

Program Guide



**Cancer
Support**
PROVIDED FREE
OF CHARGE

Welcome to Wellness House

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.

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.

Program Registration

Register for any program through the link below. You can also register by program area in the program sections throughout the guide.

Register here>

For Staff Registration, please email or call the staff member listed.

New to Wellness House? Three easy ways to connect!	#1	#2	#3
	Call us at 630.323.5150	Attend a Welcome to Wellness House Orientation	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.

January 6, 13, 20 | February 3, 10, 17 | March 2, 9, 16

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
 January 1 - closed

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

Appointments are limited and provided at no cost. Register for Beauty Workshops at wellnesshouse.org

Morning of Beauty and Wellness at the Unique Boutique

Save the Date!

Saturday, February 24 | 9:30 a.m. – 12:00 p.m *Registration Required*

Join us at the Wellness House Unique Boutique for a Saturday morning of pampering to help you feel refreshed and empowered. Participants will enjoy a variety of beauty and wellness activities during the event.

WELLNESS TUNE-UPS

By appointment only

Healing Touch

Energy-based techniques to help reduce stress, pain, and fatigue.

Reiki

Energy-based holistic practice to help increase relaxation and inner balance.

Massage Therapy

Light, fully-clothed massage for relaxation. Physician medical release required.

Therapeutic Touch

Energy-based practice incorporating the intentional and compassionate use of universal energy to promote balance and well-being.

UNIQUE BOUTIQUE PROGRAMS

Glowing Through It

Wednesday, January 10 | 2:00 – 4:00 p.m.

Friday, February 2 | 10:00 a.m. – 12:00 p.m.

Friday, March 15 | 2:00 – 4:00 p.m.

Registration Required

Eyebrows, scarves, makeup and more to make you shine. This program is offered for participants in active treatment.

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


By appointment only

Licensed professional stylists provide haircuts, hair shaving and wig styling to those experiencing hair loss due to cancer treatment or hair regrowth after treatment.

Special Events



Some Enchanted Evening

 **Friday, February 9**


Staff Registration Required

For more information please contact Beth Possley at bpossley@wellnesshouse.org

Celebrate the power of love and the important relationships in your life. Join us for a special sit-down meal followed by entertainment. Space is limited.

WOMEN'S HEALTH AND WELLNESS EVENTS

Women's Wellness After Cancer Panel Presentation

 **Tuesday, February 6**

6:00 – 7:30 p.m.

Registration Required

Cancer treatment can have longstanding impacts on one's health and overall wellbeing. Join the teams from AdventHealth and Wellness House for a panel presentation and discussion about women's health after cancer treatment. Topics will include lymphedema, pelvic floor health, sexual health, and nutrition.



Morning of Beauty and Wellness at the **Unique Boutique**

 **Saturday, February 24**

9:30 a.m. – 12:00 p.m

Registration Required

Join us at the Wellness House Unique Boutique for a Saturday morning of pampering to help you feel refreshed and empowered.



Hot Topics in Colorectal Cancer

👥 Saturday, March 23 | 9:00 a.m. – 12:30 p.m. Registration Required

Join top oncologists, surgeons, and healthcare professionals from Chicagoland to learn about the latest updates in the research and treatment of colorectal cancers.

FEATURING :

9:00 – 11:00 a.m.

Updates in Medical Oncology:

Annabelle Veerapaneni, MD, *Northwestern Medicine*

Updates in Surgical Oncology:

Akhil Chawla, MD, *Northwestern Medicine*

Updates in Radiation Oncology:

Kevin King MD, *City of Hope*

11:30 a.m. – 12:30 p.m.

Panel Discussion with Cancer Survivors and Caregivers

Be sure to join us for our virtual breakout session **Eating after Colorectal Surgery** on **Thursday, March 28 from 4:00 – 5:00 p.m.**



Bridging the Gap between Oncology and Primary Care

👥 Thursday, January 11

6:00 – 7:30 p.m.

Registration Required

Cynthia Lagone, MD, *Authentic Internal Medicine*; Anne Schultz, MD, *Authentic Internal Medicine*



Part of our survivorship series: Rerouting: Choosing Your Course After Cancer, this presentation will address important aspects of your medical care as you complete cancer treatment.



Advancements in Radiation Therapies

👥 Tuesday, January 23

6:00 – 7:30 p.m.

