



# Free Cancer Support

## CONTACT US

For more information, call Maria Quintana-Diaz at 630.654.5356 or email [mquintana-diaz@wellnesshouse.org](mailto:mquintana-diaz@wellnesshouse.org)

## In-Person programs take place at:

### Mile Square Health Center

1220 S. Wood St.  
Chicago, IL 60608  
Free parking available at the corner of Roosevelt Rd. and South Wood St. (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 & Surviving: Survivorship Series

**Tuesdays, February 13 - March 19**  
**12:00 - 2:30 p.m.**

In-Person Program  
Staff Registration Required  
To register, contact Earl King at 630.654.7203 or [ekingii@wellnesshouse.org](mailto:ekingii@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

### Nutrition

#### Cancer Nutrition 101 Series

**Thursdays, March 7 - 21**

**5:30 - 6:30 p.m.**

Registration Required

There is a lot of information to navigate when it comes to cancer and nutrition. This series will break down topics such as cancer nutrition myths and overall recommendations.

Nutrition programs take place on second floor

### Exercise/Mind Body Movement

#### Tai Chi

Participants can enter for one giveaway.

**Tuesdays, March 12, 19, 26**

**5:00 - 6:00 p.m.**

MSHC, 1st floor, Conference Room

This ancient form of gentle movement and exercise leads to harmony of mind and body while decreasing stress.

#### Morning Yoga

MSHC, 3rd Floor, Room 3000

Series 1

**Wednesdays, February 7, 14, 21**

**10:30 - 11:30 a.m.**

Series 2

**March 6, 13, 20**

**10:30 - 11:30 a.m.**

Experience simple flowing sequences to warm up the body, followed by relaxation.

### Wellness House Showcase Events

**Tuesday, January 30 | 5:30 - 7:00 p.m.**

MSHC 2nd floor staff lounge

**Friday, February 23 | 12:00 - 1:30 p.m.**

**Monday, March 11 | 12:00 - 1:30 p.m.**

MSHC 3rd floor Room 3000

Wondering what Wellness House is all about and how you can benefit? From movement and exercise to healthy eating and support, join us to experience the variety of options Wellness House offers to help you navigate your cancer experience. Our team will be available to answer your questions and help you get connected. A light meal and fun treats will be provided.

### Stress Management

#### Meditation for Improved Sleep

There will be a drawing for 1 free sound machine.

**Thursdays**

**February 15, 22, 29**

**5:30 - 6:30 p.m.**

MSHC, 1st floor, Conference Room

Practice relaxing your body and mind through deep breathing and guided imagery meditation. Utilize the learned techniques when experiencing difficulty sleeping.

### Support and Counseling

#### Women of Color Connections Group

**3rd Tuesdays**

**January 16, February 20, March 19**

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

MSHC, 3rd floor, Room 3000

To register, contact Nevada Bennett

at 630.654.5346 or

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

Connect with others with a cancer diagnosis, who self-identify as women of color, in this twice monthly drop-in support group to share experiences, coping strategies, and support one another during the cancer journey.

### 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**

**January 22, February 26, March 25**

**6:30 - 8:00 p.m.**

Registration Required

To register, contact Earl King at 630.654.7203 or [ekingii@wellnesshouse.org](mailto: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. Wellness House does not affiliate with any one belief system; people of all faith backgrounds are encouraged to participate.