

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

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

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.

 Mondays	5:30 - 6:30 pm
 Tuesdays	1:00 - 2:00 pm
 Wednesdays	9:30 - 10:30 am
 Thursdays	12:00 - 1:00 pm
 Fridays	12:00 - 1:00 pm
 Saturdays	9:30 - 10:30 am
Oct 5, 12, 19 Nov 2, 9, 16 Dec 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:

Wednesday, November 27 - closes at 3:00 pm
Monday, December 23 (9:00 a.m. - 5:00 p.m.)
Thursday, December 26 - Monday, December 31
(note: Saturday 12/28 & Tuesday 12/31, open 9-1)

Closings:

Thursday, November 28 - Saturday November 30
Tuesday, December 24 - Wednesday, December 25
Wednesday, January 1

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, Oct 18 | 10:00 am - 12:00 pm

Friday, Nov 15 | 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

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



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

October 2, November 6, December 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.

Benefits of Massage for Healing Scar Tissue and Lymphedema

Chuck LaFrano and Karen LaFrano, LaFrano Massage Dynamics, and Karen Forslin-Bojnansky, Wellness House Massage Volunteer
October 3 | 6:00 - 7:30 pm

Scar tissue due to surgery can have long lasting problems and restrictions, and often persistent pain. Lymphedema problems from surgery, scar tissue, and lymph node dissection can also cause pain and restrictions. Chuck LaFrano will lead a discussion of the ways massage therapy can impact these situations and include concepts and techniques one can use on oneself.

Reiki for You Level One Workshop

Jane Van De Velde, DNP, RN, The Reiki Share Project
October 25, November 1 | 9:00 am - 1:00 pm

Reiki is a complementary healing practice that helps promote relaxation and alleviates stress. Reiki is life force energy that works holistically to bring balance physically, emotionally, mentally, and spiritually. In this class, you will learn about working with Reiki energy and how to offer Reiki to yourself every day. *Participation in all sessions is required.*

Faith and Spirituality Panel

Please see our website for speaker details
October 30 | 5:00 - 6:30 pm

Cancer brings many challenges. Often people respond by turning towards their faith or spiritual practices with greater energy; for others, their spirituality or faith is shaken and they may feel disconnected. It has been well-established by both research and experience, that investing energy in spiritual health can be deeply nourishing and provide energy and stability for challenging times. Please join us for an interactive discussion with a multi-faith panel to address these challenges and gain ideas and inspiration to help strengthen your spiritual self.

Healthy at Home: Tips for Staying Safe from Harmful Environmental Exposures

Jean-Marie Kauth, PhD, Benedictine University
November 5 | 6:30 - 8:00 pm

Exposure to toxic substances can have detrimental effects on our long-term health well-being. Learn about the tie that certain toxins have to cancer, top ways to protect your family from harmful environmental exposures, and practical steps to keep your home healthier.

Wellness House Death Café

Michael Williams, Psy.D., Wellness House
October 29 | 3:00 - 4:30 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
October 30 | 11:00 - 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.



Book Club: Grief is Love: Living with Loss

October 18 - November 8
10:30 am - 12:00 pm

Join us as we share and discuss Grief is Love: Living with Loss by Marisa Renee Lee. In this book, Lee reflects on the profound loss of her mother, weaving together personal anecdotes and insightful observations to offer readers a new perspective on how we experience and cope with grief. Her story invites us to rethink how we understand and engage with our own grief, and to discover beauty and joy in our lives even in the midst of grief.

SURVIVORSHIP SERIES

Cancer Thriving and Surviving

Wednesdays, October 16 - November 20
10:00 am - 12:30 pm
To register, contact Marci Goldberg at 630.654.5102 or 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.





IN PERSON PROGRAMS



Healing the Whole Person with Acupuncture and Traditional East Asian Medicine

Ryan Davenport, DACM, L.Ac, Senior Lead Acupuncturist, Endeavor Health Medical Group

November 7 | 6:30 - 8:00 pm

In this presentation, we will introduce Acupuncture and TEAM and how it can be beneficial for those going through cancer treatment and/or recovery as well as how it can help you stay healthy and live a fuller and happier life.

