

# 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

Jan 4, 18, 25 | Feb 1, 15, 22 | Mar 1, 15

## 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

### Closings:

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.

**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.*

### Glowing Through It

*Registration Required*  
Friday, January 10 | 10:00 am - 12:00 pm  
Friday, February 7 | 10:00 am - 12:00 pm  
Friday, March 7 | 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.*

### Brows & Beyond: Confidence Through Beauty

*Registration Required*  
Saturday, January 4 | 10:00 - 11:30 am

Join beauty expert, Blanca Diaz-Martinez, for an empowering brow class. You'll learn to fill, define and highlight brows as well as explore how makeup can be a tool to help you connect with your inner beauty and confidence. Makeup provided.

### Morning of Beauty and Relaxation

*Registration Required*  
Saturday, February 22 | 9:30 am - 12:00 pm

Join us at the Wellness House Unique Boutique for a Saturday morning of pampering to help you feel refreshed and empowered. Participants will enjoy a variety of beauty and wellness activities during the event.





# 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

**February 5, March 5 | 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.

### Nurturing the Soul: A Journey in to Simple Spiritual Practices

*Rev. Ally Vertigan, MDiv, BCC, Chaplain, Supportive Oncology, Rush MD Anderson Cancer Center*

**January 14 | 6:30 - 8:00 pm**

This workshop focuses on spiritual practices that can help foster resilience, inner peace, and emotional healing. Participants will explore tools like meditation, labyrinths, gratitude, writing/journaling, and more. The workshop is open to people of any religious/spiritual affiliation, and people who are spiritual explorers! We will encourage personal reflection and connection, providing practical resources for integrating these practices into daily life to cope with the physical, mental, and spiritual aspects of cancer.

### The Art of Visualization - Vision Board Workshop

*Stella Hondros, Stella 4 Success*

**January 25 | 10:30 am - 12:00 pm**

Join us for a fun in-person Vision Board Workshop to visualize our hopes and dreams for 2025! During this session, you'll learn about the power of visualization by creating your own Vision Board. You'll map out your personal dreams, hopes, and goals that you seek for the upcoming year. Cancer can bring major transition along with overwhelming stress. This Workshop will take a look at the bigger picture of life and will help you create a new positive mindset to achieve more joy and less stress.

### Understanding Medical Cannabis for Cancer Support

*Alia Reichert, Nature's Grace and Wellness*

**February 6 | 6:30 - 8:00 pm**

Join Alia Reichert from Nature's Grace and Wellness, who will address the most common questions regarding Medical Cannabis.

### Reiki Share

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

**February 18 | 6:30 - 8:00 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.

### Palliative Care 101

*Kerry Hagen, APRN, AGPCNP-BC, ACHPN, PMGT-BC  
AdventHealth Palliative Medicine Service*

**February 20 | 6:30 - 8:00 pm**

This informative session will provide a comprehensive introduction to palliative care, focusing on its essential role in supporting patients and families through serious illness.

### Wellness House Death Café

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

**January 29 | 5:00 - 6:30 pm**

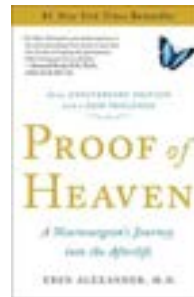
Death café is a space to openly and respectfully exchange wonderings, worries, beliefs and support around dying and death, often providing participants a sense of connectedness, control and relief.

### Wellness House Life Café

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

**January 30 | 11:00 am - 12:30 pm**

Life Cafe allows participants to actively exchange ideas about the work you have done, or want to do, to reliably help you feel good in the midst of a cancer experience.



### Book Club: Proof of Heaven: A Neurosurgeon's Journey into the Afterlife

**January 17 - February 7 | 10:30 am - 12:00 pm**

In Proof of Heaven, neurosurgeon, Dr. Eben Alexander, recounts his extraordinary near-death experience during a coma caused by a rare infection. This book invites readers to explore themes of personal transformation, the nature of existence, and the mysteries of the human mind.

