

# Program Guide



## 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.

**Cancer  
Support**

Provided FREE  
of Charge

# WELCOME TO WELLNESS HOUSE

*We are a team of warm and caring experts ready to help those newly diagnosed, in treatment, and post treatment, as well as 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 online at [wellnesshouse.org](https://wellnesshouse.org)

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

## New to Wellness House?







Three easy ways to connect!

- #1 Call us at **630.323.5150**
- #2 Attend a Welcome to Wellness House Orientation
- #3 Register for a program at [wellnesshouse.org](https://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.

 <b>Mondays</b>	12:00 - 1:00 pm
 <b>Tuesdays</b>	1:00 - 2:00 pm
 <b>Wednesdays</b>	9:30 - 10:30 am
 <b>Thursdays</b>	5:30 - 6:30 pm
 <b>Fridays</b>	12:00 - 1:00 pm
 <b>Saturdays</b>	9:30 - 10:30 am
April 6, 13, 20   May 4, 11, 18   June 1, 8, 15	

## HOURS OF OPERATION

### Monday - Thursday

Reception Desk: 9:00 am - 7:00 pm  
 Programs: 7:30 am - 8:30 pm

### Friday

Reception Desk: 9:00 am - 5:00 pm  
 Programs: 7:30 am - 5:00 pm

### Saturday

Reception Desk: 9:00 am - 12:00 pm  
 Programs: 7:30 am - 1:00 pm

### Closings:

Friday, May 24, closed at 3:00 pm  
 Saturday, May 25  
 Monday, May 27  
 Friday, June 14, no programs

## 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  
 George M. Eisenberg Foundation for Charities  
 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

# 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.



### SALON SERVICES

#### HAIR CUTTING, SHAVING, & SHAPING

Licensed professional stylists provide haircuts, shaving, shaping, and wig styling to those experiencing hair loss due to treatment.

### WIG BOUTIQUE

#### FITTING & STYLING

Receive personalized recommendations for wig style, color, fit, and care. One free wig is provided to participants experiencing hair loss due to treatment.

### WELLNESS TUNE-UPS

#### MASSAGE THERAPY

Light, fully-clothed massage therapy for relaxation. A physician's medical release is required.

#### REIKI, HEALING TOUCH & THERAPEUTIC TOUCH

Energy-based therapies help increase relaxation and inner balance while reducing stress, pain and fatigue.

### Glowing Through It

#### Registration Required

Friday, April 12 | 10:00 am - 12:00 pm

Friday, May 10 | 10:00 am - 12:00 pm

Friday, June 21 | 10:00 am - 12:00 pm

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

*All participants will receive a free makeup kit.*

**To schedule an appointment, call 630.654.5110**

**or email [uniqueboutique@wellnesshouse.org](mailto:uniqueboutique@wellnesshouse.org)**

**Appointments are limited & provided at no cost.**

*Unique Boutique is made possible by the Eisel family in memory of wife and mother, Linda Eisel.*

#### Wellness House | Main Location

The Kay & Mike Birck Home of Hope  
131 North County Line Road  
Hinsdale, Illinois 60521  
Phone 630.323.5150 | [wellnesshouse.org](http://wellnesshouse.org)



# YOU'RE INVITED TO OUR ANNUAL HOPE SOCIAL

**FOOD  
FUN  
COMMUNITY**



***Celebrate Hope with Wellness House***



## **Hope Social**

**Thursday, June 6 | 5:00 - 7:00 pm**

**In-person at Wellness House**

131 N County Line Rd, Hinsdale, IL 60521

Join us as we celebrate the power of community with food, activities, music, and time together. This outdoor event will provide an opportunity for the Wellness House community to gather and share together. A special "**Kids Corner**" will be available for kids to join in on the fun!

**To Register Call 630.323.5150**

# HOT TOPICS

BREAST  
CANCER



**Saturday  
June 22**  
9:00 AM - 2:30 PM



Learn More

## JOIN US FOR A SERIES TO LEARN ABOUT THE LATEST UPDATES IN BREAST CANCER RESEARCH AND TREATMENT

If you have been diagnosed with breast cancer or care about someone who has, Wellness House welcomes you to the annual Hot Topics in Breast Cancer Event. Join us to hear from top oncologists, surgeons, and healthcare professionals in the Chicagoland area to stay informed and empowered.

**FREE Registration (Required)**

### Topics Include:

Medical Updates in the Treatment of Breast Cancers, Genetic Testing,  
Reducing Your Risk of Recurrence and Updates in the Treatment of Metastatic Breast Cancers

For full agenda, or to register visit our website at [wellnesshouse.org/hot-topics-in-breast-cancer/](https://wellnesshouse.org/hot-topics-in-breast-cancer/)

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**Learn more at 630-323-5150**

Wellness House, 131 N County Line Rd, Hinsdale, IL 60521



# TOP DOC LECTURES

**For Information:**

630.654.5197

Kara Niekamp

kniekamp@wellnesshouse.org

FEEL EMPOWERED with current and reliable topics to help you stay informed.

## IN PERSON LECTURES



Registration Required



### Supportive Care during Cancer Treatment

**Thursday, May 16 | 6:30 - 8:00 pm**
*Dr. Heather Leeper, UChicago Medicine, Dr. Vasyl Hereha, UChicago Medicine*

Supportive or Palliative care is specialized medical care meant to help improve quality of life during a serious illness. Join us to learn more about the role of Palliative Care in cancer care and how you or your loved ones may benefit.

