

WELLNESS HOUSE

At Mile Square Health Center

**FREE
CANCER
SUPPORT**

CONTACT US

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

In-Person Programs

Cancer Nutrition Series

Thursdays, September 12 & 26 | 5:30 - 7:00 p.m.

MSHC, 2nd floor, Staff Lounge

Registration Required

Cancer Nutrition can be overwhelming and confusing. Join us to learn more about this topic and bring your questions.

Tai Chi

Tuesday, July 16- August 6 | 5:00 - 5:45p.m.

MSHC, 1st floor, Conference Room

Experience this gentle form of Chinese movement for your mind and body.

Women of Color Connections Group

3rd Tuesdays | 10:00 - 11:00 a.m.

July 16, August 20, September 17

MSHC, 1st floor, Conference Room

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.

WELLNESS HOUSE SHOWCASE EVENTS

Monday July 29 | Wednesday September 25 | 5:30-7:00 pm

MSHC, 2nd floor, Staff Lounge

Learn about Wellness House and how our programs may benefit you and your family. Our information and education programs cover various topics including, but not limited to symptom management, complementary therapies, and practical and financial matters.

Meditation for Improved Sleep

Thursdays, August 15, 22, 29 | 5:30 - 6:30 p.m.

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, July 16- August 6 | 5:45- 6:30p.m.

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.

Online Programs

Soul Chat: Cancer + Spirituality Discussion Group for Black, Indigenous and People of Color

4th Mondays | 6:30-8:00 p.m.

July 22, August 26, September 23

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.

SAVE THE DATE!

Thursday, September 19

STRONGER TOGETHER-

Community Cancer Health Equity Summit for Survivors and Caregivers