## SURVIVORSHIP SERIES

### Rerouting: Choosing Your Course After Treatment

**Tuesdays, February 25 - March 25**

**9:30 - 11:00 am**

To register, contact Kara at 630.654.5197 or [kniekamp@wellnesshouse.org](mailto:kniekamp@wellnesshouse.org).



Finishing cancer treatment can elicit a full range of emotions, new physical concerns, and questions for patients and caregivers. Join us for this interactive five-week series that will provide the information you need to create your course after cancer treatment.

*In partnership with Loyola University Medical Center  
At Cardinal Bernardin Cancer Center, 1st Floor, Coleman Center, 2160 S. First Ave. Maywood IL, 60153*

### Cancer Thriving and Surviving

**Thursdays, February 6 - March 13 | 2:00 - 4:30 pm**

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

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. The program is open to people with cancer, survivors, family, friends, and caregivers.

*In partnership with River Forest Breast Center  
At River Forest Breast Center 420 William St. B., River Forest, IL 60305*



## IN PERSON PROGRAMS



### Some Enchanted Evening

To register, contact Mike Tilden at 630.654.7205 or [mtilden@wellnesshouse.org](mailto:mtilden@wellnesshouse.org).

**February 7 | 6:30 - 8:30 p.m.**

Celebrate the power of love and the important relationships in your life. Join us for a special sit-down meal followed by entertainment. Space is limited.

### Finding Balance: The Role of Occupational Therapy in Managing Stress and Chemobrain

Ali Kirk, OTD, OTR/L

**February 25 | 7:00 - 8:30 p.m.**

Learn about occupational therapy's role in managing chemobrain and navigating stress related to the cancer journey. Ali will also share how you can benefit from working with an occupational therapist to learn new ways to engage more fully in life.

### Hot Topics in Colorectal Cancers

See website for more information

**March 22 | 9:00 am - 12:00 pm**

Join top oncologists, surgeons, and healthcare professionals from Chicagoland to learn about the latest updates in the research and treatment of colorectal cancers.

### Reiki for You Level One Workshop

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

**March 12, 19, 26 | 5:00 - 8:00 pm**

Reiki is a complementary healing practice that works holistically to bring balance, promote relaxation, and alleviates stress. In this class, you will learn about working with Reiki energy and how to offer Reiki to yourself every day.

### Cancer Thriving and Surviving

**Wednesdays, January 29 - March 5 | 10:00 am - 12:30 pm**

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



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. The program is open to people with cancer, survivors, family, friends, and caregivers.

## ONLINE PROGRAMS



### Reiki Share

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

**January 9, March 13 | 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.

### Prehab Power: Building Strength Before Cancer Surgery

Karyn Holtz PT MHS CLT, Center Manager/

ReVital Champion RUSH PT

**January 15 | 6:30 - 7:30 pm**

Participants will learn how building strength and resilience before surgery can enhance recovery, reduce complications, and improve overall complications.

### Dietary Strategies for Taste Changes during Treatment

Angela Dennison, RD, LDN

Engagement and Nutrition Manager, Wellness House

**January 27 | 12:30 - 1:30 pm**

This program offers practical tips to help manage taste changes caused by cancer treatments.

### Tackling Cancer-Related Fatigue

Karyn Holtz PT MHS CLT, Rush PT

**February 4 | 6:30 - 7:30 pm**

Join Karyn Holtz from Rush PT to discover ways to boost energy during and after cancer treatment.

### Journaling and Resilience

Jenny Henneck, A Gentle Heart

**February 10 | 6:30 - 8:00 pm**

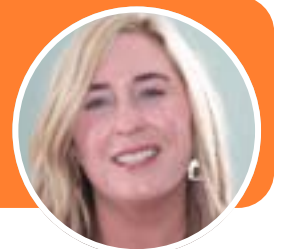
Have you ever journaled? Whether you're a beginner or have experience, this workshop is for you! In this engaging session, we'll explore the powerful practice of journaling as a tool for resilience and healing. You'll learn to use prompts, thought-provoking questions, and self-reflection to deepen your connection with yourself. Discover how to tap into your inner resources to reduce overwhelm and thrive in any situation life presents. This workshop provides a supportive space to write, reflect, and recharge. Don't miss this opportunity to enhance your journaling experience!