Registration Required

Kevin King, MD, *FACS, City of Hope*

Learn about new techniques and new ways to use radiation therapy for cancer treatment.



Questions Every Cancer Patient Asks

👥 Thursday, February 1

6:00 – 7:30 p.m.

Registration Required

Christopher George, MD, *Hematology and Medical Oncology, Northwestern Medicine*

Do you want to know more about PET scans, marijuana, or sugar? Do you need surgery or a second opinion? Dr. George will address these and many common questions asked during cancer treatment.



Proactive Management of Treatment-Related Symptoms

👥 Thursday, February 8

6:00 – 7:30 p.m.

Registration Required

Syed Mohi Ahmed, MD, *Hematologist/Oncologist, Northwestern Medicine*

Discover how you can have the best quality of life while receiving the most effective treatment plan.



Advances in Treatment of Neuroendocrine Tumors

👥 Tuesday, March 12

6:30 – 8:00 p.m.

Registration Required

Xavier Keutgen, MD, *Associate Professor of Surgery, UChicago Medicine*; Andy Liao, MD, *Assistant Professor of Medicine, UChicago Medicine*

Learn about new advances in the treatment of Neuroendocrine Tumors.



Advances in Surgical Treatment for Sarcoma

👥 Tuesday, March 19

6:00 – 7:30 p.m.

Registration Required

David J. Winchester, MD, *FACS, City of Hope*

Learn about the latest surgical updates in the treatment of Sarcoma.








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		Jan	Feb	Mar	Time
Prostate Cancer Foundation of Chicago Meetings 			7	6	5:00 – 6:00 p.m.
Reiki Share <i>Jane Van De Velde DNP, RN, The Reiki Share Project</i>	 	9	20	21	6:30 – 7:30 p.m. 6:30 – 8:30 p.m.
Bone Health <i>Karyn Holtz PT MHS CLT, Rush Physical Therapy</i>		16			6:00 – 7:30 p.m.
Eat with Peace, Not Panic and Enjoy Your Food Again <i>Cathy Leman MA, RD, NSCA-CPT, Peaceful Plate</i>		18			6:00 – 7:30 p.m.
Vision Board <i>Stella Hondros, Stella4Success</i>		25			10:30 a.m. – 12:00 p.m.
Financial Wellness <i>Stephanie Radke, BMO Bank</i>		27			11:30 a.m. – 12:30 p.m.

SURVIVORSHIP SERIES


Weigh to Go! Managing Weight After Cancer

 **Thursdays, January 11 - March 7**
1:00 – 2:30 p.m.

To register, contact Nevada Bennett at 630.654.5346 or nbennett@wellnesshouse.org

Many cancer survivors struggle with weight-related issues following cancer treatments. This educational and experiential series explores behavior change for healthy weight management. Learn simple tips to improve your diet and increase physical activity in a supportive group setting. This series is for cancer survivors who have completed treatment and are interested in understanding their readiness to change, interests, goals, and needs to create a personal "Lifestyle Change Plan."


ReRouting: Choosing Your Course After Cancer

 **Mondays, January 8 - 29**
6:00 – 7:30 p.m.

Registration Required

To register, contact Ellen Nieman at 630.654.5198 or enieman@wellnesshouse.org
Finishing cancer treatment often elicits a full range of emotions, physical concerns, and questions for both patients and caregivers. This five-week interactive series will provide the information you need to create your course after cancer treatment.

Cancer Thriving and Surviving

 **Thursdays, February 22 - March 28**
10:00 a.m. – 12:30 p.m.

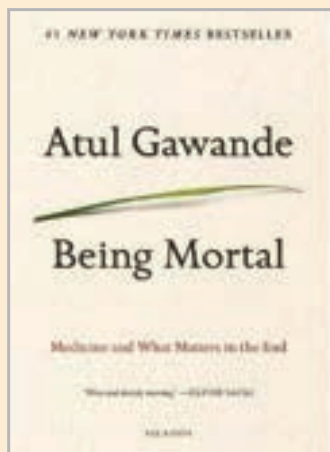
To register, contact Marci Goldberg at 630.654.5102 or mgoldberg@wellnesshouse.org

A six-week interactive workshop where mutual support and success build confidence in managing health and maintaining an active, fulfilling life. Participants learn coping skills related to fear of recurrence, side-effect management, nutrition, and more. The program is open to people with cancer, survivors, family, friends, and caregivers.



