

# 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](http://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](http://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>	5:30 - 6:30 pm
 <b>Tuesdays</b>	1:00 - 2:00 pm
 <b>Wednesdays</b>	9:30 - 10:30 am
 <b>Thursdays</b>	12:00 - 1:00 pm
 <b>Fridays</b>	12:00 - 1:00 pm
 <b>Saturdays</b>	9:30 - 10:30 am

Jul 6, 13, 20 | Aug 3, 10, 17 | Sep 7, 14, 21

## 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

### Special Hours - Open, no programs:

Saturday, June 29, 9:00 am - 12:00 pm  
Monday, July 1, 9:00 am - 5:00 pm  
Tuesday, July 2, 9:00 am - 5:00 pm  
Friday, July 5, 9:00 am - 5:00 pm

### Closings:

Wednesday, July 3  
Thursday, July 4  
Friday, August 30, Closed at 3:00 pm  
Saturday, August 31  
Monday, September 2

## 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, Jul 12 | 10:00 am - 12:00 pm  
Friday, Aug 16 | 10:00 am - 12:00 pm  
Friday, Sep 13 | 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  
INVITES YOU TO

# ***Day of Remembrance***

THURSDAY, SEPTEMBER 12, 2024 | 5:00-7:00 P.M.  
IN-PERSON AT WELLNESS HOUSE

## ***HONOR, SHARE, LEARN***

We invite you and your family to join us for a time to remember and honor our loved ones who have died over the past year. Light refreshments will be served.

### **Program schedule**

#### **5:00 p.m. Gathering Time**

Everyone is invited for refreshments and time together to view the photo presentation of loved ones and friends.

#### **5:30 p.m. Grief, Rituals and How We Cope**

*with*

Catherine Durkin Robinson,  
End-of-Life Doula and Educator, Anitya Doula Services

*Children are welcome and are invited to join an activity with our Child Life Specialist during the program presentation.*

#### **6:15 p.m. Expression of Remembrance and Candle Lighting Ceremony**



### ***Meet our guest speaker***

Catherine Durkin Robinson is an end-of-life doula and educator with Anitya Doula Services. She graduated from the University of Vermont's End-of-Life Doula program and belongs to the National End-of-Life Doula Alliance. Her varied career includes 30 years as a political organizer, 10 years as a high school and college educator, and 10 years as a newspaper columnist in Tampa, FL. You can find her at [www.anityadoulaservices.org](http://www.anityadoulaservices.org).

Please consider sending a photo of your loved one and their name to be included in our special photo presentation.

Please RSVP and send photos to Beth Possley at [bpossley@wellnesshouse.org](mailto:bpossley@wellnesshouse.org) by Monday, September 9.





**SATURDAY**  
**SEPTEMBER 28, 2024**

**9:00 - 2:30 PM**

**In Person**

**PROVIDED AT NO COST**

**Updates in Prostate Cancer Treatment & Research Panel Presentations | 9:00 - 11:00 am**

**9:00 - 9:30**

**Updates in Surgical Oncology**

Abhinav Sidana, MBBS, MPH, Urologic Oncologist, UChicago Medicine

**9:30 - 10:00**

**Updates in Radiation Oncology**

Patrick Sweeney, MD, Radiation Oncologist, Radiation Oncology Consultants

**10:00 - 10:30**

**Updates in Medical Oncology**

Fahad Faruqi, MD, Medical Oncologist, Northwestern Medicine and Song Jiang, MD, PhD, Urology, Northwestern Medicine

**10:30 - 11:00 Q&A with Physician Panel**

**Breakout Sessions and Lunch 11:00 - 2:30 p.m.**

If you have been diagnosed with prostate cancer or care about someone who has, Wellness House welcomes you to our annual Hot Topics in Prostate Cancer Event. Join us to learn from top oncologists, surgeons, and healthcare professionals in the Chicago area.

**Ongoing Support**

**Prostate Cancer Support Groups**

**1st & 3rd Wednesdays, In-Person**

**August 7 & 21**

**September 4 & 18**

**2nd & 4th Wednesdays, Online**

**August 14 & 28**

**September 11 & 25**



**REGISTRATION REQUIRED**

**Scan the QR code or call: 630.323.5150**



# 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

### Dental Care During Cancer Treatment and Beyond

**Wednesday, August 28 | 6:30 - 8:00 pm**

*Michael Morgan, DDS, Dentistry and Aesthetics By Design*

It is important to maintain good oral care through cancer treatment and beyond. Dental complications can be difficult and sometimes debilitating due to side effects of chemotherapy, radiation, and other cancer treatments. Learn about the risks, prevention, progression, and treatment options for dental and periodontal complications.



