TOGETHER we thrive
Wellness House envisions a community where all people affected by cancer THRIVE.

In 1990, Wellness House was formed by a group of people who came together with a single purpose: to better the lives of people living with cancer. Since opening our doors, nearly 48,000 individuals, family members and caregivers have found a supportive community that lifted the burden and hardships of cancer.

Today, we offer a variety of programs and services at our main location in Hinsdale, partner locations all around Chicagoland and online programs that can be viewed from anywhere. In FY23, 3,364 people attended exercise classes, nutrition seminars, support groups, stress management classes, events and more — all free and more accessible than ever.

Together, we are connected and form a compassionate community of hope. More than 6,000 in-person and online programs were delivered across 35 states in the last year because of advances in technology, partner and healthcare collaborations and a collective mission to make sure no one faces cancer alone. Together, we’re creating a better quality of life for individuals and families going through the difficulties of cancer.

Together, we change lives.

In FY 2023:
- 3,364 individuals were served
- 38,366 visits to programs, a 50% increase in the past 10 years
- 98% of participants reported an improved sense of well-being*

Nearly 48,000 people have engaged in services since Wellness House opened in 1990

*Participants surveyed in FY23
Alyssa and Chris

Alyssa and Chris Kelly’s cancer journey was a harrowing experience. She was diagnosed with stage four colon cancer while twenty-seven weeks pregnant. At first, she and her husband Chris thought it was discomfort related to the pregnancy, but as the pain levels increased from intolerable to excruciating the couple sought medical expertise from Northwestern Memorial Hospital in downtown Chicago. Frightened and worried about their unborn baby, Alyssa and her husband did their best to hold onto their faith. Alyssa went through six rounds of chemotherapy, while pregnant.

“"I was shocked and scared that the cancer would destroy our lives,” said Alyssa. “I just couldn’t believe this was happening to us and we weren’t sure what to expect.”

A few months into treatment, Alyssa and Chris joined an online support community, Colontown, where they learned about Wellness House. Chris wanted to support Alyssa and joined the Wellness House Caregiver Support Group, which he felt made all the difference.

“When cancer happens to you, you feel pretty alone, and you feel like no one can relate to you,” said Chris. “But the caregiver group at Wellness House was such a magical experience because it was filled with supportive people who understood what we were going through.”

Chris was able to support Alyssa as she went through medical procedures and helped them both navigate complex emotions that came with a cancer diagnosis during pregnancy. Alyssa later attended Wellness House and found community with people going through the same thing.

“I could tell there was a difference in both of us after we started going to Wellness House,” said Alyssa.
Dear Friends,

There is an old Kenyan proverb that says, “sticks in a bundle are unbreakable.” When people come together for a common cause, each bringing their own strengths and contributions, the collective outcome cannot be broken. When we look back on our community of supporters this past year, no description could be truer. Together, we have changed the lives of over 3,360 individuals and families facing cancer.

When cancer is diagnosed, it can be hard to know where to turn. Fortunately, when it comes to living well, people turn to Wellness House. In the following pages you will read about just a few of the thousands of people who turned to Wellness House in their time of need. Alyssa and Chris share their story of being diagnosed with cancer at 27 weeks pregnant and how the support groups at Wellness House made all the difference. Alejandra and Kim talk about finding Wellness House programs at just the right time and just the right place. And Roxy describes the unbreakable strength she found through counseling, and a wig appointment that brought her dignity back. These stories illustrate the impact of community and support found at Wellness House.

It’s because of you that more people than ever have access to life-changing experiences and a community that understands what they’re going through. Participants of Wellness House programs made more than 38,000 visits last year, to programs at our main location, at our partner locations, and online. It’s with deep gratitude that we thank you for your continued support that makes all of this possible. **Together, we make a difference. Together, we are unbreakable.**

Gratefully,

Lisa K. Kolavennu, MA, LCPC
Chief Executive Officer

Monte Henige
Board Chair

96% of participants reported they are likely or very likely to recommend Wellness House to a friend*
When Roxy was diagnosed with stage three ovarian cancer and stage four B endometrial cancer, she felt nothing. “I wasn’t afraid, I wasn’t sad. I didn’t feel anything,” said Roxy. “I was just numb.”

