

# 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 at Wellness house. We'll share an overview of programs, a tour of the house 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

Apr 5, 19, 26 | May 3 | Jun 7

## 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:

Saturday, May 24  
Monday, May 26

## 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 Charitable Fund of DuPage Foundation
- Elizabeth Morse Genius Charitable Trust
- The Greer Foundation
- Hinsdale Junior Woman's Club
- Illinois Department of Public Health
- Gene S. Moss Foundation II Inc.
- Naffah Family Charitable Foundation
- Oberweiler Foundation
- Edmond & Alice Opler Foundation
- Prostate Cancer Foundation of Chicago
- Ramon Bueno Cancer Support Foundation
- Rolfe Pancreatic Cancer Foundation
- Together at Peace
- Westlake Health Foundation

APRIL MAY JUNE 2025

# 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.*

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

### Glowing Through It

*Registration Required*

Friday, April 4 | 10:00 am - 12:00 pm

Friday, May 2 | 10:00 am - 12:00 pm

Friday, June 6 | 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.*

### Community Acupuncture

*Registration Required*

Friday, April 25 | 2:00 - 4:00 pm

Friday, May 30 | 2:00 - 4:00 pm

*Dr. Jeni Uswajesdadul, DACM, L.Ac*

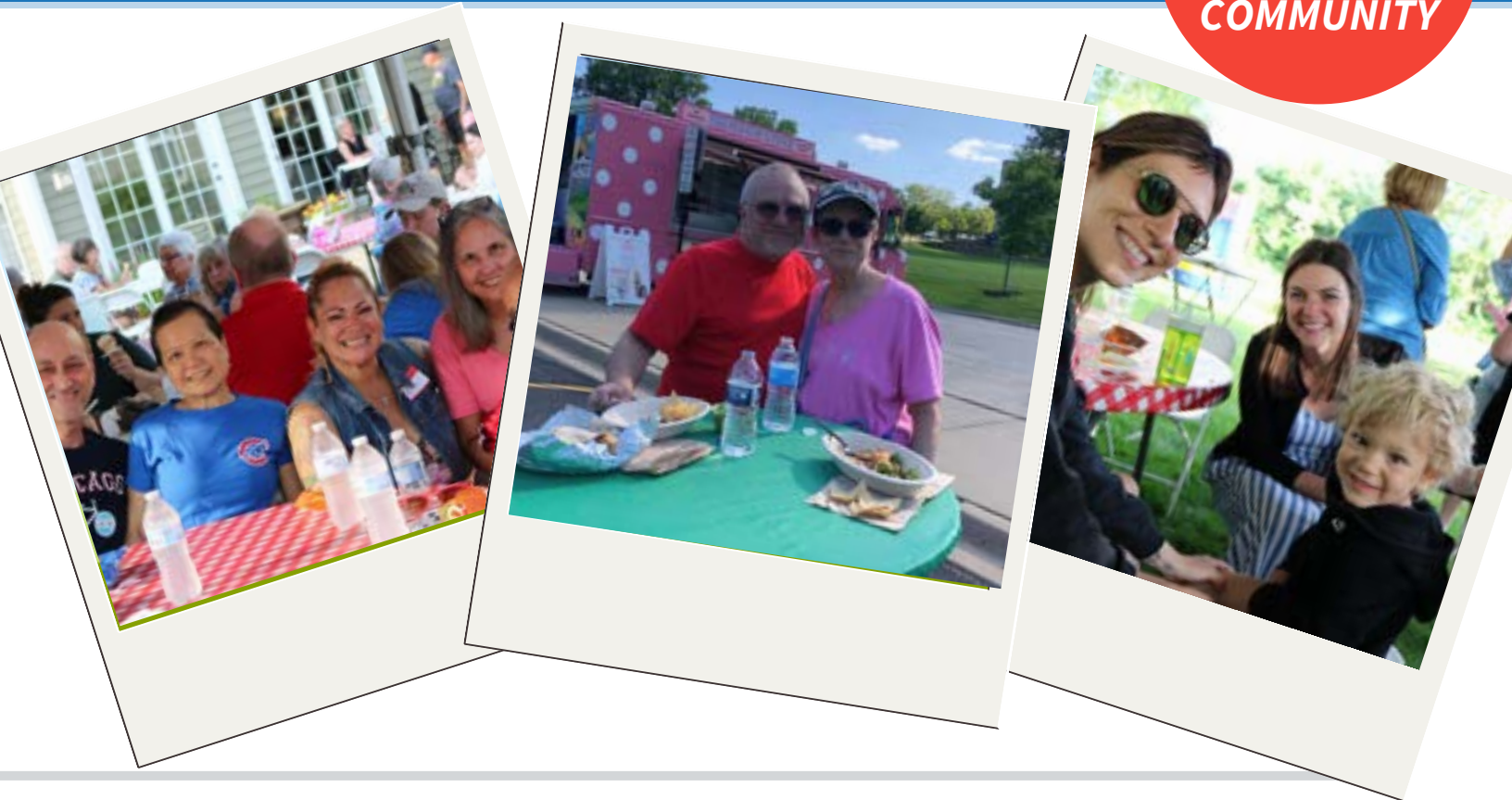
Using various points on the body, acupuncture treats the body, mind and spirit. A community, or shared, space provides a collective relaxation experience, strengthening connection and support with a focus on well-being. A *current medical release for Acupuncture is required.*