### Multimodality Treatment of Pancreatic Cancer

**Wednesday, September 11 | 6:30 - 8:00 pm**

*Annabelle Veerapaneni, MD, CGRA; Akhil Chawla MD;*

*Neal Andruska, MD, PhD, Northwestern Medicine*

Join us to learn more about the multidisciplinary approach in the treatment of patients with pancreatic cancer.



### Advances in the Treatment of Gynecologic Cancers

**Wednesday, September 25 | 6:00 - 7:30 pm**

*Molly Roy, MD, Affiliated Oncologists*

Gynecologic malignancies account for approximately 11% of newly diagnosed cancers in the United States. Join Dr. Molly Roy to learn about advancements in treatment for Gynecological Cancer.



## ONLINE LECTURES Registration Required

### ChemoBrain: Changes in Memory, Thinking and Focus

**Tuesday, August 13 | 6:30 - 8:00 pm**

*Michael Walker ND, FABNO, City of Hope*

Chemo brain is a problem with thinking and memory that can happen during and especially after chemotherapy treatment for cancer. Come learn about chemotherapy's cognitive side effects as well as tips to manage changes in memory, thinking, and focus.



### Addressing Medical Concerns Around Cancer and Bone Health

**Thursday August 29 | 6:00 - 7:30 pm**

*June McKoy, MD, JD, MBA, Northwestern Medicine*

Cancer and its treatment can have profound effects on bone health. Understand how certain cancer treatments can impact your bones and how you can work with your medical care team to prevent adverse effects. Learn about the important of bone surveillance as well as several new bone enhancing agents that are now 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

**August 7, September 4 | 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. Offered in partnership with Wellness House and the Prostate Cancer Foundation of Chicago.

Meeting topics include:

August 7: **Advances in Treatment of Prostate Cancer**, William Hartsell, MD, Radiation Oncology Consultants  
September 4: **The Importance of Regular Screening**, Andrew Lee, MD, Radiation Oncology Consultants

### Navigating the Maze of Healthcare

*Katie Durbin, MSW, LCSW Owner & Clinician, Health Transitions Counseling*

**July 11 | 7:00 - 8:30 pm**

Katie Durbin, a long time medical and oncology social worker, will share tips and strategies to help guide you through the many obstacles involved in getting the care you need before, during, and after a diagnosis.

### Container Gardening

*Connie Kollmeyer, Agroecology Educator, The Conservation Foundation*

**July 16 | 1:00 - 2:30 pm**

Learn the basics of container gardening and more about what can be planted mid-summer in Illinois. Participants will create their own container garden as part of the program. This class is led by The Conservation Foundation.

### Exercise for Bone Health

*Jadyn Chipman, Exercise and Stress Management Programs Manager, Wellness House*

**July 18 | 6:30 - 7:30 pm**

In this presentation, participants will learn the positive effects of exercise on bone health, and the role it plays in managing cancer related bone issues.

### Nutrition for Bone Health

*Angela Dennison, Nutrition Programs Manager, Wellness House*

**July 25 | 6:00 - 7:00 pm**

In this presentation, participants will learn the positive effects of nutrition on bone health, and the role it plays in managing cancer related bone issues.

### Wellness House Death Café

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

**July 31 | 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.

## SURVIVORSHIP SERIES FOR YOUNG WOMEN AFFECTED BY BREAST CANCER

*Katie Pinnick, RN and Dorothy Hoffman, RN  
UChicago AdventHealth*

This Survivorship Series will give you tips and tools to help you cope with your diagnosis and common side effects, build confidence, and empower you to take charge of your health. Topics are geared to women diagnosed with breast cancer before age 45 and include early menopause, long-term effects of treatment, sex and intimacy, and self-care after breast cancer.