Not knowing how to react or what to do as a next step, Roxy entrusted her care to the oncologists. “I knew nothing about the disease and yet I was afraid of getting cancer all my life. I ran away from people with cancer. But, when it came to me, I just said, I need help with this.”

Roxy went through months of chemotherapy and suffered severe side effects including neuropathic symptoms. She was in tremendous pain, but the most jarring of all the cancer side effects was the loss of her hair.

“I didn’t realize how integral my hair was to my identity and my sense of self-worth,” said Roxy. “It was hair that my husband loved, that helped me identify who I was, and it was just falling out.”

Roxy was referred to Wellness House and was relieved to learn about our Unique Boutique services, where she sampled various wigs before finding the right fit.

“I went through the different wig styles, and tried them on until I found one I liked,” recalled Roxy. “And, when I turned around in the chair to look at myself in the mirror, I cried.”

Roxy began attending Tai-Chi, yoga, and nutrition classes that helped her manage side-effects, in addition to getting individual counseling with a support counselor.

“I met with Allison, and she was amazing,” said Roxy. “She was asking all the right questions, she made me feel safe and welcome, and I just spilled my guts out and cried to her.”

Once at Wellness House Roxy began to feel a difference in her body, her moods, and in her overall mental and physical health. Roxy continues to attend Wellness House and credits program staff for helping her to stay active while in recovery.
Alejandra

When Alejandra discovered she had stage 3 breast cancer, the first thing she thought about was her family, who all live in Mexico. She immigrated to the US, alone, in search of a better life, and had not made any significant connections or relationships with anyone until she arrived at Wellness House.

Feeling a deep sense of dread and fear of death she found solace, friendship, and a newfound family while attending our Spanish Wellness House Breast Cancer support group. Alejandra calls the women in her weekly meetings “mis hermanas” – her sisters.

“The people I met at Wellness House, from the staff to the other participants became my family,” says Alejandra. “They gave me courage and hope that I could survive cancer.”

In addition to support groups and counseling, Alejandra regularly attends our yoga classes and participated, along with her support group cohort, in our Walk For Wellness House event this past Spring.

“It was amazing to see so many people together in support of each other,” she says while wiping tears. “I didn’t feel alone anymore because I was with my Wellness House family.”
Cancer Health Equity

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

**What is Cancer Health Equity?**
Cancer Health equity is the state in which everyone has a fair and just opportunity to attain their highest level of cancer health.

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“Our Diversity, Equity, and inclusive aim at Wellness House is to formalize a structure of cultural responsibility and cultural humility in our programming development, design, and implementation. In doing so, we are better equipped to address the needs of those burdened by cancer health inequities including men, women, children, the LGBTQ+ community, and peoples of all races and ethnicities.”

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

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**WHY Diversity Equity and Inclusion?**

To expand service access to diverse populations with higher cancer burden

In FY 2023 over

397 Total Zip Codes Served

35 States Served

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**OUR APPROACH** is wholistic and includes the research needed to better understand the needs of the different people we serve, the knowledge building to meet the demands of cancer health inequities, and the action planning to create programs and avenues for cancer wellness support, including taking steps to hire staff who reflect the diverse population that we serve.

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Hear more about DEI at Wellness House
Kim was living a relatively healthy life until she began to experience stomach pains. She didn’t think anything of it at first and just continued with her daily routine until the pain worsened and she began to bleed. “My first thought was, oh my God I hope I don’t have cancer,” said Kim.

She rushed to the closest urgent care facility, where she was first diagnosed with Uterine cancer at the University of Illinois Hospital.