Information & Education

Program		Jan	Feb	Mar	Time
Medical Cannabis Basics <i>Alia Reichert, Nature's Grace and Wellness</i>		30			6:00 – 7:30 p.m.
Wellness House Death Café <i>Michael Williams Psy.D, Wellness House</i>		31			5:00 – 6:30 p.m.
Wellness House Life Café <i>Michael Williams Psy.D, Wellness House</i>			1		11:00 a.m. – 12:30 p.m.
Exercise for Breast Cancer Recovery <i>Jeri Lau, ACSM/ACS CET, CETI CES, Wellness House</i>			13		2:00 – 3:00 p.m.
African Americans and the Cancer Experience <i>Earl King, LPC, Wellness House</i>			20		4:00 – 5:00 p.m.
Release Blocked Energy <i>Alefiyah Lindo LCSW, Mind-Body-Energy Intuitive</i>			22		4:00 – 5:00 p.m.
The Healing Powers of Music <i>Mary Helen Ekstam, Loyola Medicine Homecare & Hospice</i>			29		5:00 – 6:30 p.m.
What is My Core and Why Does it Matter? <i>Alex Bohnstedt ACSM-EP, Wellness House</i>				4	6:00 – 7:30 p.m.
Reiki For You Level 1 Workshop <i>Jane Van De Velde DNP, RN, The Reiki Share Project</i>				13, 20, 27	5:00 – 8:00 p.m.
Eating After Colorectal Surgery <i>Anita Ratterman RDN, CSO, LDN, Northwest Community Hospital</i>				28	4:00 – 5:00 p.m.



WELLNESS HOUSE BOOK CLUB

Being Mortal: Medicine and What Matters in the End

Fridays, January 19 - February 9

10:30 – 11:30 a.m.

Registration Required

Originally published in 2014, *Being Mortal* by surgeon, Atul Gawande, is an exploration of the limitations of medicine and the possibilities that exist for enhancing patient care through improving quality of life. Join us as we read and explore the stories and ideas shared by Dr. Gawande about how medicine can contribute to a good life.

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	Jan	Feb	Mar	Time
Antioxidant Favorites 	27			9:30 – 11:00 a.m.
Chair Yoga & Snack and Learn <i>At Hope and Healing Cancer Services, 950 S. York Rd., Hinsdale, IL 60521</i>		8		1:00 – 2:30 p.m.
Cooking & Eating During Treatment  	8	5	14	12:30 – 2:00 p.m. 12:30 – 2:00 p.m.
Cooking for Cancer: Transitioning to a Cancer Fighting Diet  <i>At Lemons of Love 406 W. Central, Mt. Prospect, IL 60056</i>			25	6:00 – 7:30 p.m.
Cooking for Cancer: Meatless Mondays  Transitioning to a Cancer Fighting Diet 	15 13	19 10	18 9	6:00 – 7:00 p.m. 10:30 a.m. – 12:00 p.m.
Cook Well, Eat Well for Cancer Series 			6, 13, 20	5:30 – 7:00 p.m.
Healthy and Easy Ingredient Swaps 			23	9:30 – 10:30 a.m.
Snack & Learn 	3	7	6	12:30 – 1:00 p.m.
Wellness in Season: Winter Comfort Recipes 		16		12:30 – 2:00 p.m.
Winter Knife Skills 	24, 31			5:30 – 7:00 p.m.

SPECIAL PROGRAMS

Mocktail Class with Tierra Distilling

Sunday, January 14 | 2:30 – 3:30 p.m.

211 Burlington Ave, Clarendon Hills, Illinois 60514

To register, contact Angela Dennison at 630.654.5196

or adennison@wellnesshouse.org

Reducing alcohol intake doesn't have to interrupt your social life. Join John McCormick, Tasting Room Manager at Tierra Distilling to learn how to make a delicious mocktail and tips for ordering one while you are out.

Sushi Making Class with Nabuki

Monday, January 29 | 5:30 – 7:00 p.m.

To register, contact Angela Dennison at 630.654.5196

or adennison@wellnesshouse.org

Making sushi can be challenging but it is very fun!

Join Head Chef, Juan from Nabuki in Hinsdale for this hands-on sushi making class.