### Hot and Bothered: Coping with Early Menopause and Stay Alert: Managing Long-term Side Effects

**Wednesday, August 7  
4:00 - 7:30 pm**

Registration Required

### Let's Talk about Sex and Breast Cancer and Self-Care after Breast Cancer

**Wednesday, August 14  
4:00 - 7:30 pm**

Registration Required

Offered in partnership with:



LIVING BEYOND  
BREAST CANCER®



## SURVIVORSHIP SERIES

### Rerouting: Choosing Your Course after Cancer

**Mondays, August 19 - September 23  
6:30 - 8:00 pm**



Registration Required

Finishing cancer treatment can elicit a full range of emotions, as well as new physical concerns and questions for both patients and caregivers. Join us for this interactive five-week series that will provide the information you need to create your course after cancer treatment. You will receive the most benefit from attending each week in this series, though it is not required.

### Weigh to Go! Managing Weight after Cancer

**Fridays, July 26 - September 20  
10:00 - 11:30 am**



To register, contact Nevada Bennett at 630.654.5346 or [nbennett@wellnesshouse.org](mailto:nbennett@wellnesshouse.org).

This educational and experiential series explores behavior change for healthy weight management. Learn simple tips to improve your diet and increase physical activity in a supportive group setting. This series is for cancer survivors who have completed treatment and are interested in understanding their readiness to change, interests, needs, and goals in order to create a personal "Lifestyle Change Plan."





## IN PERSON PROGRAMS



### Wellness House Life Café

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

**August 1 | 11:00 am - 12:30 pm**

Life Cafe 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.

### Understanding Lymphedema

*Janet Benedict PT, DPT, CLT-LANA; Endeavor Health*

**August 27 | 6:30 - 7:30 pm**

Chronic swelling/lymphedema can occur following cancer treatment or surgery. In this presentation, you will learn what lymphedema is, how to reduce your risk of developing it, how to identify early symptoms, and what treatment of lymphedema includes.

### Book Club: The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are

*Sharon Kelleher, LCSW*

**September 6 - 27 | 10:30 am - 12:00 pm**

In *The Gifts of Imperfection*, Brené Brown, PhD, a leading expert on shame, authenticity and belonging, shares what she's learned from a decade of research on the power of Wholehearted Living--a way of engaging with the world from a place of worthiness. Join us to reflect and share ideas about how to put her work into practice.

### Reiki Share

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

**September 18 | 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.

### Cancer's Impact on Caregivers and Patients

*Sarah Thilges, PhD, Director of Psychosocial Oncology, Loyola Medicine*

**September 24 | 7:00 - 8:30 pm**

Cancer presents challenges unique to patients and caregivers. Relationships are shifted and altered, whether it be parent-child, partners or any other dynamic. We will explore some of these areas, consider communication needs and coping responses to mitigate the strains of cancer care.

## ONLINE PROGRAMS



### Organize to Minimize Cancer Stress and Boost Wellness

*Catherine Belzile Gibel, MSW, CPO, HOMEWELL*

**July 11 | 10:00 - 11:00 am**

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

### Podcast Club: Everything Happens with Kate Bowler

*Richa Ranade, Wellness House*

**July 15 - 29 | 6:00 - 7:30 pm**

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. Join us to discuss and share insights.

### Reiki Share

*Jane Van De Velde, DNP, RN,*

*The Reiki Share Project*

**August 22 | 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.

## PARTNER SITE PROGRAMS

### Dolton Public Library:

14037 Lincoln Ave., Dolton, IL 60419

### Cancer Thriving and Surviving

**Tuesdays, August 13 - September 17**

*To register, contact Marci Goldberg at 630.654.5102 or [mgoldberg@wellnesshouse.org](mailto:mgoldberg@wellnesshouse.org).*

Cancer Thriving and Surviving is a 6-week interactive workshop for cancer survivors. The sessions are highly participative where mutual support and success builds confidence in your ability to manage your health and maintain an active and fulfilling life. Participants learn skills to help address concerns such as fear of recurrence, fatigue, pain, nutrition and more. The program is open to people with cancer, survivors, family, friends, and caregivers.

### Rush University Medical Center:

1520 W. Harrison St. Rubschlager Ambulatory Bldg (RAB) 4th Floor

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

**Thursday, September 26 | 5:30 - 7:00 pm**

*Krista Lodewyk, BSN, RN, CMS-RN, CURN, Sue Budds, NP  
Rush University Cancer Center*

Nurses are the trusted guides and steady hands that provide compassion, healing, and reliable information throughout cancer treatment. Learn about some of the most common questions and concerns raised by patients with prostate cancer to help you feel empowered to navigate your care.