### Post Treatment Surveillance with a Focus on MCEDs (multicancer early detection tests)

**At UI Health Mile Square: 1220 S. Wood St., Chicago, IL 60608**
**Thursday, May 30 | 5:30 - 7:00 pm**
*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 Multi-Cancer Early Detection Screenings (MCEDS)



### Medical and Radiation Updates in Lung Cancer Treatment

**Thursday, June 20 | 6:30 - 8:00 pm**
*Murtuza Rampurwala, MD, MPH, Medical Oncologist and Hematologist, UChicago Medicine*
*Renuka Malik, MD, Radiation Oncologist, UChicago Medicine*

Learn about the latest medical and radiation updates in the treatment of Lung Cancer.



### Skin Health During Cancer Treatment and Beyond

**Thursday, June 27 | 7:00 - 8:30 pm**
*Lida Zheng, Northwestern Medicine*

From scars, dry skin, and hair loss to rashes, nail changes, and sun sensitivity, cancer treatments can cause various skin-related side effects. During this program, learn about how to care for your skin, hair, and nails during cancer treatment and ways to reduce discomfort.

## ONLINE LECTURES



Registration Required

### Metastatic Brain Tumors: Diagnosis, Treatment and Management

**Thursday, May 23 | 6:00 - 7:30 pm**
*Asad Khan, M.D., Neuro-Oncologist, Endeavor Health*
*Laura Bailey, MSN, RN, Patient Navigator, Endeavor Health*

Participants will learn how metastatic brain tumors are diagnosed and what individualized treatment and management options are available.







# INFORMATION & EDUCATION

**For Information:**

630.654.5197

Kara Niekamp

kniekamp@wellnesshouse.org

FEEL EMPOWERED with current and reliable information to help you to stay informed.

## IN PERSON PROGRAMS


**Prostate Cancer Foundation of Chicago Meetings**
**April 3, May 1, June 5 | 5:00 - 6:00 pm**

Men diagnosed with prostate cancer and their family members and friends are invited to discuss treatment options, learn about current research and ask questions. Additionally, participants will have time to share their prostate cancer journey, meet others in similar situations or just listen.

**Reiki Share**
*Jane Van De Velde DNP, RN, The Reiki Share Project*
**April 24, June 12 | 6:30 - 8:30 pm**

This program, sponsored by the Reiki Share Project, is for practitioners of any level who have taken Reiki classes at Wellness House or with other teachers.

**Occupational Therapy: Helping You Reach Your Full P-OT-ential!**
*Alison Kirk, OTD-S*
*Ricardo Ramirez, OTD, OTR/L, RUSH University*
**April 4 | 5:00 - 6:00 pm**

Learn about occupational therapy's role in managing symptoms of cancer and treatment and how you can benefit from working with an occupational therapist to achieve your full potential.

**Positive Effects of Tai Chi during Cancer Treatment and Recovery**
*Brielle Ciucci, PT, DPT, ARC Physical Therapy*
**April 23 | 6:00 - 7:00 pm**

Tai Chi is an exercise program that uses a sequence of precise body movements, meditation, and synchronized breathing to improve health and well-being. In this presentation, participants will learn how Tai Chi can help deal with side effects of cancer and improve recovery.

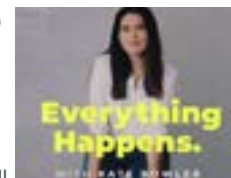
**Eating Strategies during Chemotherapy**
*Angela Dennison, RD, LDN, Wellness House*
**April 25 | 6:00 - 7:30 pm**

Getting enough food and water during treatment can be difficult when you are not feeling well due to side effects. Learn strategies on how you can curb or decrease the severity of common side effects, such as nausea, poor appetite, and taste changes.

## PODCAST CLUB

**Everything Happens with Kate Bowler**
**Mondays, April 8-29**
**6:00 - 7:30 pm**
*Registration Required*

Kate Bowler, author of *No Cure for Being Human*, is a Duke professor and expert in the stories we tell about success and failure, suffering and happiness. In her podcast, Bowler interviews a variety of experts, comedians, actors, and storytellers about grief, growth, and building connection.



## BOOK CLUB

**Between Two Kingdoms:  
A Memoir of a Life Interrupted**
**Fridays, April 26-May 17  
10:30 am - 12:00 pm**
*Registration Required*

This memoir offers a powerful reflection on survivorship and an exploration of what it means to begin again.



## SURVIVORSHIP SERIES

**Moving Forward After Cancer**
**May 7 - June 25**
**Tuesdays, 4:00 - 5:00 pm**
**Thursdays, 4:00 - 6:00 pm**

**To register, contact Earl King at  
630.654.7203 or ekingii@wellnesshouse.org**

This 8-week post-treatment series includes a commitment to weekly exercise, support, and nutrition classes, all designed to explore the range of emotions, physical concerns, and questions that may arise following cancer treatment.


**Cancer Thriving and Surviving**
**Wednesdays, April 17 - May 22**
**10:00 am - 12:30 pm**

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

Build confidence in your ability to manage your health and maintain an active and fulfilling life through mutual support and goal-setting in this 6-week program. Participants learn skills to help address concerns such as fear of recurrence, fatigue, pain, nutrition and more. This program is open to people with cancer, survivors, family, friends, and caregivers.



# INFORMATION & EDUCATION

APRIL MAY JUNE 2024



## IN PERSON PROGRAMS



### Clean Beauty Tips for Cancer Patients

*Kristen Barbaro, Beautycounter*

**April 30 | 6:00 - 7:30 pm**

Learn about ingredients in personal care products that are best to avoid and resources that can help you maintain a clean beauty routine.

### Caring for Your Mental Health

*Richa Ranade, Wellness House*

**May 2 | 7:00 - 8:30 pm**

An overview of mental health considerations and information about helpful tools and resources for people impacted by cancer.

