

## FREE CANCER SUPPORT

Join a support group, attend an information program and learn about cancer wellness topics from the experts

## WELCOME TO WELLNESS HOUSE

### At RUSH University Medical Center

1520 W. Harrison St., Chicago, IL 60607  
(Rubschlager Ambulatory Building)  
4th Floor Supportive Oncology Conference Room

#### Breast Cancer Support Group

1st Tuesday of each month - Snacks provided  
11:00-12:30 a.m. | 8/6, 9/3

#### Prostate Cancer Support Group

3rd Tuesday of each month - Snacks provided  
5:30-7:00 p.m. | 7/16, 8/20, 9/17

#### Head, Neck & Thyroid Cancer Support Group

1st Tuesday of each month - Snacks provided  
5:30-7:00 p.m. | 8/6, 9/3

#### Spanish-Speaking Support Group

Second Tuesday of Every Month  
3:00-4:30 pm | 7/9, 8/13, 9/10

### At RUSH Oak Park Medical Office Building 610 S Maple Ave. Suite 2000 Oak Park, IL

#### Cancer Creative Connections

3rd Mondays 4:30 - 5:15 p.m.  
7/15, 8/19, 9/23

#### Cancer Support Group

Mondays, Weekly  
5:30 - 7:00 p.m.

#### Morning Yoga Series

Wednesdays, 8/7, 8/14, 8/21 | 10:30 - 11:30 a.m.  
Join us on the mat. No experience is needed

#### A Nutritious Meal with a Nurse that Knows: Top Questions Prostate Cancer Patients Ask

Thursday, September 26 | 5:30 - 7:00 p.m.  
Enjoy a meal and discuss the most common patient questions and concerns about prostate cancer with a nurse who knows.

#### Wellness House Showcase Event

Tuesday, 8/20 | 12:00 - 1:30 p.m.  
Learn what Wellness House is all about.

LEARN MORE & REGISTER  
[Wellnesshouse.org/rush](https://Wellnesshouse.org/rush)



SCAN ME

SAVE THE DATE  
Thursday, 9/19  
STRONGER TOGETHER  
Health Equity Summit for Cancer  
Survivors and Caregivers