**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

*Learn about the latest in cancer nutrition while our oncology dietitians teach you how to prepare cancer-fighting, plant centered recipes. Samples provided.*

	July	August	September	
Antioxidant Favorites			21	9:30 - 11:00 am
Familiar Favorites	20			9:30 - 11:00 am
Transitioning to a Cancer-Fighting Diet	13	10	14	10:30 am- 12:00 pm
Cooking Strategies for Cancer Treatments	25			12:30 - 2:00 pm
Cooking Strategies for Cancer Treatments			30	5:30 - 7:00 pm
Snack & Learn	10	7	4	12:30 - 1:00 pm
Wellness in Season: No Cook Recipes		1		5:30 - 7:00 pm

### Hands-On Cooking

#### Cooking for One

**Monday, July 29**  
**12:30 - 2:00 pm**

Cook with us and be inspired to prepare healthy meals for yourself and learn how to scale down while enjoying the kitchen. Contact Angela Dennison, adennison@wellnesshouse.org or 630.654.5196 to register.

#### Community Cooking Class

**Thursday, August 8 | 5:30 - 7:00 pm**  
**Friday, September 20 | 10:30 am - 12:00 pm**

Cooking with others can bring a sense of community, pride, and joy. Cook with us to connect with others and boost your confidence and experience in the kitchen. Contact Angela Dennison, adennison@wellnesshouse.org or 630.654.5196 to register.

#### Bereavement Kitchen

**Monday, August 12**  
**6:15 - 7:45 pm**

Food and cooking can play a powerful role in healing from loss and processing grief. Cook with us and experience the power of cooking as connection to those we have lost. This class is open to all who have lost a loved one to cancer. Contact Emily Guzman at eguzman@wellnesshouse.org or 630.654.5194 to register.

### Nutrition Presentations

*Feel empowered, gain confidence, and increase knowledge while learning up to date, evidence-based cancer nutrition with oncology dietitians.*

	July	August	September	
<b>Cancer Nutrition Basics:</b>				
Understanding Carbohydrates	24			5:30 - 6:30 pm
<b>Managing Cancer Side Effects:</b>				
Fatigue	29	29	26	12:30 - 1:30 pm
GI Issues	22	22	19	12:30 - 1:30 pm
Taste Changes	18	12		12:30 - 1:30 pm
Taste Changes			9	5:30 - 6:30 pm
Walk & Brunch	19	14	6	10:00 - 11:30 am

*Recipes in cooking classes may contain common food allergens*



## PARTNER CLASSES |

	July	August	September
<b>Lemons of Love:</b> 406 W. Central, Mt. Prospect, IL Cooking for Cancer: <i>Cooking demonstration with samples</i>	22		23 6:00 - 7:30 pm
<b>UI Health Mile Square:</b> 1220 S. Wood St., Chicago, IL Cancer Nutrition 101: <i>Presentation &amp; discussion</i>			12, 26 5:30 - 7:00 pm
<b>Loyola Medical Center:</b> 2160 S. 1st Ave. Maywood, IL Cancer Nutrition 101: <i>Presentation &amp; discussion</i>	8	5	1:30 - 2:30 pm
<b>River Forest Breast Center:</b> 420 William Street Bldg B River, Forest IL Cooking for Breast Cancer: <i>Cooking demonstration with samples</i>	11		12 12:30 - 2:00 pm
<b>Advocate Good Samaritan:</b> 3745 Highland Ave Downers Grove, IL 60515 Cooking for Cancer: <i>Cooking demonstration with samples</i>	18		5:30 - 7:00 pm

## ONLINE CLASSES |

<b>Cooking Demonstrations</b>	July	August	September
Cooking Strategies for Cancer Treatments		2	12:30 - 1:30 pm
Meatless Mondays	15	19	16 6:00 - 7:00 pm
Cook Well, Eat Well for Cancer			19, 26 5:30 - 7:00 pm

<b>Nutrition Presentations</b>	July	August	September
<b>Cancer Nutrition Myth Busting:</b>			
Fresh vs. Frozen Produce		1	12:30 - 1:30 pm
Organic Foods			18 5:30 - 6:30 pm
Cleanses and Detoxes		22	5:30 - 6:30 pm
<b>Managing Cancer Side Effects:</b>			
Low Blood Cell Counts	8		5 12:30 - 1:30 pm
Low Blood Cell Counts		5	5:30 - 6:30 pm

*Recipes in cooking classes may contain common food allergens*

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You'll feel better inside.

