

Welcome Guide

Support for living with cancer

**Cancer
Support**
PROVIDED FREE
OF CHARGE

Wellness House | Home of Hope | Hinsdale

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**



SCAN ME

*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

Programs available
in Spanish

wellnesshouse.org/programas-en-espanol/

Now offering in-person
and online programs

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

Wellness House for LIVING with CANCER
You'll feel better inside.

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.

SALON SERVICES

HAIRCUTTING, SHAVING & SHAPING

WIG BOUTIQUE

FITTING & STYLING

WELLNESS TUNE-UPS

MASSAGE THERAPY & ENERGY WORK

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.*





You'll feel better inside.

Wellness House | Main Location
The Kay & Mike Birck Home of
Hope 131 North County Line Road
Hinsdale, Illinois 60521

In-Person and Online

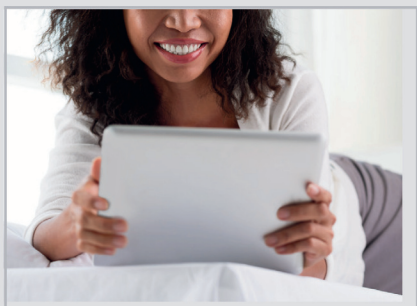
A great
place
to begin

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 Now

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

Thank you to our generous grantors:

Anonymous
Guy A. and N. Kay Arboit Charitable Trust
Bass Pro Shops and Cabela's Outdoor Fund
Bears Care
CBOT Foundation
The Coleman Foundation
Community Memorial Foundation
Duly Health and Care Charitable Fund of DuPage Foundation
The Greer Foundation
Hinsdale Junior Woman's Club
LaGrange Highlands Woman's Club
Naffah Family Charitable Foundation
Nayar Family Foundation
Nicor Gas Charitable Giving
Edmond & Alice Opler Foundation
Rolfe Pancreatic Cancer Foundation
Timken Foundation of Canton
Westlake Health Foundation
(*as of March 2024)

Join us at one of our Chicago Partner Locations



RUSH UNIVERSITY
MEDICAL CENTER

wellnesshouse.org/rush



LOYOLA
MEDICINE
A Member of Trinity Health

wellnesshouse.org/loyola



UI Health |

wellnesshouse.org/uihealth

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**