### Reiki for You Level 1 Workshop

*Jane Van De Velde, DNP, RN, The Reiki Share Project*

**May 17 | 9:00 am - 5:00 pm**

Reiki is a complementary healing practice that helps promote relaxation and alleviate stress. In this class, you will learn about working with Reiki energy and how to offer Reiki to yourself every day.

### Wellness House Death Café

*Michael Williams, Psy.D., Wellness House*

**May 29 | 5:00 - 6:30 pm**

Death Café is a space to openly and respectfully exchange wonderings, worries, beliefs and support around dying and death, often providing participants a sense of connectedness, control and relief.

### Wellness House Life Café

*Michael Williams, Psy.D., Wellness House*

**May 30 | 11:00 am - 12:30 pm**

Life Café allows participants to actively exchange ideas about the work you have done, or want to do, to reliably help you feel good in the midst of a cancer experience.

## ONLINE PROGRAMS



### Organize to Minimize Cancer Stress and Boost Wellness

*Catherine Belzile Gibel, MSW, CPO, HOMEWELL*

**April 9 | 11:00 am - 12:00 pm**

Come join us to learn easy, practical, and empowering strategies to create spaces that minimize stress and boost wellness during your cancer journey.

### Spring into Self Care for Young Adults

*Nevada Bennett, LCPC, Wellness House*

**April 23 | 12:00 - 1:00 pm**

Learn about the benefits of self-care and develop practical strategies to incorporate self-care in your routine.

### Practical Tips for Better Sleep

*Kara Niekamp, RN, Wellness House*

**May 7 | 6:00 - 7:30 pm**

Insomnia is very common in cancer patients and survivors. Join us to learn simple strategies you can try to improve your sleep.

### Reiki Share

*Jane Van De Velde, DNP, RN, The Reiki Share Project*

**May 21 | 6:30 - 7:30 pm**

This program, sponsored by the Reiki Share Project, is for practitioners of any level who have taken Reiki classes at Wellness House or with other teachers.

### How Yoga Can Help with Breast Cancer

*Kara Lyons, OT, Yoga Instructor*

**June 25 | 6:30 - 7:30 pm**

In this presentation, participants will learn how yoga can help deal with, common and not so common, side effects of cancer, help boost immunity, and improve recovery.

### Healthy Eating for Breast Cancer

*Angela Dennison, RD, LDN, Wellness House*

**June 26 | 6:00 - 7:30 pm**

This presentation is designed specifically for those diagnosed with breast cancer. We will discuss the most updated research about diet and breast cancer, as well as foods to safely include and limit.

## PARTNER SITE PROGRAMS



### RUSH University Medical Center:

1520 W. Harrison St, 4th Floor, Supportive Oncology Conf. Rm.

### A Nutritious Meal with a Nurse that Knows:

#### Top Questions Breast Cancer Patients Ask

*Madeline McIntosh RN, MS, CN-BN, Breast Oncology Nurse Coordinator, RUSH University Medical Center*

**April 11 | 5:30 - 7:00 pm**

Learn about some of the most common questions and concerns raised by patients with breast cancer to help you feel empowered to navigate your care.

### UI Health Mile Square:

1220 S. Wood St., Chicago, IL 60608

### Rerouting: Choosing Your Course After Cancer

**May 13 - June 17 (no program 5/27) | 5:30 - 7:00 pm**

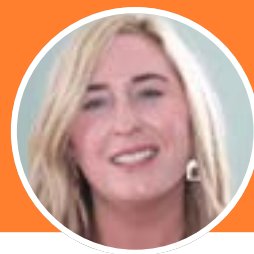
Finishing cancer treatment often elicits a full range of emotions, physical concerns, and questions for both patients and caregivers. This five-week interactive series will provide the information you need to create your course after cancer treatment.

**Wellness House** for LIVING with CANCER

You'll feel better inside.

Wellness House | Main Location  
The Kay & Mike Birck Home of Hope  
131 North County Line Road  
Hinsdale, Illinois 60521  
Phone 630.323.5150 | [wellnesshouse.org](http://wellnesshouse.org)

For questions or more information, please contact  
**Kara Niekamp at 630.654.5197 or**  
[kniekamp@wellnesshouse.org](mailto:kniekamp@wellnesshouse.org)







# NUTRITION

**For Information:**

630.654.5196

Angela Dennison

adennison@wellnesshouse.org

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

## IN PERSON CLASSES

### Cooking Demonstrations

	April	May	June	
Antioxidant Favorites	20			9:30 - 11:00 am
Cooking & Eating During Treatment	26			12:30 - 2:00 pm
			27	5:30 - 7:00 pm
<b>Cooking for Cancer:</b>				
Familiar Favorites			15	10:30 am - 12:00 pm
Transitioning to a Cancer-Fighting Diet	13	11	8	10:30 am - 12:00 pm
Latin American Cooking Series		9, 16, 23		5:30 - 7:00 pm
Mexican Cooking	29			5:30 - 7:00 pm
Puerto Rican Cooking			10	5:30 - 7:00 pm
Snack & Learn	3	1	5	12:30 - 1:00 pm
Summer Grilling Series			21, 28	12:30 - 2:00 pm
Wellness in Season: Spring Recipes		17		12:30 - 2:00 pm

### Hands-On Cooking

	April	May	June	
Wellness In Action		2		5:30 - 7:00 pm
			6	10:30 am - 12:00 pm
Knife Skills	4			5:30 - 7:00 pm
Bereavement Kitchen		13		6:15 - 7:45 pm