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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 **Angela Dennison at 630.5654.5196** or [adennison@wellnesshouse.org](mailto:adennison@wellnesshouse.org)







# EXERCISE

**For Information:**  
630.654.5116  
Jadyn Chipman  
jchipman@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
Exercise After Cancer Tx II	4:30 - 5:30 pm
Exercise After Cancer Tx I	5:30 - 6:30 pm
Core, Balance & Flexibility, Aug 5, 12, 19	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

#### 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

Exercise After Cancer Tx II	9:00 - 10:00 am
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#### 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

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

### SELF-REGISTRATION

#### Monday

Chair Yoga	12:30 - 1:15 pm
Open Gym	1:15 - 4:30 pm
Beginner Mat Yoga	6:30 - 7:30 pm

#### Tuesday

Open Gym	12:30 - 4:30 pm
Resorative Yoga, Sep 10, 17, 24	4:30 - 5:30 pm
Breast Cancer Yoga , Aug 6, 13, 20	5:30 - 6:30 pm
Tai Chi	6:00 - 7:00 pm

#### Wednesday

Chair Yoga	11:30 am - 12:15 pm
Open Gym	3:00 - 5:00 pm
Beginner Mat Yoga	5:30 - 6:30 pm

#### Thursday

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
Open Gym	11:30 am - 3:00 pm

#### Saturday

Chair Yoga	12:30 - 1:15 pm
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### SPECIAL PROGRAMS


#### Community Walk & Brunch

**July 19, August 14, September 6 | 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. Participants will gather in our kitchen for brunch immediately after the walk.

#### 9 Week Walking Program

**Thursdays, August 1 - September 26 | 12:00 - 1:00 pm** 

*Registration Required*

Join us for this 9 week outdoor walking program to help increase your steps during the day. You will also learn strategies for tracking your steps, goal setting, and more.



## 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.

### 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	Tuesdays	11:00 am - 12:00 pm
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**PAV YMCA:** 2947 Oak Park Ave, Berwyn, IL

Stretching through Cancer	Wednesdays Jul 17-Aug 14	6:30 - 7:30 pm
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**River Forest Breast Care:** 420 William St B River Forest, IL

Mindful Yoga Series	Thursdays Aug 8-29	12:30 - 1:30pm
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**RUSH:** 1520 W. Harrison 4th Floor, Chicago, IL

Morning Yoga	Wednesdays Aug 7, 14, 21	10:30 - 11:30 am
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**UI Health Mile Square:** 1220 S. Wood St., Chicago, IL

Tai Chi	Tuesdays Jul 16 - Aug 6	5:00 - 5:45 pm
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### SELF-REGISTRATION

#### Monday

Bodyweight Exercise for Strength & Balance	8:00 - 8:45 am
Beginner Mat Yoga	10:00 - 11:00 am
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 Exercise for Strength & Balance	8:00 - 8:45 am
QiGong Series, Jul 17, 24, 31	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

Bodyweight Exercise for Strength & Balance	8:00 - 8:45 am
Beginner Chair Yoga	10:00 - 11:00 am
Beginner Chair Yoga	11:00 - 11:45 am

#### Saturday

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

**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 to schedule an individual consultation, contact **Jadyn Chipman at 630.654.5116** or [jchipman@wellnesshouse.org](mailto:jchipman@wellnesshouse.org)





# STRESS MANAGEMENT

**For Information:**

630.654.5116  
Jadyn Chipman  
jchipman@wellnesshouse.org

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

## IN PERSON CLASSES |

### Mind/Body

	July	August	September	
Mindfulness for Everyday Living	Tuesdays, Jul - Sep			10:30 - 11:30 am
Guided Meditation	Thursdays, Jul - Sep			10:30 - 11:30 am
Forest Therapy Walk		19		12:30 - 2:30 pm
Garden Walk	16	13	17	1:00 - 3:00 pm
Meditation Series		16, 23		3:00 - 4:00 pm
Sound Meditation	16, 23, 30			6:00 - 7:00 pm
Stress Free Saturday	13	10		9:30 - 10:30 am
TYM for Me		1		4:00 - 5:00 pm