“When they confirmed that I had cancer I was in denial at first,” said Kim. “I just pretended I didn’t have it and that it wasn’t happening to me.”

Her children were also in disbelief and weren’t sure how to react to the diagnosis. “I was afraid that having cancer would hurt my children, and it did. They didn’t take it very well, and it put a strain on my family.”

As a single mother of adult children Kim found it difficult to communicate about her cancer treatment and her symptoms.

“A social worker from the hospital recommended Wellness House,” recalled Kim, who took yoga classes, nutrition classes, and stress management classes at our partner location Mile Square Health Center. “All the programs were wonderful, the people were wonderful, and I felt welcomed. Nobody judged me and they accepted me for who I am and understood what I was going through.”

Kim also made a consultation with our Unique Boutique where she was provided a wig and hair loss consultations.

“I cried so hard when my hair started falling out. Losing my hair is what really made it hit home for me. I just couldn’t deal with it. But the lady at the wig boutique was gentle and patient with me and after I put on my wig I felt so much better,” said Kim.

“Wellness House really helped us as a family,” said Kim. “All people are welcome at Wellness House. It’s a wonderful place with wonderful people who have made all the difference in my life.”
At Wellness House, we take a relationship-focused approach to whole person care. Our experts and specialists work together with cancer patients and their families in 6 program areas to improve quality of life and reduce the side-effects and hardships that cancer can bring.

Anyone faced with cancer can now visit over 500 programs a month to exercise, learn about nutrition, reduce stress, and find a sense of community all in a safe space to heal and feel heard.

We’re in it together.
Information and Education
Access to current and reliable information on topics that inform and empower.

Nutrition
Eating healthy during cancer increases energy and reduces side-effects.

Exercise
Improves quality of life and reduces side effects such as fatigue.

Stress Management
Provides techniques to relax the mind and engage the spirit.

Child and Family
A space for kids, teens and parents to express how they feel.

Support and Counseling
Connecting with others experiencing the same thing.

95% of participants reported an increased ability to manage the side-effects of cancer treatment*

Over 500 in-person and online programs per month

Program Areas
Together, we remove barriers
Our community-based partnership model addresses cancer health inequity by eliminating barriers through partnerships, community engagement and community-based organization collaboration. It’s about building trust, sharing information and working together with mutual learnings to reduce disparities and improve outcomes.

Partnerships play an important role in increasing access to life-changing support at Wellness House. Community building is critical to addressing issues affecting the well-being of people impacted by cancer.
We have made every effort to properly recognize the donors and volunteers who generously supported our mission with gifts of $500 and more. If you find an error or omission, please accept our sincere apologies and contact 630.323.5150 so we can correct our records. For the full listing of donors, please visit wellnesshouse.org

* Includes gifts directed to the Wellness House Foundation

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<tr>
<td>Sheri and Michael Walsh</td>
<td>Luciana Virgen</td>
<td>Sheri and Michael Walsh</td>
</tr>
</tbody>
</table>

* Includes gifts directed to the Wellness House Foundation
* Includes gifts directed to the Wellness House Foundation