#### 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)

YOU'RE INVITED TO OUR ANNUAL  
**HOPE SOCIAL**

**FOOD  
FUN  
COMMUNITY**



***Celebrate Hope with Wellness House***



**Hope Social**

Thursday, June 5 | 5:00 - 7:00 pm

**In-person at Wellness House**

131 N County Line Rd, Hinsdale, IL 60521

Join us as we celebrate the power of community with food, activities, music, and time together. This outdoor event will provide an opportunity for the Wellness House community to gather and share together. A special "**Kids Corner**" will be available for kids to join in on the fun!

**To Register Call 630.323.5150 or visit [wellnesshouse.org](http://wellnesshouse.org)**



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



**KIDS  
KAMP**

**July 7 - 11  
2025**

**9:00 a.m. - 12:00 p.m.**



**Kids ages 5-12 welcome**



**131 N. County Line Rd.  
Hinsdale, IL**



**Build confidence  
Meet others  
impacted by  
cancer  
Have fun!**

**To Register**

Contact us  
at 630-654-5115 or  
[childandfamily@wellnesshouse.org](mailto:childandfamily@wellnesshouse.org)

[www.wellnesshouse.org](http://www.wellnesshouse.org)



# 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

### Living Well After Cancer: Tools for Survivorship



**Tuesday, April 8 | 6:30 - 8:00 pm**

*Katarina Petras, MD, Endeavor Health*

Join Dr. Katarina Petras to learn practical strategies and resources for thriving post-treatment. Participants will learn actionable tools to navigate survivorship and embrace and fulfilling lifestyle.

### Advances in Treatment of Neuroendocrine Tumors



**Tuesday, May 6 | 6:30 - 8:00 pm**

*Andy Liao, MD and Xavier Keutgen, MD, University of Chicago*

Explore the latest developments in managing neuroendocrine tumors (NETs). This program will cover emerging therapies, innovative treatment approaches, and advancements in patient care to improve outcomes for those affected by NETs.

### Beyond Treatment: Exploring Integrative Care, Toxins, and Gut Health in Cancer Recovery



**Tuesday, June 17 | 6:30 - 8:00 p.m.**

*Rana MaFee, MD*

Dr. Rana combines the rigor of conventional medicine with an evidence based functional medicine approach. This session will serve to give a better understanding of how integrative and functional medicine serve to enhance your health as a cancer patient or cancer survivor, and focuses on the importance of optimizing gut health and managing toxic exposures.

### Prostate Cancer Foundation of Chicago Meetings

Men diagnosed with prostate cancer and their caregivers are invited to discuss treatment options, learn about current research and ask questions.



#### Localized Treatment Options for Prostate Cancer

**Wednesday, April 2 | 5:00 - 6:00 p.m.**

*Alexander Harris, MD, Radiation Oncology Consultants*



**Wednesday, May 7 | 5:00 - 6:00 p.m.**

*Chirag Modi, MD, Radiation Oncology Consultants*



# 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

**April 2, May 7, June 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 Scar Tissue and Lymphedema

*Chuck LaFrano and Karen LaFrano, LaFrano Massage Dynamics  
 Karen Forslin-Bojnansky, Wellness House Massage Volunteer*
**April 3 | 6:30 - 8:00 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 Share

*Jane Van De Velde, DNP, RN, The Reiki Share Project*
**April 16, June 10 | 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.

