

# WELLNESS HOUSE

## At Mile Square Health Center

### In-Person Programs

#### Cooking for Cancer

Wednesdays, October 16, December 18 | 5:30 - 7:00 p.m.

MSHC, 2nd floor, Staff Lounge

Registration Required

Learn to create well-balanced, delicious, and nourishing meals that reduce cancer risk and other chronic diseases. Samples provided.

#### Snack & Learn

Wednesday, November 13 | 5:30 - 7:00 p.m.

MSHC, 2nd floor, Staff Lounge

Registration Required

Cancer nutrition can be overwhelming and confusing. Bring your questions to snack and learn more about cancer nutrition.

#### Tai Chi

Tuesdays, November 5, 12, 19, 26 | 5:00 - 5:45 p.m.

MSHC, 1st floor, Conference Room

Gentle form of Chinese movement for your mind and body.

#### Women of Color Connections Group

3rd Tuesdays | 10:00 - 11:30 a.m.

October 15, November 19, December 17

MSHC, 1st floor, Conference Room

To register, contact Nevada Bennett at 630.654.5346 or

[nbennett@wellnesshouse.org](mailto:nbennett@wellnesshouse.org)

Connect with and support others with a cancer diagnosis, who self-identify as women of color, in this monthly drop-in support group to share experiences, and coping strategies.

#### Wellness House Showcase Events

Thursday, October 10 | 5:30-7:00 pm

MSHC, 2nd floor, Staff Lounge

Learn about Wellness House and how our programs may benefit you and your family.

## FREE CANCER SUPPORT

### CONTACT US

For more information or assistance with registration, call 630.654.5356 or email [whchicago@wellnesshouse.org](mailto:whchicago@wellnesshouse.org)

#### Meditation for Improved Sleep

Thursdays, November 7, 14, 21 | 5:30 - 6:30 p.m.

MSHC, 1st floor, Conference Room

Practice relaxing your body and mind through deep breathing and guided imagery meditation. Utilize the learned techniques when experiencing difficulty sleeping.

#### Simple Art for Stress Management

Tuesdays, November 5, 12, 19, 26 | 5:45- 6:30 p.m.

MSHC, 1st floor, Conference Room

Let your creativity flow by working on art activities to help you feel grounded and reduce stress. Activities are designed to bring out the artist in each of us.

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

Thursday, October 3, 5:30 - 7:00 p.m.

MSHC 2nd floor.

Registration Required

Join Dr. Reizine for dinner and 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 Program

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

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

October 28, November 25

To register, contact Earl King at

630.654.7203 or [ekingii@wellnesshouse.org](mailto:ekingii@wellnesshouse.org)

This monthly group creates a welcoming space to discuss the challenges and joys found in the spiritual side of the cancer journey. Wellness House does not affiliate with any one belief system; people of all faith backgrounds are encouraged to participate.