**Wellness House** for LIVING with CANCER

You'll feel better inside.

Wellness House | Main Location  
The Kay & Mike Birck Home of Hope  
131 North County Line Road  
Hinsdale, Illinois 60521  
Phone 630.323.5150 | [wellnesshouse.org](http://wellnesshouse.org)

For questions or more information, please contact  
**Kara Niekamp at**  
**630.654.5197 or**  
**[kniekamp@wellnesshouse.org](mailto:kniekamp@wellnesshouse.org)**





# NUTRITION

**For Information:**  
630.654.5194  
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.

	January	February	March	
Antioxidant Favorites	25			9:30 - 11:00 am
Cooking Strategies for Cancer Treatment	6		3	5:30 - 7:00 pm
Familiar Favorites			29	9:30 - 11:00 am
Mexican Cooking with Emily			24	5:30 - 7:00 pm
Puerto Rican Cooking with Madeline		27		5:30 - 7:00 pm
Snack & Learn	6	12	5	12:30 - 1:00 pm
Transitioning to a Cancer-Fighting Diet	11	8	8	10:30 am - 12:00 pm
Wellness in Season: Cooking for Heart Health		20		5:30 - 7:00 pm

### Hands-On Cooking

*Recipes in cooking classes may contain common food allergens*

#### Bereavement Kitchen

**Mondays, January 13, February 10, & March 10, 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, January 23  
5:30 - 7:00 pm**

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

#### Cooking for One

**Thursday, March 27  
10:30 - 12:00 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.

### Nutrition Presentations

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

#### Cancer Nutrition Beyond the Basics

**Heart Health & Cancer**  
Wednesday, February 19  
5:30 - 6:30 pm

**Omega 3's**  
Thursday, March 13  
12:30 - 1:30 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

#### Dinner with the RD

**Nutrition & Prostate Cancer**  
**February 5 & March 5, 6:00 - 7:00 pm**

An interactive dinner on the role of nutrition in managing prostate cancer side effects, where an oncology dietitian shares insights on how nutrition supports health during treatment and recovery.

#### Nutrition Trivia

**Wednesday, January 15, 5:30 - 7:00 pm**  
Join us for an engaging, educational, and interactive game that raises awareness about the role of nutrition in cancer prevention, treatment, and recovery, offering a fun way to learn with friends, family, and fellow participants.

#### Walk & Brunch

**Wednesdays, January 15, February 19, March 19, 10:00 - 11:30 am**



## PARTNER CLASSES |

Location	January	February	March	Time
<b>Lemons of Love:</b> 406 W. Central, Mt. Prospect, IL				
<b>Cooking for Cancer:</b> Cooking demonstration with samples	27		31	6:00 - 7:30 pm
<b>UI Health Mile Square:</b> 1220 S. Wood St., Chicago, IL				
<b>Cooking for Cancer:</b> Cooking demonstration with samples	8	12	12	5:30 - 7:00 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	9			12:30 - 2:00 pm

## ONLINE CLASSES |

### Cooking Demonstrations

	January	February	March	Time
Cooking Strategies for Cancer Treatments		13		12:30 - 1:30 pm
Meatless Mondays	20	17	17	6:00 - 7:00 pm
Spring Kitchen Makeover			4, 11, 18	12:30 - 2:00 pm
Wellness in Season: Winter Soups	16			5:30 - 6:30 pm
Cook Well, Eat Well Series		4, 11, 18, 25		12:30 - 2:00 pm

*Recipes in cooking classes may contain common food allergens*

## Online Nutrition Presentations & Series

### Cancer Nutrition Beyond the Basics

#### Setting Health Standards Instead of Goals

Saturday, January 4  
9:30 - 10:30 am

#### Circadian Rhythm & Cancer

Saturday, February 1  
9:30 - 10:30 am

#### Managing Bowel Symptoms with Fiber

Saturday, March 1  
9:30 - 10:30 am

### Managing Cancer Side Effects

**Fridays, January 3 & 17,  
February 21, March 21  
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

### Cancer Nutrition 101

**Cooking for One  
Monday, February 3  
6:00 - 7:00 pm**

This program teaches individuals cooking for one how to adjust recipes for smaller portions, scale ingredients, modify cooking times, and preserve flavors without food waste.