### An Organic Gardening Journey

*Connie Kollmeyer, Agroecology Educator, The Conservation Foundation*
**April 10 | 6:00 - 7:30 pm**

Join us for an organic gardening class where you will learn the basics of growing your own healthy and sustainable garden.

### With a Little Help from My Friends: Navigating the Caregiver Journey

*Heather Olsson, LCPC, Ellie Mental Health*
**April 15 | 6:00 - 7:30 pm**

Caring for a loved one with cancer is tough—plain and simple. Caregivers often pour everything into supporting someone else, leaving little room for their own well-being. That's where With a Little Help from My Friends: Navigating the Caregiver Journey comes in. This presentation will cover resources and strategies to help you navigate the emotional, physical and mental toll of caregiving.

### Benefits of Exercise After a Cancer Diagnosis

*Jadyn Chipman, ACSM GEI, ACSM/ACS CET, Wellness House*
**April 22 | 5:30 - 6:30 pm**

Exercise can play a critical role in supporting recover, improving physical and mental well-being, and enhancing the overall quality of life for cancer survivors. In this presentation, we'll explore the benefits of exercising after a cancer diagnosis and discuss how to incorporate physical activity into your daily routine.

### Wellness House Death Café

*Michael Williams, Psy.D., Wellness House*
**April 30 | 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*
**May 1 | 11:00 am - 12:30 pm**

Life Café 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: Everything Happens for a Reason and Other Lies I've Loved

**April 25 - May 16 | 10:30 am - 12:00 pm**

At 35 years old, Kate Bowler's life is flipped upside down when she receives a stage 4 colon cancer diagnosis. With her warm and witty tone, she shares reflections on cancer, death, love and faith - and how to live a full life in the face of pain and uncertainty.

## SURVIVORSHIP SERIES

### Cancer Thriving and Surviving

**Thursdays, April 17 - May 22 | 10:00 - 12:30 pm**
*To register, contact Marci at 630.654.5102 or  
 mgoldberg@wellnesshouse.org.*


A 6-week interactive workshop taking place online for people with cancer, cancer survivors, family, friends and caregivers. 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.



### SAVE THE DATE

**SATURDAY, JUNE 21, 2025**
**9:00 am - 2:30 pm**

### Hot Topics in Breast Cancer

JOIN US FOR A SERIES TO LEARN ABOUT  
 THE LATEST UPDATES IN BREAST CANCER  
 RESEARCH AND TREATMENT



## IN PERSON PROGRAMS



### Reiki for You Level II Workshop

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

**May 9 | 9:00 - 5:00 p.m.**

In this one day class you will learn three Reiki symbols; further explore distant healing; conduct a full Reiki session using the symbols; and consider professional aspects of Reiki practice. To participate in this class, you must have completed Reiki Level One and be self-treating with Reiki on a regular basis. You must commit to attending this class. Registration is limited.

### GIST Life Raft Group

**May 10 | 12:30 - 3:00 p.m.**

Wellness House is happy to welcome the Chicago area chapter of the Life Raft Group. This group is for anyone diagnosed with Gastrointestinal Stromal Tumors (GIST) and their caregivers.

### Estate Planning

*Mitha Rao, Founder & Managing Attorney*

**May 13 | 5:30 - 6:30 pm**

During this program, we will discuss the foundational tools that make up every good estate plan. We will also chat about how to avoid probate court, navigate new estate planning laws and keep tax considerations in mind.

### Building a Family Tree

*Charles Thomas, Genealogist*

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

Learn techniques, strategies and resources to research your family story. Whether you want to expand your family tree, uncover the context of a family story or just organize what you have, this session can help you keep moving forward.

### Exercise for Breast Cancer Recovery

*Jeri Lau, Oncology Exercise Specialist*

*Wellness House*

**May 27 | 2:00 - 3:00 pm**

Learn how exercise can help you thrive following breast cancer surgery. You may be surprised to discover that you can gain full mobility, control and stamina.