Telling Your Story: Storytelling and Cancer

Ima Garcia-Perez, LSW

November 11 | 6:00 - 7:30 pm

Join Ima Garcia Perez, Bilingual Oncology Support and Family Counselor, to learn about the benefits of storytelling through a cancer journey and how you can get started by creating a story canvas.

Ask the Expert: Dizziness and Cancer

Michele Kehrer, DPT, PT, PT solutions

November 12 | 6:30 - 7:30 pm

Feeling dizzy, lightheaded, losing your balance, or falling down can be frightening. These may occur with certain cancers or treatments but there are things you may be able to do to avoid these discomforts. Join us to learn tips for managing and coping with dizziness.

Reiki Share

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

November 13 | 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.

Introduction to Reiki

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

November 21 | 6:30 - 7:30 pm

Reiki is a holistic healing practice that promotes balance in body, mind, and spirit. Join this presentation to learn about the benefits of Reiki and how you can incorporate it into your daily life.

Coping with Grief

Earl King, MS, LPC, Oncology Support and Family Counselor, Wellness House

December 10 | 6:30 - 8:30 pm

Join us to discuss and learn about grief during the cancer experience. Participants will walk away with tangible skills to use when experiencing grief caused by cancer.

ONLINE PROGRAMS



Benefits of Exercise for Mental Health

Daniel Wilsea, MA, NCC, LPC, CMPC, Staff Therapist at The Family Institute at Northwestern University

October 8 | 6:00 - 7:30 pm

Research has shown that physical activity influences physical and psychological well being of people undergoing cancer treatment. Join us to learn more about the positive impact that exercise can have on managing stress.

Connect with the Power of your Breath

Mary Lisa (ML) Wahlfeldt, Certified Breath Coach

October 15 | 6:00 - 7:30 pm

Changing your breathing truly does affect your body and mind. By learning to breathe properly you can better control your physical health and emotional well-being. Tap into the power of your breath to change your life.

Reiki Share

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

December 5 | 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.

Making Sense of Nutrition Headlines

Emily Guzman, MS, RD, LDN, Wellness House Community Oncology Dietician

December 9 | 12:30 - 1:30 pm

We are inundated with conflicting information about cancer nutrition in the media. Changing headlines make it difficult to know what and who to believe. In this session, we'll learn to distinguish reliable science from misinformation, put headlines into the context of existing evidence, and build confidence in identifying trustworthy sources of cancer nutrition information.

Self Care Tips for Managing Stress Around the Holidays

December 18 | 10:00 - 11:30 am

Nevada Bennett, LCPC, NCC, Wellness House Oncology Support and Family Counselor

The holidays can be a joy-filled season, but they can also be stressful and especially challenging for those impacted by cancer. Join us to connect with one another and learn strategies for managing stress around the holidays.

Dinner with a Doc: Advances in Prostate Cancer Research

Thursday, October 3

5:30 - 7:00 pm

UI Health Mile Square

1220 S. Wood St.

Chicago IL 60608

Join Dr. Reizine to learn about the latest updates in the research of prostate cancer. Dr. Reizine will share more about updates in research and you'll have the opportunity to ask questions.



For questions or more information, please contact

Kara Niekamp at

630.654.5197 or

kniekamp@wellnesshouse.org



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



NUTRITION

For Information:
630.654.5194
Emily Guzman
eguzman@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 you learn how to prepare cancer-fighting, plant centered recipes. Samples provided.

	October	November	December	
Antioxidant Favorites			21	9:30 - 11:00 am
Cooking Strategies for Cancer Treatment	7		2	5:30 - 7:00 pm
Familiar Favorites	26			9:30 - 11:00 am
Indian Cooking with Sri	17			5:30 - 7:00 pm
Snack & Learn	2	6	2	12:30 - 1:00 pm
Transitioning to a Cancer-Fighting Diet	12	9	14	10:30 am - 12:00 pm
Wellness in Season: Fall into Health	23			5:30 - 7:00 pm

Hands-On Cooking

Bereavement Kitchen

**Mondays, October 14 & December 9
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.

Community Cooking Class

**Thursday, December 19
10:00 - 11:30 am**

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.

