Welcome Guide
Support for living with cancer

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. Check out the programs available to you today!

Visit wellnesshouse.org or call 630.323.5150

Offering in-person and online programs
Wellness House offers complete cancer wellness support every step of the way – for you and your loved ones. We are a nonprofit and here for everyone, no matter where you’re receiving your medical treatment. Our classes are taught by experts who can help you during and after treatment. Learn more at wellnesshouse.org.

**Information and Education**

**FEEL EMPOWERED** and stay informed with current and reliable information about new treatments, managing side effects, and coping with cancer.

*Top Doc Lectures, Classes, Workshops, Webinars, and On-Demand Videos*

- Reliable and current resources
- Side effect management
- Learn about options
- Gain new skills

*Connect with our staff*
informationandeducation@wellnesshouse.org

**Nutrition**

**ENERGIZE** with healthy eating tips to reduce cancer-related side effects.

*Cooking Classes, Side Effect Management, Kitchen Skills, and Individual Nutrition Consultations*

- Improve food choices
- Discover new nutrient-dense foods and delicious recipes
- Improve side effects related to appetite, nausea, diarrhea, and constipation

*Connect with one of our oncology dietitians*
nutrition@wellnesshouse.org

**Stay Active** with safe and recommended exercises before, during, and after cancer treatment. No experience is required, and all abilities are welcome.

*Exercise classes, yoga, tai chi, exercise consultations, and fitness assessments*

- Increase energy
- Improve quality of life
- Reduce fatigue and nausea
- Manage neuropathy, lymphedema, and osteoporosis

*Connect with one of our oncology exercise specialists*
exerciseprograms@wellnesshouse.org

**Stress Management**

**RELAX** with stress management techniques to calm your body, still your mind, and engage your spirit.

*Mindfulness, Meditation, Expressive Arts, Reiki, and Massage*

- Learn to manage stress
- Improve coping skills
- Increase quality of life

*Connect for a consultation*
stressmanagement@wellnesshouse.org
You’ll find community here.

**Connect with us today. Call 630.323.5150**

### Child and Family

**BUILD UNDERSTANDING** with parent, child, and teen programs that give families a place to learn, express feelings, and heal.

*Kids and Teen Groups, Counseling for Children, Teens, Couples and Families, Fun Family Events, and Wellness Classes*

- ✔ Navigate the cancer journey together
- ✔ Improve communication
- ✔ Feel understood

**Connect with a Child & Family Counselor**
childandfamily@wellnesshouse.org

### Support Groups and Counseling

**CONNECT** with others who understand what you’re going through.

*Support groups, Diagnosis-specific groups, Counseling, and Bereavement support*

- ✔ Improve health outcomes by reducing isolation
- ✔ Share and connect with supportive peers
- ✔ Manage emotions

**Connect with an Oncology Support Counselor**
supportandcounseling@wellnesshouse.org

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**Unique Boutique**

**PERSONALIZED SALON AND BODYWORK**

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.

To schedule an appointment, call 630.654.5110 or email uniqueboutique@wellnesshouse.org

Appointments are limited and provided at no cost.
WELCOME TO WELLNESS HOUSE ORIENTATION

New to Wellness House? Join us for an orientation that provides an overview of programs and an opportunity to learn more about how to benefit from Wellness House. Choose a day and time that works for you. For more information, or to register call 630.323.5150 or visit wellnesshouse.org/welcome.
For an orientation in Spanish email información@wellnesshouse.org or call 630.654.5529.

Wellness House On Demand Videos

Watch from the comforts of your own home. Our video content is always evidence-based and presented by experts in the field of oncology.

Join us at one of our Chicago Partner Locations

RUSH UNIVERSITY
medicalcenter
wellnesshouse.org/rush

LOYOLA MEDICINE
A Member of Trinity Health
wellnesshouse.org/loyola

UI HEALTH | uic
wellnesshouse.org/uihealth

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Edmond & Alice Opler Foundation
Rofe Pancreatic Cancer Foundation
Timken Foundation of Canton
Westlake Health Foundation
(*as of March 2024)

96% of annual survey respondents reported an increased sense of well-being.

99% of annual survey respondents reported an increased sense of community and support.

Visit wellnesshouse.org or call 630.323.5150