### Nutrition Presentations

	April	May	June	
<b>Cancer Nutrition Basics:</b>				
Health Benefits of Nuts & Seeds	22			6:00 - 7:00 pm
<b>Cancer Nutrition Beyond the Basics:</b>				
How Much Protein Do I Need?		29		5:30 - 6:30 pm
Hydration			3	5:30 - 6:30 pm
<b>Managing Cancer Side Effects:</b>				
Fatigue	22	20	13	12:30 - 1:30 pm
GI Issues	18			5:30 - 6:30 pm
GI Issues		16	20	12:30 - 1:30 pm
Taste Changes	8		3	12:30 - 1:30 pm
Taste Changes		6		5:30 - 6:30 pm
Walk & Brunch	12,17,26			10:00 - 11:30 am
Spring Gardening - Planting Greens	16			5:30 - 6:30 pm

Recipes in cooking classes may contain common food allergens

# NUTRITION

APRIL MAY JUNE 2024



## PARTNER CLASSES



	April	May	June	
<b>Lemons of Love:</b> 406 W. Central, Mt. Prospect, IL				
Wellness in Season: Summer Recipes			10	6:00 - 7:30 pm
<b>UI Health Mile Square:</b> 1220 S. Wood St., Chicago, IL				
Cancer Nutrition Beyond the Basics: Myth Busting		8, 15, 22		5:30 - 7:00 pm
<b>Loyola Medical Center:</b> 2160 S. 1st Ave. Maywood, IL				
Snack & Learn	1	6	3	1:30 - 2:30 pm
<b>River Forest Breast Center:</b> 420 William Street Bldg B River, Forest IL				
Cooking for Breast Cancer		9		12:30 - 2:00 pm

## ONLINE CLASSES



### Cooking Demonstrations

	April	May	June	
Cooking & Eating During Treatment		30		12:30 - 1:30 pm
Cooking for Cancer: Meatless Mondays	15	20	17	6:00 - 7:00 pm
Prepping & Freezing Series		7, 14, 21		12:30 - 2:00 pm
Spring Kitchen Makeover Series	4, 25	2		6:00 - 7:30 pm

### Nutrition Presentations

	April	May	June	
Cancer Nutrition Series 101	10, 17, 24	1		5:30 - 6:30 pm
<b>Cancer Nutrition Beyond the Basics:</b>				
Managing High Blood Sugar			1	9:30 - 10:30 am
<b>Cancer Nutrition Myth Busting:</b>				
Sugar Feeds Cancer	29			12:30 - 1:30 pm
<b>Managing Cancer Side Effects:</b>				
Low Blood Cell Counts	4	2	17	12:30 - 1:30 pm

*Recipes in cooking classes may contain common food allergens*

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You'll feel better inside.

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Phone 630.323.5150 | [wellnesshouse.org](http://wellnesshouse.org)

For questions or to schedule an individual consultation, contact **Angela Dennison at 630.5654.5196** or [adennison@wellnesshouse.org](mailto:adennison@wellnesshouse.org)





# EXERCISE

**For Information:**

630.654.5114

Angie Ruggiero

aruggiero@wellnesshouse.org

STAY ACTIVE with safe, recommended exercises before, during, and after cancer.

## IN PERSON CLASSES



### STAFF-REGISTRATION

#### Monday

Exercise After Cancer Tx I	9:00 - 10:00 am
Exercise During Cancer Tx II	10:30 - 11:30 am
Exercise During Cancer Tx I	11:30 am - 12:30 pm
Open Gym	1:15 - 4:30 pm
Exercise After Cancer Tx II	4:30 - 5:30 pm
Exercise After Cancer Tx I	5:30 - 6:30 pm
Core, Balance & Flexibility	May 6, 13, 20 6:00 - 7:00 pm
Breast Cancer Exercise	6:30 - 7:30 pm

#### Tuesday

Exercise After Cancer Tx II	7:30 - 8:30 am
Exercise After Cancer Tx I	8:30 - 9:30 am
Nia	9:00 - 10:00 am
Exercise During Cancer Tx II	10:30 - 11:30 am
Breast Cancer Exercise	11:30 am - 12:30 pm
Open Gym	12:30 - 4:30 pm

#### Wednesday

Exercise After Cancer Tx I	9:00 - 10:00 am
Exercise After Cancer Tx I	10:00 - 11:00 am
Exercise During Cancer Tx II	11:00 am - 12:00 pm
Pilates	11:00 am - 12:00 pm

#### Thursday

Exercise After Cancer Tx II	7:30 - 8:30 am
Exercise After Cancer Tx I	8:30 - 9:30 am
Exercise After Cancer Tx I	9:30 - 10:30 am
Exercise During Cancer Tx II	10:30 - 11:30 am

#### Friday *no classes 6/14*

Exercise After Cancer Tx II	9:00 - 10:00 am
Open Gym	11:30 am - 3:00 pm

#### Saturday

Exercise After Cancer Tx II	7:30 - 8:30 am
Exercise After Cancer Tx I	8:30 - 9:30 am
Exercise After Cancer Tx I	9:30 - 10:30 am
Exercise During Cancer Tx II	10:30 - 11:30 am

### SELF-REGISTRATION

#### Monday

Chair Yoga	12:30 - 1:15 pm
Beginner Mat Yoga	6:30 - 7:30 pm

#### Tuesday

Resorative Yoga	Jun 11, 18, 25	4:30 - 5:30 pm
Tai Chi		6:00 - 7:00 pm

#### Wednesday

Chair Yoga		11:30 am - 12:15 pm
Beginner Mat Yoga		5:30 - 6:30 pm
Breast Cancer Yoga	May 29, Jun 5, 12	6:00 - 7:30 pm

#### Thursday

Beginner Chair Yoga	12:30 - 1:15 pm
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#### Friday

Qigong	9:00 - 10:00 am
Beginner Mat Yoga	10:30 - 11:30 am

#### Saturday

Beginner Chair Yoga	12:30 - 1:15 pm
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## PARTNER CLASSES



#### Loyola Medical Center: 2160 S. 1st Ave. Maywood, IL

Chair Yoga	Mondays	12:30 - 1:30 pm
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#### Lemons of Love: 406 W. Central, Mt. Prospect, IL

Beginner Mat Yoga	Wednesdays	11:00 am - 12:00 pm
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#### PAV YMCA: 2947 Oak Park Ave, Berwyn, IL

Stretching through Cancer	Apr 3- June 5	6:30 - 7:30 pm
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#### UI Health Mile Square: 1220 S. Wood St., Chicago, IL

Tai Chi	May 14, 21, 28	5:00 - 5:45 pm
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Staff-Registration classes require a Medical Release, Health History and an exercise consultation prior to registration. Tx - Treatment is abbreviated above as Tx.