### Expressive Arts

	July	August	September	
Ceramics	Contact Jadyn Chipman			
Flute Circle Live		6, 13	3, 10	10:00 - 11:00 am
Mixed Media	18	15	19	1:00 - 3:00 pm
Intuitive Art	17, 24, 31			4:00 - 5:00 pm

## PARTNER CLASSES |

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

	July	August	September	
Meditation for Improved Sleep		15, 22, 29		5:30 - 6:30 pm
Simple Art for Stress Management	16, 23, 30	6		5:45 - 6:30 pm

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

Meditation for Improved Sleep			12, 26	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	19	16	4:30 - 5:15 pm
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#### Countryside Church: 1025 N. Smith St, Palatine, IL

Wellness Through Deep Hypnosis	6	3	7	10:00 am - 12:00 pm
Reiki Clinic	6	3	7	10:00 am - 1:00 pm

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

Meditation + Art			19	12:30 - 1:30 pm
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# STRESS MANAGEMENT

JULY AUGUST SEPTEMBER 2024



## ONLINE CLASSES



### Mind/Body

	July	August	September	
TYM for Me	Thursdays, Jul - Sep, <b>no class 8/1</b>			4:00 - 4:45 pm
Meditation for Improved Sleep	Fridays, Jul - Sep			4:00 - 5:00 pm
Journeying Inward: Deep Relaxation for Stress Relief	6	3	7	11:00 am - 12:15 pm
Mindfulness Meditation Circle	15	19	16	11:30 am - 12:30 pm
Self-Compassion Practice	17	21	18	6:30 - 7:30 pm
Reiki Clinic	20	17	21	11:35 am - 12:15 pm
Wellness through Deep Hypnosis	20	17	21	10:00 - 11:30 am

### Expressive Arts

	July	August	September	
Flute Circle	16, 23, 30	20, 27	17, 24	10:00 - 11:00 am
Color Theory	8, 15, 22, 29			5:30 - 7:00 pm
Charcoal Art			3, 10, 17	5:30 - 7:00 pm
Optical Illusions			30	5:30 - 7:00 pm

## SPECIAL PROGRAMS

### Portraits and Poetry

**Wednesday, July 10**  
**4:00 - 5:00 pm**



*Registration Required*

Uncover your personal story and express it through a combination of imagery and language. We'll experiment with various mediums like collage, watercolor, acrylic, inks, and figurative language to create images and express ideas that tap into our emotions and connect deeply with our inner selves. No art or poetry experience is needed.

### Sound Gongs

**Saturday, September 14**  
**11:30 am - 12:30 pm**



*Registration Required*

Gong sounds can be incorporated into meditation and healing practices. The vibrations produced by gongs can create meditative state, allowing the mind to relax, and the body to release tension.

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

For questions or to schedule an individual consultation, contact **Jadyn Chipman at 630.654.5116** or [jchipman@wellnesshouse.org](mailto:jchipman@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

Women's Support Group	Mondays	5:00 - 6:15 pm
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

### Bereavement Groups

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

### Diagnosis Specific & Peer Connection Groups

	July	August	September	
Bladder Cancer	23	27	24	3:00 - 4:30 pm
Breast Cancer	18	1, 15	5, 19	2:00 - 3:30 pm
Colon/Rectal Cancer	15	19	16	7:00 - 8:30 pm
Couples Living with Cancer	16	20	17	3:00 - 4:30 pm
GIST - Chicago Life Raft Group			7	12:30 - 3:00 pm
LGBTQ+ Cancer Connections <i>both in-person and online</i>		6	3	3:00 - 4:30 pm
Metastatic Breast Cancer	8			3:00 - 4:30 pm
Metastatic Breast Cancer		5		6:30 - 8:00 pm
Prostate Cancer	17	7, 21	4, 18	9:30 - 11:00 am
Spiritual Side of Cancer	9	13	10	5:00 - 6:30 pm
Survivorship Connections	15	19	16	6:30 - 8:00 pm
Young Adults with Cancer Connections	9	5		7:00 - 8:30 pm

## PARTNER SITE GROUPS |

#### RUSH Oak Park: 610 S Maple Ave, Suite 2000, Oak Park, IL

	July	August	September
Cancer Support Group	Mondays, Jul 8 - Sep 30		5:30 - 7:00 pm

