



Free Cancer Support

CONTACT US

For more information or assistance with registration, call 630.654.5356 or email wchicago@wellnesshouse.org

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



View these programs on our website

Wellness House Showcase Events

Tuesday, April 30

5:30 - 7:00 pm

MSHC, 2nd floor Staff Lounge

Wednesday, June 26

5:30 - 7:00 pm

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.

In-Person Programs

Nutrition

Cancer Nutrition Beyond the Basics: Myth Busting Series

Wednesdays, May 8, 15, 22

5:30 - 7:30 pm

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.

MSHC, 2nd floor, Staff Lounge

Exercise/Mind Body Movement

Tai Chi

Participants can enter for one giveaway.

Tuesdays, May 14, 21, 28

5:00 - 5:45 pm

MSHC, 1st floor, Conference Room

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

Support and Counseling

Women of Color Connections Group

3rd Tuesdays

April 16 MSHC, 3rd floor, Room 3000

May 21 MSHC, 1st floor Conference Room

June 18 MSHC, 1st floor Conference Room

11:00 am - 12:30 pm

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

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

ReRouting: Choosing Your Course After Cancer

Mondays, May 13 - June 17

5:30 - 7:00 pm

MSHC, 2nd floor Staff Lounge

Registration Required

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.

Stress Management

Meditation for Improved Sleep

There will be a drawing for 1 free sound machine.

Thursdays, May 16, 23, 30

5:30 - 6:30 pm

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.

Simple Art for Stress Management

Tuesdays, May 14, 21, 28

5:45 - 6:30 pm

MSHC, 1st floor, Conference Room

Let your creativity flow by working on art activities to help you feel grounded and reduce stress. Activities are designed to bring out the artist in each of us.

Dinner with a Doc: Post Treatment Surveillance with a focus on MCEdS (Multi-Cancer Early Detection)

Thursday, May 30 | 5:30 - 7:00 pm

MSHC, 2nd floor Staff Lounge

Pamela Ganschow, MD, UI Health

Cancers that are found early are often easier to treat and tend to have better outcomes. Join us to learn more about screening tools for cancer detection, including the new MCEdS (Multi-Cancer Early Detection).

Online Programs

Support Groups & Counseling

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

4th Mondays, April 22, June 24

6:30 - 8:00 pm

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. Wellness House does not affiliate with any one belief system; people of all faith backgrounds are encouraged to participate.