Nutrition

HANDS-ON COOKING CLASSES

Recipes may contain common food allergens.

Program	Jan	Feb	Mar	Time
Wellness in Action: Hands-on Knife Skills <i>Staff Registration Required</i>		29		5:30 – 7:00 p.m.

NUTRITION PRESENTATION/DISCUSSION

Program	Jan	Feb	Mar	Time
Cancer Nutrition 101 Series <i>At UIH Mile Square, 1220 S. Wood St., Chicago, IL 60608</i>			7, 14, 21	5:30 – 6:30 p.m.
Cancer Nutrition Beyond the Basics Alcohol and Cancer Risk Mindful Eating Building a Healthy Immune System Heart Health and Cancer Identifying Credible Nutrition Resources	11 20 25	15 26		5:30 – 6:30 p.m. 9:30 – 10:30 a.m. 5:30 – 6:30 p.m. 5:30 – 6:30 p.m. 6:00 – 7:00 p.m.
Cancer Nutrition Myth Busting: Cooking Oils		5		6:00 – 7:00 p.m.
Managing Cancer Side Effects Fatigue GI Issues Low Blood Cell Counts	18 25 4	19 29 12	18 25 4	12:30 – 1:30 p.m. 12:30 – 1:30 p.m. 5:30 – 6:30 p.m. 5:30 – 6:30 p.m. 12:30 – 1:30 p.m.
Snack & Learn <i>At Loyola Medical Center 2160 S. 1st Ave. Maywood, IL 60153</i>	8	5	4	1:30 – 2:30 p.m.
Walk & Brunch	12	14	8	10:00 – 11:30 a.m.
Wellness House Nutrition Trivia	22			5:30 – 7:00 p.m.
Wellness in Season: Tea Tasting with Wonderful Matcha <i>4 W Burlington Ave, La Grange, IL 60525</i>		24		10:00 – 11:00 a.m.

See page 15 for Child & Family Nutrition Programs

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  10:00 - 11:00 a.m.
In partnership with Wheeling Township
- Yoga for Cancer  11:00 - 11:45 a.m.
- Chair Yoga  12:30 - 1:15 p.m.
- Chair Yoga  12:30 - 1:30 p.m.
At Loyola Medical Center 2160 S. 1st Ave. Maywood, IL 60153
- Beginner Mat Yoga  6:30 - 7:30 p.m.

TUESDAY

- Restore Your Core After Cancer  9:45 - 10:30 a.m.
- Chair Yoga  11:45 a.m. - 12:30 p.m.
- Stretching through Cancer  4:30 - 5:15 p.m.
- 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.
- Beginner Mat Yoga  11:00 a.m. - 12:00 p.m.
At Lemons of Love, 406 W. Central, Mt. Prospect, IL 60056
- 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  6:30 - 7:30 p.m.
At PAV YMCA 2947 Oak Park Ave, Berwyn, IL 60402
Jan 10 - Feb 14

THURSDAY

- Beginner Chair Yoga  12:30 - 1:15 p.m.
- Restore Your Core After Cancer  2:00 - 2:45 p.m.






FRIDAY

- Bodyweight Exercises for Strength & Balance  8:00 - 8:45 a.m.
- Qigong  9:00 - 10:00 a.m.
- Beginner Chair Yoga  10:00 - 11:00 a.m.
In partnership with Insight Chicago
- Beginner Mat Yoga  10:30 - 11:30 a.m.
- Beginner Chair Yoga  11:00 - 11:45 a.m.

SATURDAY

- Spanish Language Yoga  11:00 - 12:00 p.m.
In Partnership with ALAS -Wings
- Beginner Chair Yoga  12:30 - 1:15 p.m.

SPECIAL SERIES

- Beginner Mat Yoga Series  11:30 a.m. - 12:30 p.m.
Jan 9 - Feb 27
- QiGong Series  10:30 - 11:30 a.m.
Jan 17, 24, 31
- Breast Cancer Community Yoga Series  6:00 - 7:30 p.m.
Feb 21, 28, Mar 6
- Mindful Yoga Series  12:30 - 1:30 p.m.
At River Forest Breast Center, 420 William St B, River Forest, IL 60305
Mar 7, 14, 21, 28
- Core, Balance & Flexibility Series  6:00 - 7:00 p.m.
Mar 11, 18, 25



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.