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You'll feel better inside.

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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
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
Core, Balance & Flexibility	5:00 - 6:00 pm

#### 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, Mar 4, 11, 18	4:30 - 5:30 pm
Breast Cancer Yoga, Jan 14, 21, 28	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
Open Gym	3:00 - 5:00 pm

#### Friday

Qigong	9:00 - 10:00 am
Beginner Mat Yoga	10:30 - 11:30 am
Chair Yoga	11:00 - 11:45 am

#### Saturday

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

#### Walk & Brunch

January 15, February 19, March 19

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.







## ONLINE CLASSES |

### STAFF-REGISTRATION

#### Tuesday

Prostate Exercise	8:00 - 8:45 am
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#### Thursday

Prostate Exercise	8:00 - 8:45 am
Exercise During Cancer Tx I	11:45 am - 12:15 pm

#### Saturday

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

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

### PARTNER CLASSES |

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

Beginner Mat Yoga	Tuesdays	11:00 am - 12:00 pm
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**PAVYMCA:** 2947 Oak Park Ave, Berwyn, IL

Stretching through Cancer	Wed. Jan 15-Mar 26	6:30 - 7:30 pm
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**UI Health Mile Square:** 1220 S. Wood St., Chicago, IL

Tai Chi	Tuesdays, Feb 4, 11, 18, 25	5:00 - 5:45 pm
Chair Yoga	Thursdays Mar 6, 13, 20, 27	5:00 - 5:45 pm

### SELF-REGISTRATION

#### Monday

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

#### Tuesday

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

#### Wednesday

Bodyweight Exercise for Strength & Balance	8:00 - 8:45 am
QiGong Series, Jan 15, 22, 29	10:30 - 11:30 am
Stretching through Cancer	4:00 - 4:45 pm

#### Thursday

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

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

#### Saturday

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

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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](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

<p><b>Mindfulness for Everyday Living</b> Tuesdays 10:30 - 11:30 am</p>	<p><b>Guided Meditation</b> Thursdays 10:30 - 11:30 am</p>	<p><b>Meditation Series</b> Fridays, March 7 &amp; 14 3:00 - 4:00 pm</p>	<p><b>Sounds Bowls</b> Jan 21, Feb 25, Mar 11 6:00 - 7:00 pm</p>
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### Expressive Arts

	January	February	March	
Ceramics		14, 28		1:00 - 4:00 pm
Flute Circle Live	7, 14	4, 11	4, 11	10:00 - 11:00 am
Mixed Media	16	20	20	1:00 - 3:00 pm
January Winter Watercolors: Personalized Cards	13			1:30 - 2:30 pm
February Winter Watercolors: Pet Portraits		10		1:30 - 2:30 pm
March Winter Watercolors: Simple Flowers			10	1:30 - 2:30 pm

## PARTNER CLASSES |

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

	January	February	March	
Meditation for Improved Sleep	14, 21, 28			4:30 - 5:30 pm
Simple Art for Stress Management		4, 11, 18, 25		5:45 - 6:30 pm

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

	January	February	March	
Meditation for Improved Sleep		Contact Jadyn Chipman		5:30 - 6:30 pm

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

	January	February	March	
Cancer Creative Connections		10	17	4:30 - 5:15 pm
Cancer Creative Connections <i>support group to follow</i>	25			10:30 - 11:15 am

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

	January	February	March	
Wellness Through Deep Hypnosis		1	1	10:00 am - 11:30 pm
Reiki Clinic		1	1	11:30 am - 12:00 pm