#### RUSH University Medical Center: 520 W. Harrison St, 4th Floor, Supportive Oncology Conf. Rm.

	July	August	September	
Breast Cancer Connections Group		6	3	11:00 am - 12:30 pm
Head, Neck & Thyroid Cancer Connections Group		6	3	5:30 - 7:00 pm
Prostate Cancer Connections Group	16	20	17	5:30 - 7:00 pm
Spanish Cancer Support Group	9	13	10	3:00 - 4:30 pm

#### UI Health Mile Square Health Center: 1220 S Wood St, Chicago, IL, Room 3000

	July	August	September	
Women of Color Connections Group	16	27	17	10:00 am - 11:00 am

# SUPPORT GROUPS & COUNSELING

JULY AUGUST SEPTEMBER 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	10:00 - 11:30 am
Memorial Sloan Kettering's Meaning-Centered Psychotherapy <i>8-week course designed to strengthen meaning in the face of cancer</i>	Thursdays, Aug 8 - Sep 26	1:00 - 2:30 pm
Men's Support Group	Tuesdays	12:00 - 1:30 pm
Women's Support Group	Tuesdays	2:00 - 3:30 pm

### Bereavement Groups

	July	August	September	
Bereavement Support Group	Tuesdays, Jul 9 - Sep 24			5:00 - 6:30 pm
Connections Group for Bereaved Dads of Children & Teens	9	13	10	7:00 - 8:30 pm
Connections Group for Those Who Have Lost a Parent		1	5	6:30 - 8:00 pm
Transitions Alumni Connections Group	23	27	24	5:00 - 6:30 pm

### Diagnosis Specific & Peer Connection Groups

	July	August	September	
Brain Tumor	25	22	26	3:00 - 4:30 pm
Breast Cancer	8, 22	12, 26	9, 23	6:30 - 8:00 pm
Colon/Rectal Cancer	8	12	9	7:00 - 8:30 pm
Gynecologic Cancers	11	8	12	6:30 - 8:00 pm
Head, Neck & Thyroid Cancer	16	20	17	7:00 - 8:30 pm
Lung Cancer	15	19	16	3:00 - 4:30 pm
Lymphoma & Leukemia	11	8	12	7:00 - 8:30 pm
Melanoma	23	27	24	7:00 - 8:30 pm
Multiple Myeloma	18	15	19	6:30 - 8:00 pm
Neuroendocrine Tumors (NET)	13	10	14	10:30 am - 12:30 pm
Pancreatic Cancer	11, 25	8, 22	12, 26	4:00 - 5:15 pm
Prostate Cancer	10, 24	14, 28	11, 25	9:30 - 11:00 am
Sarcoma Cancers	20	17	21	11:00 am - 12:30 pm
Death Café Alumni Connections		6	3	7:00 - 8:30 pm
Meaning Centered Psychotherapy Alumni	9	13	10	3:00 - 4:30 pm
Soul Chat: Cancer + Spirituality Group for Black, Indigenous, & People of Color <i>UIH MSHC partnership</i>	22	26	23	6:30 - 8:00 pm

#### Legacy Building Series

**Fridays, July 19-August 9 | 1:00 - 2:30 pm**



Staff Registration Required **CANCELLED**

Join Ima Garcia Perez, Bilingual Oncology Support and Family Counselor at Wellness House in creating a legacy project. This series is designed to allow you to create an audio recording of your lived experiences, challenges, and/or accomplishment.

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





# CHILD & FAMILY

**For Information:**  
630.654.5115  
childandfamily@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	Jul 15, Aug 12, Sep 9	4:30 - 5:30 pm
Turtles Bereavement	Mondays	(no group 7/8)	5:30 - 6:30 pm
Toddler Talk: Parent and Tot Connections	Thursdays	Aug 1, Sep 5	3:00 - 3:45 pm
Kids Group	Thursdays	(no group 7/11)	4:30 - 5:30 pm
Brave Kids	Thursdays	(no group 7/11)	5:45 - 6:45 pm
Parenting Brave Kids	For each parent group contact		
Turtles Parents	childandfamily@wellnesshouse.org or		
Kids Group Parents	630.654.5115 to learn more or to register		