### Discover Reflexology

*Casey Pantazopoulos, Oncology Stress Management Specialist,*

*Wellness House*

**May 28 | 5:30 - 7:00 pm**

Discover how this non-invasive therapy, using targeted pressure on the feet, hands, and ears, can ease pain, fatigue, stress, and anxiety. Casey will explain the science behind reflexology, review supporting research, and share simple self-care techniques for healing. This session is ideal for cancer patients, caregivers, and healthcare providers seeking natural wellness tools.

## ONLINE PROGRAMS



### Loneliness & Isolation During Cancer

*Nevada Bennett, Oncology Support & Family Counselor*  
*Wellness House*

**May 22 | 6:30 - 7:30 pm**

During the cancer journey, feelings of loneliness and isolation can significantly impact those with a diagnosis and caregivers. Join in to learn coping strategies to navigate these feelings, reduce loneliness and isolation, and foster connections.

### Reiki Share

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

**May 15 | 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.

### Healthy Eating for Breast Cancer

*Emily Guzman, MS, RD, LDN, Wellness House*

**June 24 | 12:00 - 1:00 pm**

This presentation is designed specifically for those diagnosed with breast cancer. We will discuss the most updated research about diet and breast cancer, as well as foods to safely include and limit.

## PARTNER PROGRAMS



### Nurturing Wellness through Self-Care

*Nevada Bennett, LCPC, Wellness House*

**Tuesday, May 6 | 12:45 - 2:00 p.m.**

Immediately following the Breast Cancer Connections Group, join Nevada Bennett, LCPC to learn practical self-care strategies to improve well-being, reduce stress, and foster emotional resilience during a cancer journey. Lunch will be provided.

**At RUSH Univ. Medical Ctr, 1520 W Harrison Street, Rubschlager Ambulatory Bldg (RAB) 4th Floor- Supportive Oncology Conference Room, Chicago, IL 60607**

### Spring Reset Workshop

*Marci Goldberg & Casey Pantazopoulos, Wellness House*

**Thursday, May 8 | 11:00 am - 12:30 p.m.**

Join the Wellness House team for a mid-day Spring reset. We'll start with a relaxation activity, followed by a casual lunch and discussion about goal-setting and thriving during and after cancer.

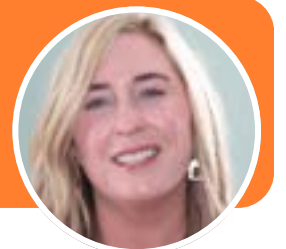
**At River Forest Breast Care Center 420 William Street, Bldg B River Forest, IL 60305**

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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.

	April	May	June	
Antioxidant Favorites	19			9:30 - 11:00 am
Cooking Strategies for Cancer Treatment	3			12:30 - 2:00 pm
Familiar Favorites			28	9:30 - 11:00 am
Mexican Cooking with Emily		28		5:30 - 7:00 pm
Snack & Learn	2	7	4	12:30 - 1:00 pm
Transitioning to a Cancer-Fighting Diet	12	10	14	10:30 am - 12:00 pm
Wellness in Season: Summer Cooking I & II			19, 26	5:30 - 7:00 pm

### Hands-On Cooking

*Recipes in cooking classes may contain common food allergens*

#### Bereavement Kitchen

**Mondays, April 14, May 12, June 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](mailto:eguzman@wellnesshouse.org) or 630.654.5194 to register.

#### Community Cooking Class

**Thursday, April 24**  
**10:30 am - 12:00 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 Emily Guzman at [eguzman@wellnesshouse.org](mailto:eguzman@wellnesshouse.org) or 630.654.5194 to register.

#### Date Night Couples Cooking

**Thursday, April 17**  
**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 together.

### Nutrition Presentations

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

#### Cancer Nutrition Beyond the Basics

**Do I need a dietary supplement?**

Monday, April 7  
5:30 - 7:00 pm

**Label Reading**

Wednesday, April 16  
5:30 - 6:30 pm

#### Managing Cancer Side Effects

**Tuesdays, April 29 - June 24, (no class May 20th)**  
**Thursdays, April 10 - April 24**  
**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, 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**  
**Wednesdays, April 2, May 7, June 4**  
**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.

#### Taste of Wellness House Nutrition Fair

**Saturday, May 17 | 9:00 am - 2:00 pm**  
Featuring local vendors, cooking demonstrations, and practical culinary workshops designed to promote a whole food, plants-based, cancer-fighting diet. Visit [wellnesshouse.org](http://wellnesshouse.org) for more information.