## ONLINE CLASSES



### Mind/Body

	January	February	March	
TYM for Me	Thursdays, January - March			4:00 - 4:45 pm
Meditation for Improved Sleep	Fridays, January - March			4:00 - 5:00 pm
Journeying Inward: Deep Relaxation for Stress Relief		1	1	11:00 am - 12:15 pm
Mindfulness Meditation Circle	20	17	17	11:30 am - 12:30 pm
Self-Compassion Practice	15	19	19	6:30 - 7:30 pm
Reiki Clinic	18	15	15	11:30am - 12:00 pm
Wellness through Deep Hypnosis	18	15	15	10:00 - 11:30 am

### Expressive Arts

	January	February	March	
Flute Circle	21, 28	18, 25	18, 25	10:00 - 11:00 am
Musical Art Expression	20			5:30 - 6:30 pm
Blending Colors		6, 13, 20, 27		5:30 - 7:00 pm
Zentangles and Mandalas			13, 20, 27	5:30 - 6:30 pm

## IN PERSON - SPECIAL PROGRAMS

#### Intuitive Art

January 8, 15, 22, 29  
4:00 - 5:00 pm



*Registration Required*

Immerse yourself in a transformative journey through abstract art in this experiential class. Discover the therapeutic potential of watercolor, acrylic, and inks as mediums to facilitate healing and self-expression.

#### TYM for Me Series

March 3, 10, 17  
4:00 - 5:00 pm



*Registration Required*

Ever consider practicing Mindfulness or Meditation but don't know where to begin? TYM for Me is a seated class series that introduces you to simple movements and breathing techniques used in Tai Chi and Yoga. We will conclude with a short 5-7 minute guided meditation.

#### Sand Painting

March 29  
11:00 am - 12:00 pm



*Registration Required*

During the program, participants may create their own sand paintings using pre-colored sands and templates or freeform designs. The activity involves layering colored sands to form intricate patterns, symbols, or images.





# 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

Concurrent Cancer & Caregiver Groups	Wednesdays	3:00 - 4:30 pm
Concurrent Cancer & Caregiver Groups	Thursdays	5:15- 6:15 pm

### Bereavement Groups

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

### Diagnosis Specific & Peer Connection Groups

	January	February	March	
Bladder Cancer <i>both in-person and online</i>	28	25	25	3:00 - 4:30 pm
Breast Cancer	9, 16	6, 20	6, 20	2:00 - 3:30 pm
Colon/Rectal Cancer	20	17	17	7:00 - 8:30 pm
LGBTQ+ Cancer Connections <i>both in-person and online</i>	7	4	4	3:00 - 4:30 pm
Metastatic Breast Cancer	6	3	3	6:30 - 8:00pm
Prostate Cancer	15	5, 19	5, 19	9:30 - 11:00 am
Spiritual Side of Cancer	14	11	11	5:00 - 6:30 pm
Young Adults with Cancer Connections	6	3	3	7:00 - 8:30 pm
Meaning-Centered Psychotherapy Alumni	21	18	18	3:00 - 4:30 pm

## PARTNER SITE GROUPS |

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

	January	February	March	
Cancer Support Group	Mondays Jan - Mar			5:30 - 7:00 pm

#### RUSH University Medical Center: 1520 W. Harrison St, 4th Floor, Supportive Oncology Conf. Rm.

Breast Cancer Connections Group	7	4	4	11:00 am - 12:30 pm
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#### UI Health Mile Square Health Center: 1220 S Wood St, Chicago, IL, Room 3000

Women of Color Connections Group	21	18	18	10:00 - 11:30 am
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# SUPPORT GROUPS & COUNSELING

JANUARY FEBRUARY MARCH 2025



## ONLINE GROUPS |

### Support Groups

Cancer Support Group	Wednesdays	7:00 - 8:30 pm
Caregiver Support Groups	Wednesdays	6:30 - 8:00 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
Meaning Centered Psychotherapy	Thursdays Feb 6- Mar 27	1:00 -2:30 pm

*8-week course designed to strengthen meaning in the face of cancer*

### Bereavement Groups

	January	February	March	
Bereavement Support	Tuesdays	January-March		5:00 - 6:30 pm
Grieving Parents Support	14	11	11	7:00 - 8:30 pm
Connections for Those Who Have Lost a Parent	2	6	6	6:30 - 8:00 pm
Transitions Alumni Connections	28	25	25	5:00 - 6:30 pm