Community Walk & Brunch

Fridays, January 12, March 8

Wednesday, February 14 | 10:00 - 11:30 a.m.

To register, contact Angie Ruggiero at 630.654.5114 or aruggiero@wellnesshouse.org

Start your morning off right by joining us for a community walk with exercise staff followed by brunch with our nutrition team!

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 Cancer Tx 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 - 9:15 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. - 12:15 p.m.

Restorative Yoga Series

Tuesdays, February 13, 20, 27 | 4:30 - 5:30 p.m.

Restorative yoga is a relaxing practice to calm and open the body through passive stretching and holding postures to release tension, increase relaxation, and improve well-being.

See page 15 for Child & Family Exercise Programs

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, February 15, 22, 29	5:30 – 6:30 p.m.
<i>At Lemons of Love, 406 W Central, Mt. Prospect, IL 60056</i>		Thursdays, January 11, 18, 25	4:00 – 5:00 p.m.
Meditation for Improved Sleep		Fridays	4:00 – 5:00 p.m.



Program		Jan	Feb	Mar	Time
Wellness Through Deep Hypnosis					
<i>At Countryside Church, 1025 N. Smith St, Palatine, IL 60067</i>		6	3	2	10:00 a.m. – 12:00 p.m.
<i>Staff Registration Required</i>		20	17	16	10:00 – 11:30 a.m.
Reiki Clinic					
<i>At Countryside Church, 1025 N. Smith St, Palatine, IL 60067</i>		6	3	2	10:00 a.m. – 1:00 p.m.
<i>Staff Registration Required</i>		20	17	16	11:35 a.m. – 12:15 p.m.
Journeying Inward: Deep Relaxation for Stress Relief and Well-Being		6	3	2	11:00 a.m. – 12:15 p.m.
Stress-Less Breathing Techniques		9	13	12	1:00 – 2:00 p.m.
Mindfulness Meditation Circle		15	19	18	11:30 a.m. – 12:30 p.m.
Self-Compassion Practice		17	21	20	6:30 – 7:30 p.m.
Sound Meditation			13		6:00 – 7:00 p.m.
Instinctive Meditation Series				7, 14, 21, 28	6:30 – 7:30 p.m.













Stress Management

See page 3 for wellness tune-ups


EXPRESSIVE ARTS

Program	Day/Month	Time
Flute Circle	 Tuesdays <i>No online class Jan 2, Feb 6, Mar 5</i>	10:00 – 11:00 a.m.
Flute Circle Live	 Tuesdays, Jan 2, Feb 6, Mar 5	10:00 – 11:00 a.m.

Program		Jan	Feb	Mar	Time
Cancer Creative Connections <i>Staff Registration Required</i> <i>At Rush Oak Park, 610 S Maple Ave, Suite 2000, Oak Park, IL</i>		15	19	18	4:30 – 5:15 p.m.
Mixed Media		18	15	21	1:00 – 3:00 p.m.
Decoupage Workshop		23, 30			12:00 – 2:00 p.m.
Color Creations		25			5:30 – 7:00 p.m.
Winter Watercolors			1, 8		5:30 – 7:00 p.m.
Ceramics			2, 16		1:00 – 4:00 p.m.
Winter Wonderland Pastel Series			5, 12, 19, 26		5:30 – 7:00 p.m.
Fabric Flowers			8		12:00 – 2:00 p.m.
Facial Measurement Drawing Series				4, 11, 18	5:30 – 7:00 p.m.
Kokedama				28	12:00 – 2:00 p.m.

SPECIAL PROGRAMS


Stress Free Saturday

 **Saturdays**
January 13, February 10, March 9
9:30 – 10:30 a.m.

Registration Required

Enjoy the benefits of starting your weekend stress-free. Come to this class and experience a variety of stress reduction techniques.

Poetry and Writing for Wellness

 **Saturday**
January 20
10:00 – 11:00 a.m.

Registration Required

Did you know that 20 minutes of daily journaling can boost your immune system? Enjoy moving poetry and guided journaling in this expressive writing group. No experience is necessary.

See page 15 for Child & Family Stress Management Programs

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 for more information on scheduling Child & Family programs and consultations.