### Wellness Classes

	July	August	September	
Date Night: Couples Cooking Class			5	5:30 - 7:00 pm
Back to School Hands-On Family Cooking Club		28		5:30 - 7:00 pm
Color by Number for Kids			17	5:30 - 6:30 pm
Happier Meals: Hands-on Meal Prepping		18		Contact Angela
Kids Art		13, 20, 27		5:30 - 6:15 pm
Kids Fitness, Fun and Games	10, 17, 24, 31			4:00 - 5:00 pm
Kids Yoga		13, 20, 27		6:15 - 7:00 pm
Let's Get Walking	22			4:30 - 5:30 pm
Stress Free Saturday for Kids	13	10		11:00 am - 12:00 pm

## ONLINE GROUPS |

### Support Groups

	July	August	September	
Connections Group for Bereaved Dads of Young Children and Teens	9	13	10	7:00 - 8:30 pm

### Wellness Classes

	July	August	September	
Packing a Balanced School Lunch		26		5:30 - 6:30 pm





SPECIAL EVENTS



**Kids Kamp**

July 8 - 12

9:00 am - 12:00 pm

*Staff Registration Required*

Kids Kamp at Wellness House is a week-long opportunity for kids to be with other kids who have experienced cancer in the family, while having fun and building confidence.



**Back to School Ice Cream Social**

Thursday, Aug 8

6:00 - 7:30 pm

*Registration Required*

Children impacted by cancer and their families are welcome to join us for cool treats and fun activities to celebrate summer before kicking off the school year!

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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 [childandfamily@wellnesshouse.org](mailto:childandfamily@wellnesshouse.org) or 630.654.5115.*

# 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 García Pérez  
630.654.721


**[o igarciaperez@wellnesshouse.org](mailto:igarciaperez@wellnesshouse.org)**

Recomendaciones personalizadas  
para el estilo, color, ajuste y  
cuidado de la peluca con uno de  
nuestros expertos. Reciba una  
peluca sin algún costo si tiene  
pérdida de cabello debido a su  
tratamiento de cáncer.

## Proyecto de su Legado

Programa individual basado en  
proyectos, diseñado para capturar  
sus experiencias vividas, desafíos y  
logros en un formato de grabación  
de audio. Si tiene interés,  
comuníquese con Ima García Pérez  
al 630-654-7217 o  
[igarciaperez@wellnesshouse.org](mailto:igarciaperez@wellnesshouse.org)



 escanéame

Obtenga más información  
sobre wellness house

## Programas en Persona

### Grupo de Apoyo para Personas Viviendo con Cáncer

**cada miércoles | 5:30 - 6:45 pm** *Se requiere registro*

**DIRECCIÓN:** 131 N. County Line Rd., Hinsdale, IL 60521

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

**junio 11, julio 9, agosto 13, septiembre 10 | 3:00 - 4:30 pm**

**RUSH Univ. Medical Ctr, 1520 W Harrison Street, Rubschlager 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.

### Sesión informativa sobre psicoterapia centrada en el significado en UIHealth

**viernes, 16 de agosto | 3:00 - 4:00 pm**

**DIRECCIÓN:** UIHealth 1740 W Taylor St., Chicago, 60612 Cuarto: 1021

Este evento único ayudará a brindar un resumen general de la psicoterapia centrada en el significado y dará la bienvenida a las personas para que expresen interés y hagan preguntas. Wellness House planea lanzar la serie de 8 semanas en UIHealth en los próximos meses. Comuníquese con Ima García Pérez, consejero familiar y de apoyo oncológico bilingüe al 630-654-7217 o [igarciaperez@wellnesshouse.org](mailto:igarciaperez@wellnesshouse.org)

### 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))

### Cocinar para el cáncer

**julio 6, agosto 3, septiembre 7 | 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 diet.

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## Programa en línea

### 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.

# 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 classes at Mile Square Health Center, visit [wellnesshouse.org/uhealth](https://wellnesshouse.org/uhealth)



**RUSH Cancer Center**  
1520 W. Harrison St.  
Chicago, IL 60607

To view all classes 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 classes 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.*

*To schedule an appointment for Unique Boutique services at our main location in Hinsdale, call 630.654.5110 or email [uniqueboutique@wellnesshouse.org](mailto:uniqueboutique@wellnesshouse.org).*

*Appointments are limited provided at no cost.*

