

Welcome Guide

Support for living with cancer



**Cancer
Support**
PROVIDED
FREE OF
CHARGE

Welcome to Wellness House. We are a team of warm and caring experts ready to help. We're here for those who are newly diagnosed, in treatment, post treatment, caregivers and families. All programs are provided at no cost. Check out the programs available to you today!

Visit wellnesshouse.org or call 630.323.5150



SCAN ME

**In-Person
and
Online**

Wellness House offers complete cancer wellness support every step of the way – for you and your loved ones.

We are a nonprofit and here for everyone, no matter where you're receiving your medical treatment. Our classes are taught by experts who can help you during and after treatment. Learn more at wellnesshouse.org.

Information and Education

FEEL EMPOWERED and stay informed with current and reliable information about new treatments, managing side effects, and coping with cancer.

Top Doc Lectures, Classes, Workshops, Webinars, and On-Demand Videos

- ✓ Reliable and current resources
- ✓ Side effect management
- ✓ Learn about options
- ✓ Gain new skills



Connect with our staff

informationandeducation@wellnesshouse.org

Nutrition

ENERGIZE with healthy eating tips to reduce cancer-related side effects.

Cooking Classes, Side Effect Management, Kitchen Skills, and Individual Nutrition Consultations

- ✓ Improve food choices
- ✓ Discover new nutrient-dense foods and delicious recipes
- ✓ Improve side effects related to appetite, nausea, diarrhea, and constipation



Connect with one of our oncology dietitians

nutrition@wellnesshouse.org

Exercise

STAY ACTIVE with safe and recommended exercises before, during, and after cancer treatment. No experience is required, and all abilities are welcome.

Exercise classes, yoga, tai chi, exercise consultations, and fitness assessments

- ✓ Increase energy
- ✓ Improve quality of life
- ✓ Reduce fatigue and nausea
- ✓ Manage neuropathy, lymphedema, and osteoporosis



Connect with one of our oncology exercise specialists

exerciseprograms@wellnesshouse.org

Stress Management

RELAX with stress management techniques to calm your body, still your mind, and engage your spirit.

Mindfulness, Meditation, Expressive Arts, Reiki, and Massage

- ✓ Learn to manage stress
- ✓ Improve coping skills
- ✓ Increase quality of life

Connect for a consultation

stressmanagement@wellnesshouse.org



You'll find community here.

Connect with us today. Call 630.323.5150

Child and Family

BUILD UNDERSTANDING with parent, child, and teen programs that give families a place to learn, express feelings, and heal.

Kids and Teen Groups, Counseling for Children, Teens, Couples and Families, Fun Family Events, and Wellness Classes

- ✓ Navigate the cancer journey together
- ✓ Improve communication
- ✓ Feel understood



Connect with a Child & Family Counselor
childandfamily@wellnesshouse.org

Support Groups and Counseling

CONNECT with others who understand what you're going through.

Support groups, Diagnosis-specific groups, Counseling, and Bereavement support

- ✓ Improve health outcomes by reducing isolation
- ✓ Share and connect with supportive peers
- ✓ Manage emotions



Connect with an Oncology Support Counselor
supportandcounseling@wellnesshouse.org

Wellness House for LIVING with CANCER
You'll feel better inside.

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

HAIRCUTTING, SHAVING & SHAPING

WIG BOUTIQUE

FITTING & STYLING

WELLNESS TUNE-UPS

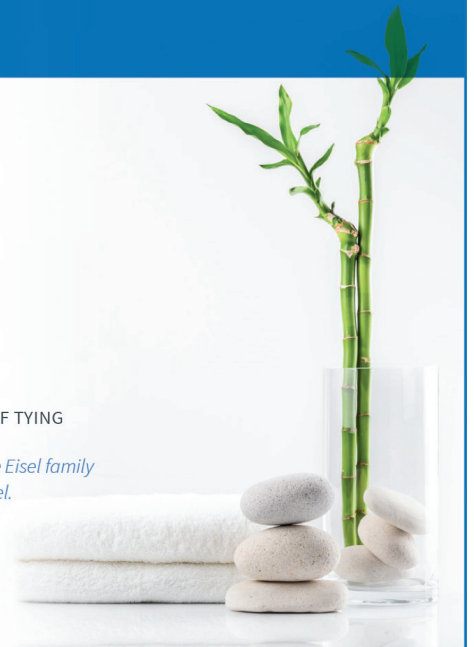
MASSAGE THERAPY & ENERGY WORK

BEAUTY WORKSHOPS

EYEBROW, MAKEUP & SKIN TIPS, SCARF TYING

Unique Boutique is made possible by the Eisel family in memory of wife and mother, Linda Eisel.

To schedule an appointment, call **630.654.5110** or email uniqueboutique@wellnesshouse.org
Appointments are limited and provided at no cost.



You'll feel better inside.

Wellness House | Main Location
The Kay & Mike Birck Home of Hope
131 North County Line Road
Hinsdale, Illinois 60521

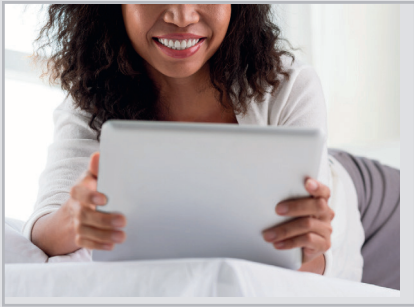
In-Person and Online

A great place to begin

WELCOME TO WELLNESS HOUSE ORIENTATION

New to Wellness House? Join us for an orientation that provides an overview of programs and an opportunity to learn more about how to benefit from Wellness House. Choose a day and time that works for you. For more information, or to register call **630.323.5150** or visit wellnesshouse.org/welcome. For an orientation in Spanish email información@wellnesshouse.org or call **630.654.5529**.

Wellness House On Demand Videos



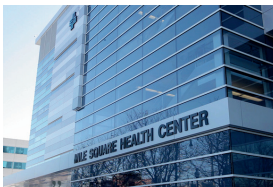
Watch Now

Watch from the comforts of your own home. Our video content is always evidence-based and presented by experts in the field of oncology.

Thank you to our generous grantors:

- Anonymous
 - Guy A. and N. Kay Arboit Charitable Trust
 - Bears Care
 - CBOT Foundation
 - The Coleman Foundation
 - Community Memorial Foundation
 - Duly Health and Care CharitableFund of DuPageFoundation
 - The Greer Foundation
 - Hinsdale Junior 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
- (*as of September 2024)

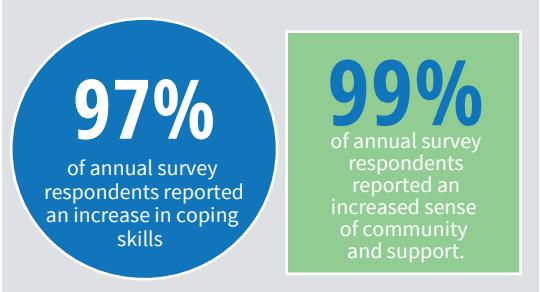
Join us at one of our Chicago/Near Chicago Partner Locations



RUSH MD Anderson Cancer Center
Making Cancer History®
wellnesshouse.org/rush

LOYOLA MEDICINE
A Member of Trinity Health
wellnesshouse.org/loyola

UI Health | UIC
wellnesshouse.org/uihealth



Visit wellnesshouse.org or call **630.323.5150**