Ursula Walsh
Ann Walsh
Rita and Mike Walsh
Audrey Waltenburg
Andrew Walters
Ling Wang
Betty and Ronald Wanless
Sharon Wanner
Sue and Brad Warble
Krueger Ward Family Fund
Shawauna Ward
Cooper Warner
Thomas Warren
Carol Warren
Ralph Wascher
Maureen and Mark Washburn
Patricia Washkowiak
Sandra and Nate Wasson
Lisa Watson
Delia Watson
Gina Waughop
Gregory Waughop
Edward Wavak
Carole Pyle-Weaver and Frank Weaver
Greg Weaver
Rachel Weaver Rivera
Diane Webber
Regina Weber
Nancy Webman
Roger Webster
Jeanne Weed
Eri Wege
Rae Ann Weglarz
Rhonda Wehrer
Nicolette Wehrle
Kelly Weible
Jody and Ed Weidman
Elaine Weil
Kathleen and Brad Weinschenker
Marci and Ed Weinschenker
Steven Weinstein
Joe Weintraub
Melanie Weiss
Marilyn and Chris Weiss
Ryan Wells
Lysette Wells
Amy and Michael Welting
Helen Wendell
Emily Wenzel
Kimberly and Jeffrey Werner
Maryellen Wessendorf
Kristin and Donald West
Elizabeth West
Mary and Bob Westberg
Jan Westcott
Deb and Ken Westergaard
Julie Westerman
Frank Westerfco
Olaf Westgaard
Tyler Weston
Charlene Weyer
Rachel Weyers
David Weyrauch
Lisa Whatley
Danny White
Erica White
Jeanne White
Robert White
Vira White
Virginia White
Deshawn White
Jeri and Peter Whiteside
Michael Whiteside
Gabbie Whiteside
Elizabeth Whitney
Lauren and Mike Whittington
Laura A Wideburg
Norm and Joy wideburg
Ann Widick
Jen Widlarz
Nathan Widloe
Gale Wiedman
Savannah Wiliand
Linda and Paul Wilczewski
Jill Wiles Wolf
Nicole Wilhemls
Daniel Wilkins
Morgan Wilkinson
Eileen and Ron Will
Susan and Frederick Will
Sarah Willet
Karen Johansson Williams and Russell Williams
Beth A. Williams
Lee Williams
Margaret Williams
Amanda Williams
James Williams
Judy Williams
Nicole Williams
Sandy Williams
Christine Williamson
Mindy Willing
Tina Willman-Hammar
Mark Willboe
William Wills
Janet and Bill Wilson
Liana Wilson
Lisa Wiltz
Karen and Chris Winkel
Gerald Witherell
Connie and Lee Witkowski
Kathy Witmer
Victoria Witt
Leonard Witte
Margaret Wittman
Lucas Wittwer
Marilyn and Jack Woitel
Judy and Sam Wojciechowski
Steve Wojcik
Nancy Wojcinski
Anne Wolf
Carolyn Wolf
Katie Wolf
Sue and James Wolf
Suzanne and Greg Wolf
Jim Wolfe
Mary Wolfe
Caroline Wolfe
Gunner Wolfe
Barbara and Dr. Thomas Wolff
Terri Wolfsw
Bob Wolski Jr.
Irene Wong
Lisa Wood
Mark Woodbury
Samantha Woods
Caleb Work
Lisa Workman
Susan Workman
Lisa Wormer
Lynne and James Woulfe
Edward Wright
Bridget Wright
Jen Wright
Kendell Wright
Linda Wright
Margie Wublik
Steffiana Wyatt
Linda Wyco
Sue Wydra
Shirley Wyent
Maureen Wygonowski
Ghadeer Yacoub
Edith Yane
Thomas Yarbrough
Stephanie Yates
Nancy Yatzkan
Christine Yazumbek
Candace Young
Jane and Rich Young
Brady Young
Jen Young
Mary Youngman
YourCause AT&T Employee Giving Campaign
YourCause Trustee for Arthur Gallagher Foundation
Nadine Youssef
Judith Zabolocky
Jen and Shaun Zacharias
Jennifer Zacharski
Karen Zagone
Mark Zaharski
Colleen Zahn
Michael Zaklan
Diane Zanghi
Norma Zanghi
Linda Zanieski
Thomas Zapler
Claudette Zarzyci
Stephanie Zawada
Joanne Zborowski
Jennifer Zeidman
Marian Zeidman
Shirley Zelery
Brian Zelesky
Edward Zemaitis, Jr
Angela and Stephen Zenzel
Larry Zera
Connie Zhai
Anqi Zhang
Patricia Ziebka
Jennifer Ziegler
Mary Ellen Ziegler
Jaime Zilch
Wanda and Lenny Zimka
Kathleen Zimlich
Debbie and Jeff Zimmerman
John Zimmerman
David Zimmermann
Kelsey Zimmermann
Ruth Zingfar
Jill Zink
Diane and George Zitko
Dennis Zlotnik

*
Volunteers

The Courtyard consignment shop in Hinsdale generated $211,804 in earned income for Wellness House in FY2023. Courtyard Volunteers are included in this list.