# EXERCISE

APRIL MAY JUNE 2024



## ONLINE CLASSES |

### STAFF-REGISTRATION

#### Tuesday

Prostate Exercise	8:00 - 8:45 am
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#### Thursday

Prostate Exercise	8:00 - 8:45 am
Exercise During Cancer Tx I	11:45 am - 12:15 pm

#### Saturday

Pilates	8:30 - 9:15 am
Breast Cancer Exercise	11:30 am - 12:15 pm

Staff-Registration classes require a Medical Release, Health History and an exercise consultation prior to registration. Tx - Treatment is abbreviated above as Tx.

## SPECIAL PROGRAMS

### Community Walk & Brunch

April 12, 17, 26  
10:00 - 11:30 am

Registration Required

Start your morning off right by taking a walk with exercise staff followed by brunch with our nutrition team. We will walk the Walk for Wellness House path in the neighborhood. Participants will gather in our kitchen for brunch immediately after the walk.

### World Dance

May 16, 23, 30  
5:30 - 6:30 pm

Registration Required

Enjoy a mindful, fun-filled taste of World Dance. We will begin with deep breathing and relaxed stretches, flowing gently and joyfully into World Dance movements.

### SELF-REGISTRATION

#### Monday

Bodyweight Exercises for Strength & Balance	8:00 - 8:45 am
Beginner Mat Yoga	10:00 - 11:00 am
<i>Wheeling Township partnership</i>	
Yoga for Cancer	11:00 - 11:45 am

#### Tuesday

Restore Your Core After Cancer	9:45 - 10:30 am
Chair Yoga	11:45 am - 12:30 pm
Stretching through Cancer	4:30 - 5:15 pm
Beginner Mat Yoga	6:00 - 7:00 pm

#### Wednesday

Bodyweight Exercises for Strength & Balance	8:00 am - 8:45 am
QiGong Series	April 10, 17, 24 10:30 - 11:30 am
Stretching through Cancer	4:00 - 4:45 pm

#### Thursday

Restore Your Core After Cancer	2:00 - 2:45 pm
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#### Friday

*no classes 6/14*

Bodyweight Exercises for Strength & Balance	8:00 - 8:45 am
Beginner Chair Yoga	10:00 - 11:00 am
<i>Insight Chicago partnership</i>	
Beginner Chair Yoga	11:00 - 11:45 am

#### Saturday

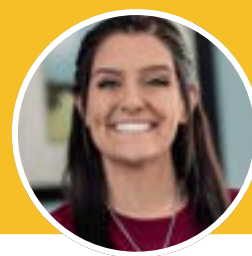
Spanish Language Yoga	11:00 am - 12:00 pm
<i>ALAS -Wings partnership</i>	

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Phone 630.323.5150 | [wellnesshouse.org](http://wellnesshouse.org)

For questions or to schedule an individual consultation, contact  
**Angie Ruggiero at 630.654.5114**  
or [aruggiero@wellnesshouse.org](mailto:aruggiero@wellnesshouse.org)





# STRESS-MANAGEMENT

**For Information:**

630.654.5114

Angie Ruggiero

aruggiero@wellnesshouse.org

RELAX with techniques to calm your body, still your mind, and improve quality of life.

## IN PERSON CLASSES



### Mind/Body

	April	May	June	
Mindfulness for Everyday Living	Tuesdays			10:30 - 11:30 am
Guided Meditation	Thursdays			10:30 - 11:30 am
Garden Walk		14	25	1:00 - 3:00 pm
Music in the Park			1	12:00 - 2:00 pm
Sound Meditation	9, 16, 23			6:00 - 7:00 pm
Stress Free Saturday	13	4	8	9:30 - 10:30 am
Stress-Less Breathing	9	14	11	1:00 - 2:00 pm

### Expressive Arts

	April	May	June	
Ceramics		31		1:00 - 4:00 pm
Create Your Own Flower Bouquet		17		2:00 - 3:00 pm
Flute Circle Live	2, 9	7, 14		10:00 - 11:00 am
Mixed Media	18	16	4, 11	1:00 - 3:00 pm
Paint and Sip	10		20	5:30 - 6:30 pm

## PARTNER CLASSES


**UI Health Mile Square: 1220 S Wood St, Chicago, IL**

	April	May	June	
Meditation for Improved Sleep		16, 23, 30		5:30 - 6:30 pm
Simple Art for Stress Management		14, 21, 28		5:45 - 6:30 pm

**Lemons of Love: 406 W. Central, Mt. Prospect, IL**

Meditation for Improved Sleep	4, 11, 18, 25			4:00 - 5:00 pm
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**Rush Oak Park: 610 S Maple Ave, Suite 2000, Oak Park, IL**

Cancer Creative Connections	15	20	17	4:30 - 5:15 pm
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**Countryside Church: 1025 N. Smith St, Palatine, IL**

Wellness Through Deep Hypnosis	6	4	1	10:00 am - 12:00 pm
Reiki Clinic	6	4	1	10:00 am - 1:00 pm

