

# 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
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](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.*



# 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

### Dinner with a Doc: Advances in Prostate Cancer Research



**At UI Health Mile Square:** 1220 S. Wood St., Chicago, IL 60608

**Thursday, October 3 | 5:30 - 7:00 pm**

*Natalie Reizine, MD, UI Health*

Join us to learn more about the latest updates in the treatment and research for Prostate Cancers. Dr. Reizine will share more about updates in research and you'll have the opportunity to ask questions.

### How to Keep Your Eyes Healthy During Cancer Treatment and Beyond



**Tuesday, October 29 | 6:30 - 8:00 pm**

*Treacy Adamo, OD, FAOO, MS, Hinsdale Advanced Eye Care*

Different types of cancer treatment can cause changes to your sight and vision. This presentation will discuss common vision related side effects, overall ocular health, and preventative eye care measures.

### Cancer After 65



**Tuesday, December 3 | 6:30 - 8:00 pm**

*James Wallace, MD, Geriatric Oncologist, UChicago Medicine*

Join Dr. James Wallace, Geriatric Oncologist, to learn what is evaluated in a comprehensive geriatric evaluation to optimize cancer treatment and overall management.

### Clinical Trials 101



**Tuesday, December 17 | 6:30 - 8:00 pm**

*Akhil Chawla, MD, FACS, Northwestern Medicine*

Join Dr. Akhil Chawla to learn the basics about clinical trials, how to find clinical trials, and important questions to ask before you decide to participate.

## ONLINE LECTURES | Registration Required

### Updates in the Treatment of Pediatric Blood Cancers



**Wednesday, November 20 | 6:30 - 8:00 pm**

*Jill de Jong, MD, PhD, Pediatric Hematology & Oncology*

*Gabrielle Lapping-Carr, MD, Pediatric Hematology & Oncology, Comer Children's Hospital*

Join Dr. Jill de Jong and Dr. Gabrielle Lapping-Carr from Comer Children's Hospital to learn about the latest updates in the research and treatment of pediatric blood cancers.





# 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.*

### Spirituality and Faith During Cancer

*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.

### 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.

### 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.



## 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.

### Ask the Expert: Dizziness and Cancer

*Michele Kehrler, 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*

**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.

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:**  
630.654.5194  
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
<b>Lemons of Love:</b> 406 W. Central, Mt. Prospect, IL				
<b>Cooking for Cancer:</b> Cooking demonstration with samples	28			6:00 - 7:30 pm
<b>UI Health Mile Square:</b> 1220 S. Wood St., Chicago, IL				
<b>Cooking for Cancer:</b> Presentation & discussion	16	13	18	5:30 - 7:00 pm
<b>Loyola Medical Center:</b> 2160 S. 1st Ave. Maywood, IL				
<b>Cancer Nutrition 101:</b> Presentation & discussion	7	4	2	1:30 - 2:30 pm
<b>River Forest Breast Center:</b> 420 William Street Bldg B River, Forest IL				
<b>Cooking for Breast Cancer:</b> 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](http://wellnesshouse.org)

For questions or to schedule an individual consultation, contact **Emily Guzman** at **630.5654.5194** or [eguzman@wellnesshouse.org](mailto: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](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

	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- <b>no online class 10/3</b>			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	17	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  
3:00 - 4:00pm**



*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

**Tuesday, October 29  
12:00 - 1:00 pm**



*Registration Required*  
Set off on a delightful hour-long tram ride through the stunning landscapes of The Morton Arboretum. This relaxing guided tour invites you to explore acres of breathtaking trees, vibrant gardens, and tranquil natural settings. All registered participants will receive complimentary entry into the Arboretum for this experience.







# 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	10, 24	14	12	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](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  
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](mailto: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](mailto: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](http://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 Consejero

**Solo una cita**

**Home of Hope**

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

**630.654.721**

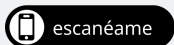
**o**

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

Para programar una cita de terapia, llame a Ima Garcia Perez 630-654-7217. Wellness House ofrece sesiones de terapia para personas afectadas por el cáncer, como las personas diagnosticadas con cáncer, los cuidadores o los miembros de la familia.

## 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)



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

**8 de octubre, 12 de noviembre, 10 de diciembre | 3:00 - 4:30 pm**

**DIRECCIÓN:** 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.

### Psicoterapia Centrada en el Significado

**27 de septiembre a 22 de noviembre | 3:00 - 4:30 p.m.**

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

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. 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

**noviembre 2, diciembre 7 | 9:30 - 11:00 am**

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

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.

### Programa práctico de cocina familiar

**octubre 9 | 5:30 - 7:00 p.m.**

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

Nuestra clase de cocina será una divertida experiencia para reunirse con su familia. Unirse para aprender nuevas recetas, deliciosas y saludables.

### Día de los muertos

**octubre 5 | 10:00 a.m. - 12:30 p.m.**

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

Wellness House, en colaboración con Waterford Place, los invita a celebrar y honrar a nuestros seres queridos. Considere traer una foto de su ser querido (no mayor a 4x4 pulgadas) y/o un objeto. Durante este evento se proporcionarán refrescos y botanas.

## 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.*