### Diagnosis Specific & Peer Connection Groups

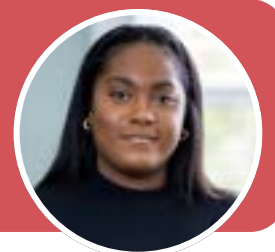
	January	February	March	
Brain Tumor	23	27	27	3:00 - 4:30 pm
Breast Cancer	13, 27	10, 24	10, 24	6:30 - 8:00 pm
Colon/Rectal Cancer	13	10	10	7:00 - 8:30 pm
Gynecologic Cancers	9	13	13	6:30 - 8:00 pm
Head, Neck & Thyroid Cancer	21	18	18	7:00 - 8:30 pm
Lung Cancer	20	17	17	3:00 - 4:30 pm
Lymphoma & Leukemia	9	13	13	7:00 - 8:30 pm
Melanoma	28	25	25	7:00 - 8:30 pm
Multiple Myeloma	16	20	20	6:30 - 8:00 pm
Neuroendocrine Tumors (NET)	11	8	8	10:30 am - 12:30 pm
Pancreatic Cancer	9, 23	13, 27	13, 27	4:00 - 5:15 pm
Prostate Cancer	8, 22	12, 26	12, 26	9:30 - 11:00 am
Sarcoma Cancers	18	15	15	11:00 am - 12:30 pm
Death Café Alumni Connections	7	4	4	7:00 - 8:30 pm
Meaning-Centered Psychotherapy Alumni	14	11	11	3:00 - 4:30 pm
Soul Chat: Cancer + Spirituality Group for Black, Indigenous, & People of Color <i>UIH MSHC partnership</i>	27	24	24	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:**  
Contact Saige Spears at  
sspears@wellnesshouse.org or  
630.654.5115.

BUILD UNDERSTANDING with programs that create a place to learn, express feelings, and heal.

## IN PERSON GROUPS

### Support Groups

*Groups for children, teens and parents to receive peer support and explore their feelings as they navigate a cancer diagnosis.*

#### Toddler Talk

January 2, February 6, March 6  
3:00 - 3:45 pm  
Ages 2 - 5

#### Kids Group

Thursdays  
4:30 - 5:30 pm  
Ages 6 - 11

#### Young Teen Group

January 6, February 3, March 3  
4:30 - 5:30 pm  
Ages 12 - 16

#### Kids Parent Group

Contact Saige at  
sspears@wellnesshouse.org  
630.654.5115

#### Brave Kids

Thursdays  
5:45 - 6:45 pm  
School-aged children with a cancer diagnosis connect with other children impacted by cancer.

#### Parenting Brave Kids

This peer group provides an opportunity for parents of children and teens with a cancer diagnosis to explore the emotional, physical, and spiritual challenges of a child's cancer diagnosis. Receive support, connect with other parents, and learn about helpful resources. Contact Saige at  
sspears@wellnesshouse.org  
630.654.5115

#### Grieving Parents Group

Online  
January 14,  
February 11, March 11  
7:00 - 8:30 pm  
For parents who are grieving the loss of a spouse or partner while parenting school-aged children through their own grief. Connect with others in similar situations, share experiences, and exchange support and parenting tips with other solo parents.

### Bereavement

*Supportive peer groups for children, teens, and parents who are grieving the loss of a loved one due to cancer.*

#### Turtles

Mondays  
5:30 - 6:30 pm  
Children, ages 6 - 12

#### Teen Turtles

January 13, February 10, March 10  
4:30 - 5:30 pm  
Teens, ages 13 - 19

#### Turtles Parents

Contact Saige, 630.654.5115  
sspears@wellnesshouse.org

### Wellness Classes

#### Stress Management

##### Kids Art

5:00 - 6:00 pm  
Winter Wonderland Collage  
January 14  
Valentine's Day Cards  
February 11  
Egg Carton Caterpillars  
March 18

##### Stress Free Saturday for Families

January 11, February 8,  
March 8  
10:00 - 11:00 am

#### Nutrition

*To register, contact Emily at 630.654.5196  
eguzman@wellnesshouse.org*

#### Hands-On Family Cooking

February 26, 5:30 - 7:00 pm  
A hands-on experience where families discover new, healthy, and delicious recipes. Bond, learn, and enjoy preparing meals that nourish the body and soul.