#### Nutrition Happy Hour: Bites, Sips & Myth-Busting

**Wednesday, June 18 | 5:30 - 7:00 pm**

Enjoy great food, engaging discussion, and practical tips to nourish your body all in a relaxed social setting!



## PARTNER CLASSES |

	April	May	June	
<b>Lemons of Love:</b> 406 W. Central, Mt. Prospect, IL				
<b>Cooking for Cancer:</b> Cooking demonstration with samples	28		30	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	9	14	11	5:30 - 7:00 pm
<b>Dinner with the Wellness House Dietitian</b>	23			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	10		12	12:30 - 2:00 pm
<b>Loyola:</b> 2160 S 1st Ave, Maywood IL				
<b>Cancer Nutrition 101</b>	1	20	17	10:15 - 11:00 am
<b>Auburn Gresham Healthy Lifestyle Hub:</b> 839 W. 79th St., Chicago, IL				
<b>Fighting Cancer Together</b>	8, 15, 22			10:00 - 11:30 am
<b>Bhorade Cancer Center Advocate Good Samaritan Hospital:</b> 3745 Highland Ave., Downers Grove, IL				
<b>Cancer Nutrition 101</b>	24			12:30 - 2:00 pm
<b>Cooking for Cancer</b>			19	5:30 - 6:30 pm
<b>MacNeal Hospital:</b> 3249 S Oak Park Ave., Berwyn IL				
<b>Cooking for Cancer</b>	15			5:00 - 6:00 pm

## ONLINE CLASSES

### Cooking Demonstrations

	April	May	June	
Cooking Strategies for Cancer Treatments		1		5:30 - 6:30 pm
Meatless Mondays	21	19	16	6:00 - 7:00 pm
Prepping & Freezing Series	28	5, 12		5:30 - 7:00pm
Latin American Cooking Series	3, 10, 17			5:30 - 6:30 pm

*Recipes in cooking classes may contain common food allergens*

## Online Nutrition Presentations & Series

### Cancer Nutrition Beyond the Basics

**Circadian Rhythm & Cancer**  
Saturday, April 5 | 9:30 - 10:30 am

**Fueling for Energy**  
Saturday, May 3 | 9:30 - 10:30 am

**Hydration**  
Saturday, June 7 | 9:30 - 10:30 am

### Managing Cancer Side Effects

Fridays, April 4, 18, May 2, 30, June 6, 20, 27  
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, diarrhea
- Low blood cell counts
- Poor appetite
- Taste changes: food tastes metallic, too sweet, bitter, or like cardboard

### Cancer Nutrition 101

**Plant Proteins**  
Monday, May 12 | 5:30 - 6:30 pm

**Plant Focused Eating for Cancer**  
Thursday, May 29 | 12:00 - 1:00 pm

Explore a variety of plant protein options and learn how to incorporate them into your daily routine.

### Cooking for One: Scaling Down Recipes

Monday, April 14 | 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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131 North County Line Road  
Hinsdale, Illinois 60521  
Phone 630.323.5150 | wellnesshouse.org



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



# STRESS MANAGEMENT

**For Information:**  
630.654.7942  
Casey Pantazopoulos  
cpantazopoulos@wellnesshouse.org

RELAX with techniques to calm your body, still your mind, and improve quality of life.

## IN PERSON CLASSES |

### Mind/Body

	April	May	June	
Mindfulness for Everyday Living		Tuesdays, April - June		10:30 - 11:30 am
Breathwork		Tuesdays, April - June		5:30 - 6:00 pm
Guided Meditation		Thursdays, April - June		10:30 - 11:30 am
Sound Baths and Meditation		Thursdays, April - June		1:30 - 2:30 pm
Sound Bowls	22	27	24	6:00 - 7:00 pm
Meditation Series			6, 13	2:00 - 3:00 pm
Garden Walk		27	24	1:00 - 3:00 pm
Forest Therapy Walk	28			10:00 am - 12:00 pm

### Expressive Arts

	April	May	June	
Flute Circle Live	1, 8	6, 13	3, 10	10:00 - 11:00 am
Mixed Media	17	15	19	1:00 - 3:00 pm
Spring Watercolors	14	12	9	1:30 - 3:00 pm
Painting with Acrylics			4, 11, 18, 25	4:00 - 5:00 pm