**River Forest Breast Care : 7411 Lake St, River Forest, IL Bldg A Community Room 1st floor**

Meditation for Improved Sleep	11			12:30 - 1:30 pm
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# STRESS MANAGEMENT

APRIL MAY JUNE 2024



## ONLINE CLASSES



### Mind/Body

	April	May	June	
TYM for Me	Thursdays			4:00 - 4:45 am
Meditation for Improved Sleep	Fridays		no class, 6/14	4:00 - 5:00 pm
Journeying Inward: Deep Relaxation for	6	4	1	11:00 am - 12:15 pm
Mindfulness Meditation Circle	15	20	17	11:30 am - 12:30 pm
Self-Compassion Practice	17	15	19	6:30 - 7:30 pm
Reiki Clinic	20	18	15	11:35 am - 12:15 pm
Wellness through Deep Hypnosis	20	18	15	10:00 - 11:30 am

### Expressive Arts

	April	May	June	
Flute Circle	16, 23, 30	21, 28	18, 25	10:00 - 11:00 am
Cityscapes	8, 15, 22, 29			5:30 - 7:00 pm
Musical Art Expression			5	5:30 - 7:00 pm
Spring Watercolors		7, 14, 21, 28		5:30 - 7:00 pm
Zentangles and Mandalas	4, 11, 18, 25			5:30 - 7:00 pm

## SPECIAL PROGRAMS

### Mindful Self Compassion

**Mondays, June 3, 10, 17, 24**  
**6:30 - 7:30 pm**



*Staff Registration Required*

To register, contact Jacyl Chipman at 630.654.5116 or [jchipman@wellnesshouse.org](mailto:jchipman@wellnesshouse.org)

Based on the groundbreaking research of Dr. Kristen Neff, this program will provide essential tools to enhance your well-being and resilience, and your capacity for treating yourself in a kind, compassionate way.

### Meditation: Connecting With The Peace Within

**Wednesday, April 24**  
**5:30 - 7:00 pm**



*Registration Required*

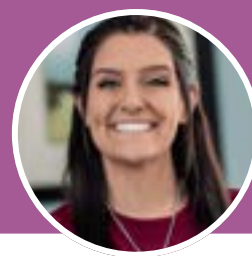
Join Umesh Bhatia, long time meditator, to learn about how meditation can be used to minimize the effects of stress, speed healing and enable you to tap into the peace within. Learn the tools needed to make meditation part of daily life. The program will include a "meditation sitting" and a question-and-answer discussion period.

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You'll feel better inside.

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The Kay & Mike Birck Home of Hope  
131 North County Line Road  
Hinsdale, Illinois 60521  
Phone 630.323.5150 | [wellnesshouse.org](http://wellnesshouse.org)

For questions or to schedule an individual consultation, contact  
**Angie Ruggiero at 630.654.5114**  
or [aruggiero@wellnesshouse.org](mailto:aruggiero@wellnesshouse.org)







# SUPPORT GROUPS & COUNSELING

**For Information:**

630.323.5150

Nevada Bennett, LCPC, NCC

nbennett@wellnesshouse.org

CONNECT with others who understand what you're going through.

## IN PERSON GROUPS |

### Support Groups

Concurrent Cancer & Caregiver Groups	Wednesdays	3:00 - 4:30 pm
Concurrent Cancer & Caregiver Groups	Thursdays	5:15 - 6:15 pm
Living with Recurrent or Metastatic Cancer	Thursdays	12:00 - 1:30 pm
Meaning-Centered Pyschotherapy	Thursdays, May 9 - Jun 27	1:00 - 2:30 pm
Women's Support Group	Mondays	5:00 - 6:15 pm

### Bereavement Groups

Bereavement Support Group	Mondays	5:00 - 6:15 pm
Transitions Group for Spouses	Wednesdays, twice monthly	

### Diagnosis Specific & Peer Connection Groups

	April	May	June	
Bladder Cancer	23	28	25	3:00 - 4:30 pm
Breast Cancer	4, 18	2, 16	6, 20	2:00 - 3:30 pm
Colon/Rectal Cancer	15	20	17	7:00 - 8:30 pm
Couples Living with Cancer	16	21	18	3:00 - 4:30 pm
LGBTQ+ Cancer Connections	2	7	4	3:00 - 4:30 pm
Lung Cancer	1	6	3	3:00 - 4:30 pm
Metastatic Breast Cancer	1	6	3	6:30 - 8:00 pm
Prostate Cancer	3, 17	1, 15	5, 19	9:30 - 11:00 am
Spiritual Side of Cancer	9	14	11	5:00 - 6:30 pm
Survivorship Connections	15	20	17	6:30 - 8:00 pm
Young Adults with Cancer Connections	1	6	3	7:00 - 8:30 pm

## PARTNER SITE GROUPS |

**RUSH Oak Park:**

610 S Maple Ave, Suite 2000, Oak Park, IL

Cancer Support Group	Mondays	5:30 - 7:00 pm
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**RUSH University Medical Center:**

1520 W. Harrison St, 4th Floor, Supportive Oncology Conf. Rm.

	April	May	June	
Breast Cancer Connections Group	2	7	4	11:00 am - 12:30 pm
Head, Neck & Thyroid Cancer Connections Group	2	7	4	5:30 - 7:00 pm
Prostate Cancer Connections Group	16	21	18	5:30 - 7:00 pm

**UI Health Mile Square Health Center:**

1220 S Wood St, Chicago, IL, Room 3000

	April	May	June	
Women of Color Connections Group	16	21	18	11:00 am - 12:30 pm

# SUPPORT GROUPS & COUNSELING

APRIL MAY JUNE 2024



## ONLINE GROUPS



### Support Groups

Concurrent Cancer and Caregiver Groups	Wednesdays	7:00 - 8:30 pm
Living with Metastatic Breast Cancer	Tuesdays	10:00 - 11:30 am
Living with Recurrent or Metastatic Cancer	Fridays, <a href="#">no group 6/14</a>	10:00 - 11:30 am
Men's Support Group	Tuesdays	12:00 - 1:30 pm
Women's Support Group	Tuesdays	2:00 - 3:30 pm