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, Jan 15, Feb 5, 19, Mar 4, 18	5:30 – 6:30 p.m.
Connections Group for Bereaved Dads of Young Children and Teens	 Tuesdays, Jan 9, Feb 13, Mar 12	7:00 – 8:30 p.m.
Toddler Talk: Parent and Tot Connections Group	 Thursdays, Jan 4, Feb 1, Mar 7	3:00 – 3:45 p.m.
Brave Kids	 Thursdays	5:45 – 6:45 p.m.
Parenting Brave Kids	 Thursdays, Jan 4, 18, Feb 1, 15, Mar 7, 21	5:45 – 6:45 p.m.
Kids Group	 Thursdays	4:30 – 5:30 p.m.

Parent, Child, Teen and Family Consultations

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
Kids Group Snack & Learn		Thursdays, Jan 4, Feb 1, Mar 7	4:00 – 4:30 p.m.
Kids Fitness		Wednesdays, Jan 10, 17, 24, 31	4:00 – 5:00 p.m.
Stress Free Saturday for Kids		Saturdays, Jan 13, Feb 10, Mar 9	11:00 a.m. – 12:00 p.m.
Packing a Healthy School Lunch		Monday, Feb 5	5:30 – 6:30 p.m.
Kids Yoga		Wednesdays, Feb 21, 28, Mar 6	6:00 – 7:00 p.m.
Kids Art		Tuesdays, Mar 5, 12, 19	5:30 – 6:30 p.m.
Cooking for Families with Young Children		Feb 12	6:00 – 7:30 p.m.
Hands-On Family Cooking Class		Feb 21	5:30 – 7:00 p.m.
Date Night: Couple's Cooking Class		Mar 28	5:30 – 7:00 p.m.

SPECIAL EVENTS

Lights, Camera, Action!



Monday, January 15
2:00 – 4:00 p.m.

Staff Registration Required

This drop-off event will give kids the opportunity to enjoy time with friends while watching a fun movie.



Happy Hearts

Saturday, February 3
11:00 a.m. – 12:30 p.m.

Staff Registration Required

Join us for this event celebrating love! Dress in your favorite Valentine's Day colors or attire. We will have yummy treats, arts and crafts and lots of fun and laughter.

Spark Your Creativity!

Thursday, March 21
5:30 – 7:00 p.m.

Staff Registration Required

Expand your imagination and explore your creativity with family-friendly games and crafts at Wellness House.



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, 610 S Maple Ave, Suite 2000, Oak Park, IL</i>	Mondays	5:30 – 7:00 p.m.
Women's Support Group	Mondays Tuesdays	5:00 – 6:15 p.m. 2:00 – 3:30 p.m.
Living with Metastatic Breast Cancer	Tuesdays	10:00 – 11:30 a.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.
Meaning Centered Psychotherapy Group	Thursdays, Feb 8- Mar 28	1:00 – 2:30 p.m.
Living with Recurrent or Metastatic Cancer	Fridays	10:00 – 11:30 a.m.

SPECIAL PROGRAMS

Support Group Series for Couples Living with Cancer

Tuesdays, January 16, February 20, March 19 | 3:00 – 4:30 p.m.

This series welcomes couples living with cancer, from newly diagnosed through survivorship. The group is for both partners to attend together and exchange experiences and support about any aspect of living as a couple during cancer.

Cancer Support Group Series

Thursdays, February 1- March 21 | 5:15 – 6:15 p.m.

This 8-week series offers a space to share and connect with others diagnosed with cancer as well as provides a weekly psychoeducational component that will be mirrored by the Caregiver Support Group series, which meets at the same time.

Caregiver Support Group Series

Thursdays, February 1- March 21 | 5:15 – 6:15 p.m.

This 8-week series offers a space to share and connect with

caregivers of loved ones with cancer, and provides a weekly psychoeducational component that will be mirrored by the Cancer Support Group series, which meets at the same time.

Caregiver Expressive Arts Series

Thursdays, February 1- March 21 | 6:15 – 7:15 p.m.

To register, contact Allison Wenclawski at 630.654.7215 or awenclawski@wellnesshouse.org

Share and learn with other caregivers about positive coping and self-care strategies in this six-week expressive arts series. Participants will engage in expressive arts, have time to discuss their experiences and stressors and share positive coping and self-care strategies.