## PARTNER CLASSES |

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

	April	May	June	
Meditation for Improved Sleep		13, 20, 27		4:30 - 5:30 pm
Simple Art for Stress Management			3, 10, 17, 24	5:45 - 6:30 pm

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

	April	May	June	
Cancer Creative Connections	21	19	16	4:30 - 5:15 pm
Cancer Creative Connections	19			10:30 am - 12:00 pm

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

	April	May	June	
Wellness Through Deep Hypnosis	5	3	7	10:00 am - 11:30 pm
Reiki Clinic	5	3	7	11:30 am - 12:00 pm

#### River Forest Breast Care: River Forest Breast Care Center, 420 William St B, River Forest, IL

	April	May	June	
Meditation			12, 19, 26	12:30 - 2:00 pm



## ONLINE CLASSES



### Mind/Body

	April	May	June	
TYM for Me	Wednesdays, April - June			9:30 - 10:15 am
Meditation for Improved Sleep	Fridays, April - June			4:00 - 5:00 pm
Journeying Inward: Deep Relaxation for Stress Relief	5	3	7	11:00 am - 12:15 pm
Mindfulness Meditation Circle	21	19	16	11:30 am - 12:30 pm
Self-Compassion Practice	16	21	18	6:30 - 7:30 pm
Reiki Clinic	19	17	21	11:30am - 12:00 pm
Wellness through Deep Hypnosis	19	17	21	10:00 - 11:30 am
Mindful Self Compassion		12, 19	2, 9	6:00 - 7:30 pm
Somatic Yoga	14, 28	12	9, 23	1:30 - 2:30 pm
Unified Mindfulness	7, 14, 21, 28			5:30 - 6:30 pm

### Expressive Arts

	April	May	June	
Flute Circle	15, 22, 29	20, 27	17, 24	10:00 - 11:00 am
Watercolors		15, 22, 29		5:30 - 7:00 pm
Cityscapes			9, 16, 23	5:30 - 7:00 pm
Facial Measurement Drawing	10, 17, 24			5:30 - 7:00 pm

## IN PERSON - SPECIAL PROGRAMS

### Instinctive Meditation

May 1, 8, 15, 22  
6:00 - 7:00 pm



Registration Required

These programs focus on simple meditation practices to increase well-being. Learn body scan techniques for stress reduction, exercise to enhance sensory awareness and joy, and mindful breathing practices to improve energy, clarity and emotional resilience.

### Pressed Flowers

May 7  
1:30 - 3:00 pm



Registration Required

Discover the beauty of floral preservation in this hands-on pressed flowers workshop! In this class, you'll learn how to press flowers and create your own unique, lasting works of art. You'll leave with your own pressed flower creation and the knowledge to continue this relaxing craft at home.

### Music in the Park

June 14  
12:00 - 1:30 pm



Registration Required

Join us for a fun picnic in the park with live music and a chance to connect with other members of the Wellness House community. Performing the guitar for us will be Kirk, Certified Music Practitioner. Lunch will be served around 12:15pm.





# 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 - 4:30pm
Restorative Yoga	4:30 - 5:30 pm
Breast Cancer Yoga, Jun 10, 17, 24	6:00 - 7:00 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

**Wednesdays, April 9, 23, Fridays, April 4, 18**

**10:00 - 11:30 am**  
*Registration Required*

Start your morning off right by taking a walk with exercise staff followed by a catered breakfast. Participants will gather in the kitchen immediately after the walk.



## ONLINE CLASSES |

### STAFF-REGISTRATION

#### Tuesday

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

Prostate Cancer 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.