### Bereavement Groups

	April	May	June	
Bereavement Support Group	Every Tuesday, April - June			5:00 - 6:30 pm
Connections Group for Bereaved Dads of Young Children and Teens	9	14	11	7:00 - 8:30 pm
Bereavement Connections Group for Those Who Have Lost a Parent	4	2	27	6:30 - 8:00 pm
Transition Group for Spouses	Wednesdays, Twice monthly			
Transitions Alumni Connections Group	23	28	25	5:00 - 6:30 pm

### Diagnosis Specific & Peer Connection Groups

	April	May	June	
Brain Tumor	25	23	27	3:00 - 4:30 pm
Breast Cancer	8, 22	13	10, 24	6:30 - 8:00 pm
Colon/Rectal Cancer	8	13	10	7:00 - 8:30 pm
Gynecologic Cancers	11	9	13	6:30 - 8:00 pm
Head, Neck & Thyroid Cancer	16	21	18	7:00 - 8:30 pm
Lung Cancer	15	20	17	3:00 - 4:30 pm
Lymphoma & Leukemia	11	9	13	7:00 - 8:30 pm
Melanoma	23	28	25	7:00 - 8:30 pm
Multiple Myeloma	18	16	20	6:30 - 8:00 pm
Neuroendocrine Tumors (NET)	13	11	8	10:30 am - 12:30 pm
Pancreatic Cancer	11, 25	9, 23	13, 27	4:00 - 5:15 pm
Prostate Cancer	10, 24	8, 22	12, 26	9:30 - 11:00 am
Sarcoma Cancers	20	18	22	11:00 am - 12:30 pm
Death Café Alumni Connections	2	7	4	7:00 - 8:30 pm
Meaning Centered Psychotherapy Alumni	9	14	11	3:00 - 4:30 pm
Soul Chat: Cancer + Spirituality Group for Black, Indigenous, & People of Color <i>UIH MSHC partnership</i>	22		24	6:30 - 8:00 pm

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131 North County Line Road

Hinsdale, Illinois 60521  
Phone 630.323.5150 | [wellnesshouse.org](http://wellnesshouse.org)

Individual consultations and short-term counseling are available. To schedule an appointment, contact Nevada Bennett: 630.323.5150 [nbennett@wellnesshouse.org](mailto:nbennett@wellnesshouse.org)





# CHILD & FAMILY

**For Information:**

630.654.5115

Saige Spears

sspears@wellnesshouse.org

BUILD UNDERSTANDING with programs that create a place to learn, express feelings, and heal.

## IN PERSON GROUPS |

### Support Groups

Teen Turtles Bereavement	Mondays	Apr 8, May 13, Jun 10	4:30 - 5:30 pm
Turtles Bereavement	Mondays		5:30 - 6:30 pm
Toddler Talk: Parent and Tot Connections	Thursdays	Apr 4, May 2, Jun 6	3:00 - 3:45 pm
Kids Group	Thursdays		4:30 - 5:30 pm
Brave Kids	Thursdays		5:45 - 6:45 pm
Parenting Brave Kids	Thursdays	Apr 4, 18, May 2, 16, Jun 6, 20	5:45 - 6:45 pm
Turtles Parents	Contact Saige Spears		
Kids Group Parents	Contact Saige Spears		

### Wellness Classes

	April	May	June	
Date Night: Couple's Cooking Class		30		5:30 - 7:00 pm
Father's Day Mug Decorating			5	5:00 - 6:00 pm
Hands-On Family Cooking Class			12	5:30 - 7:00 pm
Happier Meals: Hands-on Meal Prepping	14			12:00 - 2:00 pm
Kids Art			4, 11, 18	5:30 - 6:15 pm
Kids Yoga			4, 11, 18	6:15 - 7:00 pm
Kids Fitness, Fun, and Games		29	5, 19, 26	4:00 - 5:00 pm
Kids Group Snack & Learn	4		2	4:00 - 4:30 pm
Kids in the Kitchen: Hand's On Cooking Series		8, 15, 22		5:30 - 7:00 pm
Mother's Day Flower Bouquet		7		5:30 - 6:30 pm
Stress Free Saturday for Kids	13	4	8	11:00 am - 12:00 pm

## ONLINE GROUPS |

### Support Groups

	April	May	June	
Connections Group for Bereaved Dads of Young Children and Teens	9	14	11	7:00 - 8:30 pm

### Wellness

	April	May	June	
Packing a Balanced School Lunch		13		5:30 - 6:30 pm





## SPECIAL EVENTS



### **Superhero Day**

**Saturday, April 27**

**10:00 - 11:30 am**

**Staff Registration Required**

Superhero Day is a day to celebrate all superheroes, but especially our youngest who are impacted by or fighting cancer. Dress in your favorite superhero costume or attire; we will have yummy treats, superhero crafts and lots of family fun. The morning will include a visit by a surprise superhero too!



### **Family Night at Wonder Works Museum**

**Saturday, May 18**

**4:00 - 6:00 pm**

**Staff Registration Required**

Join Wellness House for a fun evening at Wonder Works Museum in Oak Park. This event takes place after museum hours and families will have access to the entire museum. Enjoy exploring everything the museum has to offer, connect with others, and enjoy a light dinner.

*Location:*

6445 W North Ave, Oak Park, IL 60302



### **Hope Social: Kids Corner**

**Thursday, June 6**

**5:00 - 7:00 pm**

**Registration Required**

Join us as we celebrate the power of community with food, games and time together. This outdoor event will provide an opportunity for the Wellness House community to gather and share together.