Elaine Adams  
Paula Allen  
Madonna Ames  
Sue Arms  
Belinda Austriaco  
Ardie Baron  
Diane Barrett  
Lindsay Bates  
Susan Beard  
Jerry Benish  
Mary Berglind  
Carolyn Berkes  
Bill Binder  
Joan Binder  
James Boak  
Sheila Botti  
Peggy Bremner  
Lindsey Bruns  
Nick Calandra  
Meredith Callahan  
Linda Cameron  
Alicia Caroll  
Debbie Cassidy  
Barb Cerane  
Saumen Chattopadh  
Richard Chuttke  
Nancy Cobb  
Elizabeth Coffey  
Mary Ellen Conboy  
Ann Corvino  
Amy Cowell  
James Cranmer  
Josette Cray  
Yvonne Damiani  
Jordyn DeLeon  
Jeffrey Deutsch  
Molly DiBernardo  
Joyce Domenico  
Downers Grove North H.S. NHS  
Lynn Dragisic  
Mary Drobn  
Brenda K. Duncan  
Linda Durkan  
Andrew Dykun  
Tricia Eastmond  
Elyse Empamamo  
Malissa Empamamo  
Margaret Facchini  
Bonnie Facinelli  
Cindy Fick  
Malini Fisher  
Carol Forbes  
Karen Forslin-Bojanski  
Christine Gavin  
Silvia Gemein  
Scot Giles  
Emma Gomez  
Olivia Gomez  
Jean Gordon  
Patricia Gauld  
Janet Grasso  
Pat Guillon  
Sally Gurzynski  
Kim Hamilton  
Scott Hauroth  
Andrew Hawkey  
Colleen Healy  
Ellie Henneman  
Felicia Hennessey  
Michael Hennessey  
Cindy Higgins  
Hinsdale Junior Woman’s Club  
Donald Hoff  
Joan Hoff  
Valerie Holland  
Terrie Houtman  
Gerald Howard  
Ruth Hurban  
Liliana Izzo  
Pat Janik  
Lori Jensen  
Barbara Jirik  
Talia Johnson  
Jennifer Johnston  
Margaret Jones  
Sue Jones  
Elisa Julian  
Nancy Keenan  
Tracy Keighron  
Sharon Kelleher  
Nancy Kelley  
Maria Kimmel  
Bob Klinger  
Val Knighton  
Jeevan Kolavueni  
Diane Kowalski  
Meghan Krayed  
Sylvia Kuchenbecker  
Kaylee Kucmiercz  
Linda Kulikowski  
Joseph Kurbas  
Marilee Kurbas  
Jaclyn Kwiat  
Susan Langenfeld  
Mary LaPalio  
Annika Larsen  
Melinda Larson  
Julie LaToza  
Yvonne Lawrence Hooper  
Deborah Lenchard  
Jamie Letizia  
Cindy Lind  
Barbara LoCicero  
Kara Lyons  
Kathy Mangan  
Brigitte Mann  
Maryann Marra  
Denise Marron  
Amanda Meierdirk  
Cindy Menion  
Rick Meschino  
Jen Metrik  
Livia Metrik  
Cal Myer-Mixa  
Mollie Mills Cole  
Cathy Milner  
Meghna Mitra  
Mari Morgan  
Teresa Morowczynski  
Kim Morrison  
Barbara Nasharr  
National Charity League-Hinsdale  
Margie Neighbors  
New York Life  
Michele Nitzki  
Kathy Nolan  
Mary Novotny  
Michele O’Brien  
Bryne O’Hare  
Sharon Osowski  
Otsuka  
Isaac Park  
Merrick Parker  
Gail Pearson  
Ben Pelz  
Dana Pelz  
Katie Pelz  
Giovanna Pen  
Maria Pen  
Madonna Pence  
Shannon Penn  
Gayle Perzef  
Darlene Pasecki  
Jan Porter  
Tina Porterfield  
Neil Portnoff  
Susan Portnoff  
Karen Prokop  
Helen Przklas  
Jamie Raby  
Chris Ranieri  
Shivani Rao  
Kari Raspani  
Sue Rehak  
Hannah Renner  
Carol Rettke  
Aimee Ricci  
Julia Rock  
Lauren Rock  
Kristen Rosenberg  
Susan Rosenblum  
Mary Rowley  
Kathy Ryan  
Siobhan Sanders