### 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, Apr 16, 23, 30	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 <i>ALAS-Wings partnership</i>	11:00 am - 12:00 pm
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## IN PERSON CLASSES |

### PARTNER CLASSES

**River Forest Breast Care :** 420 William St B, River Forest, IL

Chair Yoga	Thursdays June 12, 19, 26	12:30 - 1:15 pm
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**Lemons of Love:** 406 W. Central, Mt. Prospect, IL

Beginner Mat Yoga	Wednesdays	10:00 - 11:00 pm
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**PAVYMCA:** 2947 Oak Park Ave, Berwyn, IL

Stretching through Cancer	Wednesdays	6:30 - 7:30 pm
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**MacNeal Hospital** 3249 S Oak Park Ave, Berwyn, IL

Spanish Language Yoga	Wednesdays	5:00 - 6:00 pm
Gentle Chair Stretching	Tuesday, June 17	5:00 - 6:00 pm

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

Tai Chi	Tuesdays June 3, 10, 17, 24	5:00 - 5:45 pm
Chair Yoga	Thursdays May 8, 15, 22, 29	5:00 - 5:45 pm

**Loyola** 2160 S 1st Ave Maywood, IL

Exercise for Balance	Apr 1, 15, May 6, 20 Jun 13, 17	9:30 - 10:15 am
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### SPECIAL PROGRAM

**What is Yoga Anyway? How Yoga Can Benefit Cancer Survivors & Caregivers**

**Wednesday, May 21 | 5:30 - 6:45 pm**



Registration Required

Join Katya Nayar with InnerJasmine and Wellness House for a collaborative workshop that includes education and movement, related to how yoga can benefit cancer survivors and their caregivers. This unique offering is designed to demystify yoga and make it accessible to everyone, regardless of fitness level or experience.

Program location :

InnerJasmine 45 S. Washington St #302 Hinsdale, IL 60521.

For questions or to schedule an individual consultation, contact **Jadyn Chipman** at **630.654.5116** or [jchipman@wellnesshouse.org](mailto:jchipman@wellnesshouse.org)



**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)



# 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
Cancer Survivor & Caregiver Support Group	Thursdays	5:15- 6:15 pm
Memorial Sloan Kettering's Meaning Centered Psychotherapy <i>8-week course designed to strengthen meaning in the face of cancer</i>	Thursdays May 8 - June 26	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

	April	May	June	
Bladder Cancer <i>both in-person and online</i>	22	27	24	3:00 - 4:30 pm
Breast Cancer	3, 17	1, 15	5, 19	2:00 - 3:30 pm
Colon/Rectal Cancer	21	19	16	7:00 - 8:30 pm
LGBTQ+ Cancer Connections <i>both in-person and online</i>	1	6	3	3:00 - 4:30 pm
Metastatic Breast Cancer	7	5	2	6:30 - 8:00pm
Prostate Cancer	2, 16	7, 21	4, 18	9:30 - 11:00 am
Spiritual Side of Cancer	8	13	10	5:00 - 6:30 pm
Young Adults with Cancer Connections	7	5	2	7:00 - 8:30 pm
Meaning-Centered Psychotherapy Alumni	15	20	17	3:00 - 4:30 pm

## PARTNER SITE GROUPS |

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

	April	May	June	
Cancer Support Group	Mondays	April - June		5:30 - 7:00 pm


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

Breast Cancer Connections Group	1	6	3	11:00 am - 12:30 pm
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**UI Health Mile Square Health Center:** 1220 S Wood St, Chicago, IL, Room 1051

Women of Color Connections Group	15	20	17	10:00 - 11:30 am
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## IN PERSON SPECIAL PROGRAM

**Legacy Storytelling Series** Tuesdays, April 22, 29 | 3:30 - 5:00 pm 

Staff Registration Required

Contact Ima Garcia Perez at 630.654.7217 or [igarciaperez@wellnesshouse.org](mailto:igarciaperez@wellnesshouse.org)

Join us to share your unique journey by reflecting on your past by narrating your cancer journey, and life's journey, as well as aspirations moving forward. Upon completion of both sessions, you will receive a personalized, physical copy of your recorded story, capturing your reflection for years to come.

# SUPPORT GROUPS & COUNSELING

APRIL MAY JUNE 2025



## ONLINE GROUPS |

### Support Groups

Cancer Support Group	Wednesdays	7:00 - 8:30 pm
Caregiver Support Group	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

### Bereavement Groups

	April	May	June	
Bereavement Support	Tuesdays April - June			5:00 - 6:30 pm
Grieving Parents Support	8	13	10	7:00 - 8:30 pm
Connections for Those Who Have Lost a Parent	3	1	5	6:30 - 8:00 pm
Transitions Alumni Connections	22	27	24	5:00 - 6:30 pm