Cooking for One

**Thursday, November 21
5:30 - 7:00 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.

Recipes in cooking classes may contain common food allergens

Nutrition Presentations

Feel empowered, gain confidence, and increase knowledge while learning current, evidence-based cancer nutrition with oncology dietitians.

Cancer Nutrition Beyond the Basics

Understanding Processed Foods

Wednesday, October 30
5:30 - 7:00 pm

Label Reading

Monday, November 25
5:30 - 7:00 pm

Managing Cancer Side Effects

**Tuesdays
10:30 - 11:30 am**

Join us to learn dietary strategies to help combat these common cancer-related side effects

- Fatigue
- GI Issues: nausea, vomiting, constipation, or diarrhea
- Low blood cell counts
- Poor appetite
- Taste changes: food tastes metallic, too sweet, bitter, or like cardboard

Walk & Brunch

Wednesdays

**October 9, November 13, December 11
10:00 - 11:30 am**

Oil & Vinegar Tasting

Thursday, November 7

6:00 - 7:00 pm

at Olive & Well 133 N Oak Park Ave, Oak Park IL



PARTNER CLASSES |

Location	October	November	December	Time
Lemons of Love: 406 W. Central, Mt. Prospect, IL				
Cooking for Cancer: Cooking demonstration with samples	28			6:00 - 7:30 pm
UI Health Mile Square: 1220 S. Wood St., Chicago, IL				
Cooking for Cancer: Presentation & discussion	16	13	18	5:30 - 7:00 pm
Loyola Medical Center: 2160 S. 1st Ave. Maywood, IL				
Cancer Nutrition 101: Presentation & discussion	7	4	2	1:30 - 2:30 pm
River Forest Breast Center: 420 William Street Bldg B River, Forest IL				
Cooking for Breast Cancer: Cooking demonstration with samples		14		12:30 - 2:00 pm

ONLINE CLASSES |

Cooking Demonstrations

	October	November	December	Time
Cooking Strategies for Cancer Treatments		7		12:30 - 1:30 pm
Meatless Mondays	21		16	6:00 - 7:00 pm
Prepping & Freezing Series	8, 15, 22, 29			5:30 - 7:00 pm

Recipes in cooking classes may contain common food allergens

Online Nutrition Presentations & Series

Cancer Nutrition Beyond the Basics

Maintaining Muscle Mass

Saturday, October 5
9:30 - 10:30 am

How Much Protein Do I Need?

Saturday, December 7
9:30 - 10:30 am

Managing Cancer Side Effects

Fridays, October 4 & 18, November 1 & 15, December 6 & 20

3:00 - 4:00 pm

Join us to learn dietary strategies to help combat these common cancer related side effects

- Fatigue
- GI Issues: nausea, vomiting, constipation, or diarrhea
- Low blood cell counts
- Poor appetite
- Taste changes: food tastes metallic, too sweet, bitter, or like cardboard

Holiday Cooking Series

Healthy Eating During the Holidays

Saturday, November 2, 9:30 - 10:30 am

Holiday Desserts

Monday, November 4, 6:00 - 7:00 pm

Holiday Appetizers

Monday, November 11, 6:00 - 7:30 pm

Holiday Entrees

Monday, November 18, 6:00 - 7:00 pm

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

For questions or to schedule an individual consultation, contact **Emily Guzman** at **630.5654.5194** or eguzman@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, Nov 4, 11, 18	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

Yoga for Cancer	11:00 - 11:45 am
Chair Yoga	12:30 - 1:15 pm
Open Gym	1:15 - 4:30 pm
Beginner Mat Yoga	6:30 - 7:30 pm

Tuesday

Restore Your Core after Cancer	9:45 - 10:30 am
Open Gym	12:30 - 4:30 pm
Restorative Yoga, Dec 3, 10, 17	4:30 - 5:30 pm
Breast Cancer Yoga, Oct 8, 15, 22	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
Chair Yoga	11:00 - 11:45 am
Open Gym	12:00 - 3:00 pm

Saturday

Chair Yoga	12:30 - 1:15 pm
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SPECIAL PROGRAM

Community Walk & Brunch
October 9, November 13, December 11
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.