A special "Kids Corner" will be available for kids to join in on the fun!

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Phone 630.323.5150 | [wellnesshouse.org](http://wellnesshouse.org)



### **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](mailto:sspears@wellnesshouse.org)*

# APOYO GRATUITO PARA EL CÁNCER

Para obtener más información, comuníquese por correo electrónico.



## Contáctenos

Para obtener más información,  
llame al 630.654.7217 o  
[igarciaperez@wellnesshouse.org](mailto:igarciaperez@wellnesshouse.org)

## Consulta de Pelucas

**Solo con cita**

**Home of Hope**

**Para programar una cita de  
peluca de Wellness House  
llame a Ima Garcia Perez  
630.654.7217**

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.



Obtenga más información  
sobre wellness house

## Programas en Persona

### Grupo de Apoyo para Personas Viviendo con Cáncer

**cada jueves | 6:30 - 7:45 pm** *Se requiere registro*

Este grupo de apoyo está diseñado para abordar los desafíos emocionales que vienen con un diagnóstico de cáncer al brindar un espacio seguro para que las personas diagnosticadas se reúnan para compartir experiencias, lidiar con la ansiedad y la preocupación y para apoyarse mutuamente. Este grupo tocará diferentes temas de cáncer en diferentes secciones.

### Grupo Español de Apoyo al Cáncer

**martes 9, abril 9, mayo 14, junio 11 | 3:00 - 4:30 pm**

*RUSH Univ. Medical Ctr, 1520 W Harrison Street, Rubsclager Ambulatory Bldg (RAB)  
4th Floor- Supportive Oncology Conference Room, Chicago, IL 60607*

Este grupo de apoyo está diseñado para abordar los desafíos emocionales que vienen con un diagnóstico de cáncer. Las personas diagnosticadas con cáncer se reúnan para compartir experiencias, lidiar con la ansiedad y la preocupación y para apoyarse mutuamente.

### Psicoterapia Centrada en el Significado

**viernes, abril 12- mayo 31 | 3:00 - 4:30 pm**

*Loyola Univ. Medical Center, Cardinal Bernardin Cancer Center, 1st Floor Coleman Conference Room, 2160 S. First Ave, Maywood, IL 60153*

La Psicoterapia Centrada en el Significado fue diseñada por Memorial Sloan Kettering Cancer Center para ayudar a las personas con el cáncer a crear y mantener el significado de sus vidas.

### Grupo español de apoyo al cáncer de Rush Oak Park

**DIRECCIÓN: Rush Oak Park, 610 S. Maple Ave, Oak Park, 60304 Cuarto: 2000**

Wellness House, en colaboración con Rush Oak Park, está planeando lanzar un grupo de apoyo en español para personas diagnosticadas con cáncer. Este grupo de apoyo está diseñado para abordar los desafíos emocionales relacionados con un diagnóstico de cáncer. Las personas diagnosticadas con cáncer se reunirán para compartir experiencias, lidiar con la ansiedad y la preocupación, y para apoyarse mutuamente. Si tiene interés póngase en contacto con Ima García Pérez por correo electrónico o número de teléfono (630-654-7217 o [igarciaperez@wellnesshouse.org](mailto:igarciaperez@wellnesshouse.org))

### Yoga en español

**sábado | 11:00 am - 12:00 pm** *Se requiere registro*

*En asociación con ALAS-Wings*

Posturas de yoga para principiantes y restaurativas basadas en colchonetas y de pie, instruidas en español.

## Programa en línea

### Grupo de Conexiones de Cáncer Recurrente o Metastásico

**viernes, abril 5, mayo 3, junio 7 | 12:00 - 1:30 pm** *Se requiere registro*

Este grupo mensual se enfoca en temas relacionados con el cáncer recurrente y metastásico y invita a las personas diagnosticadas, igual que a los miembros de la familia que apoyan a un ser querido con cáncer.

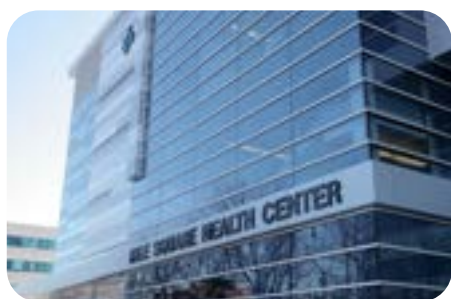
### Cocinar para el cáncer

**sábado, abril 6, mayo 4, junio 1 | 9:30 - 11:00 am**

Esta demostración de clase y cocina contará con recetas fáciles y saludables para ayudarle a incorporar deliciosamente los alimentos que combaten el cáncer en su dieta.

# WELLNESS HOUSE PARTNER NETWORK

Wellness House offers programs onsite at our partner locations throughout metro Chicago. We offer classes and events on nutrition, exercise, support and counseling, information, and educational programs that best serve the people in the immediate community.



## Mile Square Health Center

1220 S Wood St  
Chicago, IL 60608

To view all class at Mile Square Health Center, visit [wellnesshouse.org/ulhealth](https://wellnesshouse.org/ulhealth)



## Rush Cancer Center

1520 W. Harrison St.  
Chicago, IL 60607

To view all class at Rush Cancer Center, visit [wellnesshouse.org/rush](https://wellnesshouse.org/rush)



## Loyola Medicine

Cardinal Bernardin Cancer Center  
2160 S. 1st Ave  
Maywood, IL 60153

To view all class at Loyola Medicine, visit [wellnesshouse.org/Loyola](https://wellnesshouse.org/Loyola)



*Visit one of our other partners throughout the Chicagoland area*

*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.*