

MILE SQUARE HEALTH CENTER

WELLNESS HOUSE

At Mile Square Health Center

In-Person Programs

Healthy Cooking for Cancer

2nd Wednesdays | 5:30 - 7:00 p.m.

January 8, February 12, March 12

MSHC, 2nd floor, Staff Lounge

Registration Required

Explore delicious recipes and practical tips that integrate animal-based foods within the recommended cancer guidelines.

Together, we'll create meals that support your health, promote healing, and taste great!

Tai Chi

Tuesdays, February 4, 11, 18, 25 | 5:00 - 5:45 p.m.

MSHC, 1st floor, Conference Room

Experience this gentle form of Chinese movement for your mind and body.

Chair Yoga

Thursdays, March 6, 13, 20, 27 | 5:00 - 5:45 p.m.

MSHC, 1st floor, Conference Room

Practice yoga while sitting on a chair or using it for support, designed to improve flexibility, strength, and balance.

Women of Color Connections Group

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

January 21, February 18, March 18

MSHC, 1st floor, Conference Room

To register, contact Nevada Bennett at 630.654.5346 or

nbennett@wellnesshouse.org

Connect with others with a cancer diagnosis who self-identify as women of color to share experiences and coping strategies and support one another during the cancer journey.

FREE CANCER SUPPORT

CONTACT US

For more information or assistance with registration, call 630.654.5356 or email whchicago@wellnesshouse.org

Meditation for Improved Sleep

Tuesdays, January 14, 21, 28 | 4:30 - 5:30 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, February 4, 11, 18, 25 | 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 Wellness House

Wednesday, January 29 | 5:30 - 7:00 pm

Tuesday, March 18 | 5:30 - 7:00 pm

MSHC, 2nd floor, Staff Lounge

Join us for an evening of connection over dinner with a welcoming space to share stories, build connections with others impacted by cancer, and engage with our caring staff.

Online Program

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

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

January 27, February 24, March 24

To register, contact Nevada Bennett at

630.654.5346 or nbennett@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.