EXERCISE

OCTOBER NOVEMBER DECEMBER 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
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Exercise During Cancer Tx I	11:45 am - 12:15 pm
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Saturday

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

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	Contact Leanne Siewert	6:30 - 7:30 pm
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River Forest Breast Care: 420 William St B River Forest, IL

Mindful Yoga Series	Thursdays Oct 3 - 24	12:30 - 1:30pm
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RUSH: 1520 W. Harrison 4th Floor, Chicago, IL

Morning Yoga	Wednesdays Oct 9, 16, 23	10:00 - 11:00 am
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UI Health Mile Square: 1220 S. Wood St., Chicago, IL

Tai Chi	Tuesdays Nov 5, 12, 19, 26	5:00 - 5:45 pm
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SELF-REGISTRATION

Monday

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

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

Bodyweight Exercise for	8:00 - 8:45 am
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Strength & Balance	
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QiGong Series, Oct 16, 23, 30	10:30 - 11:30 am
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Stretching through Cancer	4:00 - 4:45 pm
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Thursday

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

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

Spanish Language Yoga	11:00 am - 12:00 pm
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ALAS-Wings partnership

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

For questions or to schedule an individual consultation, contact **Jadyn Chipman at 630.654.5116** or 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

	October	November	December
Mindfulness for Everyday Living	Tuesdays, October - December		10:30 - 11:30 am
Guided Meditation	Thursdays, October - December		10:30 - 11:30 am
Sound Meditation		12, 19, 26	6:00 - 7:00 pm
TYM for Me	3		4:00 - 5:00 pm

Expressive Arts

	October	November	December
Ceramics		8, 22	1:30 - 4:00 pm
Flute Circle Live	1, 8	5, 12	3, 10 10:00 - 11:00 am
Mixed Media	17	21	19 1:00 - 3:00 pm
Intuitive Art	9, 16, 23, 30		4:00 - 5:00 pm

PARTNER CLASSES



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

	October	November	December
Meditation for Improved Sleep		7, 14, 21	5:30 - 6:30 pm
Simple Art for Stress Management		5, 12, 19, 26	5:45 - 6:30 pm

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

	October	November	December
Meditation for Improved Sleep			5, 12 4:00 - 5:00 pm

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

	October	November	December
Cancer Creative Connections		18	16 4:30 - 5:15 pm

Countryside Church: 1025 N. Smith St, Palatine, IL

	October	November	December
Wellness Through Deep Hypnosis	5	2	7 10:00 am - 11:30 pm
Reiki Clinic	5	2	7 11:30 - 12:00 pm



ONLINE CLASSES



Mind/Body

	October	November	December	
TYM for Me	Thursdays, Oct - Dec- no online class 10/3			4:00 - 4:45 pm
Meditation for Improved Sleep	Fridays, Oct - Dec			4:00 - 5:00 pm
Journeying Inward: Deep Relaxation for Stress Relief	5	2	7	11:00 am - 12:15 pm
Mindfulness Meditation Circle	21	18	16	11:30 am - 12:30 pm
Self-Compassion Practice	16	20	18	6:30 - 7:30 pm
Reiki Clinic	19	16	21	11:30am - 12:15 pm
Wellness through Deep Hypnosis	19	16	21	10:00 - 11:30 am

Expressive Arts

	October	November	December	
Flute Circle	15, 22, 29	19, 26		10:00 - 11:00 am
Autumn Watercolors	3, 10, 17, 24			5:30 - 7:00 pm
Pastels		7, 14, 21		5:30 - 7:00 pm
Value Drawing			5	5:30 - 7:00 pm

SPECIAL PROGRAMS

Forest Therapy Walk

**Monday, November 4
12:30 - 2:30 pm**



Registration Required
Fullersburg Woods 3609 Spring Rd,
Oakbrook IL

Join a Forest Therapy guide and immerse yourself in the stunning landscape of Fullersburg Woods. Experience a series of guided activities designed to awaken your senses, encourage you to savor nature at a slower pace, and deepen your connection with nature's healing qualities.

