Simple Art for Stress Management

Tuesdays, December 5, 12, 19

4:30 - 5:15 p.m.

MSHC, 1st floor, Conference Room

Meditation for Improved Sleep

Thursdays, 5:45 - 6:30 p.m.

MSHC, 1st floor, Conference Room

Color by Number for Stress Management

Tuesdays, October 3, 10, 17, 24

4:30 - 5:15 p.m.

MSHC, 1st floor, Conference Room

Express Yourself

Tuesdays, October 3, 10, 17, 24

5:15 - 6:00 p.m.

MSHC, 1st floor, Conference Room

Support and Counseling

Women of Color Support

3rd Tuesdays, October 17, November 21, December 19

11:00 a.m. - 12:30 p.m.

MSHC, 3rd floor, Room 3000

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

Online Programs

In Partnership with UI Health

Support Groups & Counseling

Soul Chat: Cancer + Spirituality Discussion Group for Black, Indigenous and People of Color (In Partnership with UI Health)

4th Mondays, October 23, November 27

6:30 - 8:00 p.m.

Registration Required

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

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

Hot Topics in Blood Cancer

Online **Saturday, November 18**
9:00 a.m. - 12:00 p.m.

For questions contact whchicago@wellnesshouse.org or call 630.654.5356