In-Kind

Includes in-kind donations valued at $1,000 or more.

Michael Becka  
Randal Block  
BloomingColor  
Donna and C. Andrew Brickman  
Burdi Clothing Hinsdale  
Cheung Aesthetics  
Chicago Blackhawks Alumni Association  
Core-Rx Communications  
Holland & Knight  
Imagination Publishing LLC  
Lauren Ferrara Houder and Matthew Houder  
IL Mio  
Julie and Doug Laux  
Marcello Rodarte  
Dottie and Tom Martin  
Midland Paper  
Lori and Clay Naccarato  
Mellisa and Aaron Salo  
Dee Dee Saracco  
Dr. Gale England Smith and Stephen Smith  
Streamline Communications  
Julie and Will Sutton  
United Breast Cancer Foundation  
Zazu Salon and Day Spa Hinsdale

* Includes gifts directed to the Wellness House Foundation
## Statement of Financial Activities  
**Fiscal Year Ends June 30**

### OPERATING REVENUE

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<th></th>
<th>FY 2022</th>
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<tr>
<td>Contributions</td>
<td>$1,826,721</td>
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<td>Special events, net</td>
<td>$1,345,168</td>
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<td>Grants</td>
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<td>In-Kind Contributions</td>
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<td>Other Revenue</td>
<td>$8,206</td>
<td>$8,338</td>
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<td>Interest and Dividends</td>
<td>$1,682</td>
<td>$15,930</td>
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<td><strong>Total Operating Revenue</strong></td>
<td><strong>$3,772,640</strong></td>
<td><strong>$3,867,487</strong></td>
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### OPERATING EXPENSES

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<td>$336,743</td>
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<td>Development</td>
<td>$665,916</td>
<td>$664,905</td>
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<td><strong>Total Operating Expenses</strong></td>
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<td><strong>$3,731,244</strong></td>
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### Change in net assets

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<td>$137,600</td>
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### ASSETS

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<td>$67,500</td>
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<td>Property and Equipment (net)</td>
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<td>Total Other Assets</td>
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<td><strong>Total Assets</strong></td>
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<td><strong>$4,343,497</strong></td>
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### LIABILITIES AND NET ASSETS

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<td><strong>$276,395</strong></td>
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### NET ASSETS

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<td><strong>Total net assets</strong></td>
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<td><strong>Total Liabilities and Net Assets</strong></td>
<td><strong>$4,130,428</strong></td>
<td><strong>$4,343,497</strong></td>
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### Wellness House Functional Expenses (FY 2023)

We don’t charge participants for any of the programs we offer, we know that they have tremendous value to those who are impacted by cancer. Every donation makes a difference. **That is why your support is so vital to our continued efforts to offer these services. We take great care in how we expend our resources.**
FY 2023

BOARD OF DIRECTORS

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Sean E. McCarthy
LaToya McGhee
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Director of Marketing and Communications
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HR and Volunteer Manager
Bradley Schafer
Office Manager

The Courtyard

Tami Cartensen
Courtyard General Manager
Jamie Ott
Courtyard Retail Manager
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.