#### Kids in the Kitchen

March 19, 5:30 - 7:00 pm  
Learn new recipes and cooking techniques to boost excitement and comfort in the kitchen.

#### Date Night Couples Cooking

March 6, 5:30 - 7:00 pm  
Bring a spouse, friend, or family for a memorable night of cooking, laughter, and connection. You'll prepare delicious, nourishing recipes that are fun to make and eat. Bond with your loved one and share great food.

#### Happier Meals: Hands-on Meal Prep

Wednesdays, January 22, March 26, 5:30 - 7:30 pm  
We invite school-aged children and their parent(s) to join us for hands-on cooking to create two recipes perfect for preparing and packing lunches for the week ahead.

#### Exercise

##### Kids Yoga

6:00 - 7:00 pm  
Frosty Retreat  
January 14  
Under the Sea  
February 11  
Safari Adventure  
March 18

##### Kids Fitness, Fun & Games

January 18  
February 15,  
11:00 am - 12:00 pm



## SPECIAL EVENTS

### Parent Chat: Parenting + Cancer

**Mondays, January 6, February 3, March 3**  
**5:30 - 6:30 pm**

Come join us for a peer discussion group for individuals navigating parenting in the face of cancer. This space is open to parents with a cancer diagnosis or parents parenting children with a cancer diagnosis.

### Parents Night Out Retreat

**Monday, February 17**  
**5:00 - 6:30 pm**


Join us for a parent's night out to connect with other parents impacted by cancer with mindfulness, a hands-on relaxation activity, and a support group. Refreshments will be provided.

### Some Enchanted Evening

**Friday, February 7**  
**6:30 - 8:30 pm**

Celebrate the power of love and the important relationships in your life. Join us for a special sit-down meal followed by entertainment. Space is limited.

### Supporting Children during Cancer

**Thursday, March 27**   
**6:00 - 7:00 pm**

Learn from a Certified Child Life Specialist tips on how to support the children in your life through a cancer diagnosis. Saige Spears, MS, CCLS, will discuss the best ways to meet each child's psychosocial needs based off of developmental considerations.



### Happy Hearts

**Saturday, February 1**

**10:30 am - 12:00 pm**

*Registration Required*  
 Contact Angela Dennison at 630-654-5196 [adennison@wellnesshouse.org](mailto:adennison@wellnesshouse.org).

Put on your favorite Valentine's Day colors or attire and join us for a fun-filled event! Enjoy delicious treats, get creative with arts and crafts, and share lots of laughter with friends and family.



### Spark Play!

**Saturday, March 1**

**10:30 am - 12:00 pm**

*Registration Required*  
 Contact Saige Spears at 630.654.5115 or [sspears@wellnesshouse.org](mailto:sspears@wellnesshouse.org).

Join us to help empower kids and families in learning tools and techniques for exploring emotions, through medical play, related to a cancer experience. Additional community organizations that serve children will be present.



### 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 Saige Spears at [sspears@wellnesshouse.org](mailto:sspears@wellnesshouse.org) or 630.654.5115.*

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 Hinsdale, Illinois 60521  
 Phone 630.323.5150 | [wellnesshouse.org](http://wellnesshouse.org)

# 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](http://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](http://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](http://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.

UI Health  
 RUSH OAK PARK HOSPITAL  
 Healthy Driven Edward-Elmhurst HEALTHCARE  
 Advocate Good Samaritan Hospital  
 duly HEALTH CARE  
 nch  
 Excellence Starts Here  
 Advent Health  
 West Suburban Medical Center  
 LOYOLA MEDICINE  
 RUSH  
 MacNeall Hospital  
 Hope and Healing Cancer Clinic and Advocates for Community Wellness