Meditation Series

**Fridays, November 1, 15
5:30 - 7:00 pm**



Registration Required

Join Earl King, Oncology Support and Family Counselor for a midday mindfulness and meditation session to help you learn techniques to improve your focus, reduce stress, and enhance your well-being.

Garden Walk

**Days, Month X, X
1:00 - 3:00 pm**



Registration Required

Contact Jacyndy Chipman





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
Memorial Sloan Kettering's Meaning-Centered Psychotherapy <i>8-week course designed to strengthen meaning in the face of cancer</i>	Thursdays Oct 24 - Dec 19	1:00 - 2:30 pm

Bereavement Groups

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

Diagnosis Specific & Peer Connection Groups

	October	November	December	
Bladder Cancer <i>both in-person and online</i>	22	26		3:00 - 4:30 pm
Breast Cancer	3, 17	7, 21	5, 19	2:00 - 3:30 pm
Colon/Rectal Cancer	21	18	16	7:00 - 8:30 pm
Couples Living with Cancer	15	19	17	3:00 - 4:30 pm
GIST - Chicago Life Raft Group				12:30 - 3:00 pm
LGBTQ+ Cancer Connections <i>both in-person and online</i>	1	5	3	3:00 - 4:30 pm
Metastatic Breast Cancer	7	4	2	3:00 - 4:30 pm
Prostate Cancer	2, 16	6, 20	4, 18	9:30 - 11:00 am
Spiritual Side of Cancer	8	12	10	5:00 - 6:30 pm
Survivorship Connections	21	18	16	6:30 - 8:00 pm
Young Adults with Cancer Connections	7	4	2	7:00 - 8:30 pm

PARTNER SITE GROUPS |

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

October November December

Cancer Support Group	Mondays	October-December	5:30 - 7:00 pm
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RUSH University Medical Center: 520 W. Harrison St, 4th Floor, Supportive Oncology Conf. Rm.

Breast Cancer Connections Group	1	5	3	11:00 am - 12:30 pm
Head, Neck & Thyroid Cancer Connections Group	1	5	3	5:30 - 7:00 pm
Prostate Cancer Connections Group	1	5	3	3:00 - 4:30 pm
Spanish Language Connections Group	8	12	10	3:00 - 4:30 pm

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

Women of Color Connections Group	15	19	17	10:00 am - 11:30 am
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SUPPORT GROUPS & COUNSELING

OCTOBER NOVEMBER DECEMBER 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
Men's Support Group	Tuesdays	12:00 - 1:30 pm
Women's Support Group	Tuesdays	2:00 - 3:30 pm

Bereavement Groups

	October	November	December	
Bereavement Support Group	Tuesdays October - December			5:00 - 6:30 pm
Connections Group for Bereaved Dads of Children & Teens	8	12	10	7:00 - 8:30 pm
Connections Group for Those Who Have Lost a Parent	3	7	5	6:30 - 8:00 pm
Transitions Alumni Connections Group	22	26		5:00 - 6:30 pm