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.
Connections Group for Bereaved Dads of Young Children and Teens	Tuesdays, January 9, February 13, March 12	7:00 – 8:30 p.m.
Transitions Alumni Connections Group	Tuesdays, January 23, February 27, March 26	5:00 – 6:30 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, January 4, February 1, March 7	6:30 – 8:00 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	Jan	Feb	Mar	Time
Death Café Alumni	2	6	5	7:00 – 8:30 p.m.
LGBTQ+ Cancer	2	6	5	3:00 – 4:30 p.m.
Meaning-Centered Psychotherapy Alumni	9	13	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>	22	26	25	6:30 – 8:00 p.m.
Spiritual Side of Cancer	9	13	12	5:00 – 6:30 p.m.
Survivorship Connections	15	19	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>	16	20	19	11:00 a.m. – 12:30 p.m.
Young Adults with Cancer	4	5	4	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		Jan	Feb	Mar	Time
Bladder		23	27	26	3:00 – 4:30 p.m.
Brain Tumor		25	22	28	5:00 – 6:30 p.m.
Breast	 	4, 18 8, 22 2	1, 15 12, 26 6	7, 21 11, 25 5	2:00 – 3:30 p.m. 6:30 – 8:00 p.m. 11:00 a.m. – 12:30 p.m.
<i>At RUSH, 1520 W Harrison St, Chicago, 4th Floor, Supportive Oncology Conf. Rm.</i>					
Colon/Rectal		8	12	11	7:00 – 8:30 p.m.
GIST - Chicago Life Raft Group			3		12:30 – 3:00 p.m.
Gynecologic		11	8	14	6:30 – 8:00 p.m.
Head, Neck & Thyroid	 	16 2	20 6	19 5	7:00 – 8:30 p.m. 5:30 – 7:00 p.m.
<i>At RUSH, 1520 W Harrison St, Chicago, 4th Floor, Supportive Oncology Conf. Rm.</i>					
Lung	 	15	5 19	4 18	3:00 – 4:30 p.m. 3:00 – 4:30 p.m.
Lymphoma & Leukemia		11	8	14	7:00 – 8:30 p.m.
Melanoma		23	27	26	7:00 – 8:30 p.m.
Metastatic Breast			5	4	6:30 – 8:00 p.m.
Multiple Myeloma		18	15	21	6:30 – 8:00 p.m.
Neuroendocrine Tumors (NET)		13	10	9	10:30 a.m. – 12:30 p.m.
Pancreatic		11, 25	8, 22	14, 28	4:00 – 5:15 p.m.
Prostate	 	10, 24 3, 17 16	14, 28 7, 21 20	13, 27 6, 20 19	9:30 – 11:00 a.m. 9:30 – 11:00 a.m. 5:30 – 7:00 p.m.
<i>At RUSH, 1520 W Harrison St, Chicago, 4th Floor, Supportive Oncology Conf. Rm.</i>					
Sarcoma		20	24	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	 sábado, enero 6, febrero 3, marzo 2 <i>Se requiere registro</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>	6:30 – 7:45 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, enero 12, febrero 2, marzo 1	12:00 – 1:30 p.m.
Grupo español de apoyo al cáncer <i>At RUSH, 1520 W Harrison St, Chicago, 4th Floor, Supportive Oncology Conf. Rm.</i>	 martes, enero 9, febrero 13, marzo 12	3:00 – 4:30 p.m.
Yoga en español <i>In Partnership with ALAS Wings Chicago</i>	 sábado	11:00 a.m. – 12:00 p.m.

Consulta de Pelucas

Solo con cita

Para programar una cita de peluca de Wellness House llame a 630-654-5110

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.

Consulta de Consejero


solo con cita

Home of Hope or en línea

Para programar una cita de terapia, llame a Ima Garcia Perez 630-654-7217

Wellness House ofrece sesiones de terapia para personas afectadas por el cáncer, como las personas diagnosticadas con cáncer, los cuidadores o los miembros de la familia.

La salud mental y cáncer

 **jueves, enero 30**

5:30 – 6:30 p.m.

El cáncer no es sólo una batalla física sino también una batalla mental. Únase para aprender más sobre cuáles son los desencadenantes de la depresión, la ansiedad y el trauma. También discutiremos lo que puede hacer para superar los síntomas de salud mental.

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.
or 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



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:

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Nicor Gas Charitable Giving
Edmond & Alice Opler Foundation
Rolfe Pancreatic Cancer Foundation
Timken Foundation of Canton
Westlake Health Foundation