Diagnosis Specific & Peer Connection Groups

	October	November	December	
Brain Tumor	24	14		3:00 - 4:30 pm
Breast Cancer	14, 28	11, 25	9	6:30 - 8:00 pm
Colon/Rectal Cancer	14	11	9	7:00 - 8:30 pm
Gynecologic Cancers	10	14	12	6:30 - 8:00 pm
Head, Neck & Thyroid Cancer	15	19	17	7:00 - 8:30 pm
Lung Cancer	21	18	16	3:00 - 4:30 pm
Lymphoma & Leukemia	10	14	12	7:00 - 8:30 pm
Melanoma	22	26		7:00 - 8:30 pm
Multiple Myeloma	17	21	19	6:30 - 8:00 pm
Neuroendocrine Tumors (NET)	12	9	14	10:30 am - 12:30 pm
Pancreatic Cancer	11, 25	8, 22	12, 26	4:00 - 5:15 pm
Prostate Cancer	9, 23	13, 27	11	9:30 - 11:00 am
Sarcoma Cancers	19	16	21	11:00 am - 12:30 pm
Death Café Alumni Connections	1	5	3	7:00 - 8:30 pm
Meaning Centered Psychotherapy Alumni	8	12	10	3:00 - 4:30 pm
Soul Chat: Cancer + Spirituality Group for Black, Indigenous, & People of Color <i>UIH MSHC partnership</i>	28	25		6:30 - 8:00 pm

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

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

Young Teen Group	Mondays	Oct 7, Nov 4, Dec 2	4:30 - 5:30 pm
Teen Turtles Bereavement	Mondays	Oct 14, Nov 11, Dec 9	4:30 - 5:30 pm
Turtles Bereavement	Mondays		5:30 - 6:30 pm
Toddler Talk: Parent and Tot Connections	Thursdays	Oct 3, Nov 7, Dec 5	3:00 - 3:45 pm
Kids Group	Thursdays		4:30 - 5:30 pm
Brave Kids	Thursdays		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

	October	November	December	
Date Night: Couples Cooking Class	24			5:30 - 7:00 pm
Hands-On Family Cooking Club		20		5:30 - 7:00 pm
October Kids Art: Painting Pumpkins	29			5:00 - 6:00 pm
November Kids Art: Ceramic Animal Painting		5		5:00 - 6:00 pm
December Kids Art: Snowflake Creations			3	5:00 - 6:00 pm
Kids Fitness, Fun and Games		16	21	11:00 am - 12:00 pm
Kids Yoga	29	5	3	6:00 - 7:00 pm
Stress Free Saturday for Families	12	9	14	10:00 - 11:00 am

ONLINE GROUPS |

Support Groups

	October	November	December	
Connections Group for Bereaved Dads of Young Children and Teens	8	12	10	7:00 - 8:30 pm
Parent Podcast Club		12	3	12:30 - 1:30 pm



SPECIAL EVENTS



Spooky Spectacular

Saturday, October 19

10:30 am - 12:00 pm

Staff Registration Required

Join us at Wellness House for a morning of spooky fun for the whole family! Come dressed in your Halloween best and we'll supply the tricks and treats for a spooktacular good time.



Family Game Night

Friday, November 8

5:30 - 7:00 pm

Registration Required

Kick your weekend off right with a night of family friendly competition at Wellness House. Bring your favorite board game to share and join in on some memory making with other Wellness House families. Pizza and refreshments will be provided.



Polar Express

Thursday, December 12

6:00 - 7:30 pm

Registration Required

Wellness House families are invited to come experience our Polar Express Winter Wonderland featuring fun activities and games, plus special surprises from Santa! Families with kids of all ages are welcome.

Happier Meals: Hands-on Meal Prep

Wednesday, December 11

5:30 - 7:30 pm

Staff Registration Required

Managing school lunches can be a challenge while dealing with the effects of cancer. We invite school-aged children and their parent(s) to join us for a hands-on cooking program, where we'll create two recipes perfect for preparing and packing lunches for the week ahead. Contact Angela at adennison@wellnesshouse.org or 630.654.5196 to register.



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 or 630.654.5115.

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

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

Consulta de Pelucas

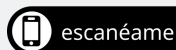
Solo con cita
Home of Hope

**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



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

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)

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.

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



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

To view all classes at RUSH Cancer Center, visit 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

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.

Appointments are limited provided at no cost.