### Diagnosis Specific & Peer Connection Groups

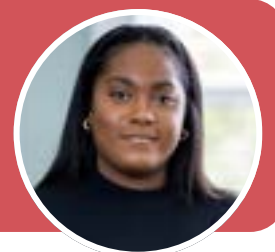
	April	May	June	
Brain Tumor	24	22	26	3:00 - 4:30 pm
Breast Cancer	14, 28	12	9, 23	6:30 - 8:00 pm
Colon/Rectal Cancer	14	12	9	7:00 - 8:30 pm
Gynecologic Cancers	10	8	12	6:30 - 8:00 pm
Head, Neck & Thyroid Cancer	15	20	17	7:00 - 8:30 pm
Lung Cancer	21	19	16	3:00 - 4:30 pm
Lymphoma & Leukemia	10	8	12	7:00 - 8:30 pm
Melanoma	22	27	24	7:00 - 8:30 pm
Multiple Myeloma	17	15	19	6:30 - 8:00 pm
Neuroendocrine Tumors (NET)	12	10	14	10:30 am - 12:30 pm
Pancreatic Cancer	10, 24	8, 22	12, 26	4:00 - 5:15 pm
Prostate Cancer	9, 23	14, 28	11, 25	9:30 - 11:00 am
Sarcoma Cancers	19	17	21	11:00 am - 12:30 pm
Death Café Alumni Connections	1	6	3	7:00 - 8:30 pm
Meaning-Centered Psychotherapy Alumni	8	13	10	3:00 - 4:30 pm
Soul Chat: Cancer + Spirituality Group for Black, Indigenous, & People of Color <i>UIH MSHC partnership</i>	21	19	16	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)







## SPECIAL EVENTS



### Wonder at WonderWorks Saturday, April 5 4:00 - 6:00 pm

Registration Required  
Contact Ellen Nieman at 630.654.5198 or  
[enieman@wellnesshouse.org](mailto:enieman@wellnesshouse.org)

Join Wellness House for a fun evening at Wonder Works Museum in Oak Park. This event takes place after museum hours and children will have access to the entire museum, while parents are invited to participate in a hands-on program focused on coping with distress led by social worker, Teresa Quinn, MA, LCSW. Enjoy exploring everything the museum has to offer, connect with others, and enjoy some pizza and refreshments.



### Taste of Wellness House Nutrition Fair: Kids Cook Saturday, May 17 10:00 a.m. - 2:00 pm

Registration Required  
Contact Mike Tilden at 630.654.7205 or  
[mtilden@wellnesshouse.org](mailto:mtilden@wellnesshouse.org)

The Taste of Wellness House Nutrition Fair will feature information and delicious food for the whole family! Special programming for kids will be offered throughout the day and will include: gardening, games, crafts, cooking, snacks and more for a fun-filled day!



### Hope Social: Kids Corner Thursday, June 5 5:00 - 7:00 pm

Registration Required

Join us as we celebrate the power of community with food, games and time together. This outdoor event will provide an opportunity for the Wellness House community to gather and share together. A special "Kids Corner" will be available for kids to join in on the fun!

Save the Date

# KIDS KAMP

July 7-11, 2025  
9:00 a.m. - 12:00 p.m.

For kids ages 5-12

Contact Krystal Kumpala, LCSW at 630.654.7208 or  
[kkumpala@wellnesshouse.org](mailto:kkumpala@wellnesshouse.org) to register

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Phone 630.323.5150 | [wellnesshouse.org](http://wellnesshouse.org)



### 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.



# CHILD & FAMILY

**For Information:**

Contact  
childandfamily@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**

April 3, May 1, June 5  
3:00 - 3:45 pm (Ages 2 - 5)

**Kids Group**

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

**Young Teen Group**

April 7, May 5, June 2  
4:30 - 5:30 pm. (Ages 12 - 16)

**Kids Parent Group**

Contact 630.654.5115 or  
childandfamily@wellnesshouse.org

**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 630.654.5115 or  
childandfamily@wellnesshouse.org

### Wellness Classes

**Stress Management**

**Kids Art**

5:00 - 6:00 pm  
Watercolor Rainbows  
April 2  
Paper Flower Bouquet  
May 7  
Beach Scene Collage  
June 4

**Stress Free Saturday for Families**

April 12, May 13, June 10  
10:00 - 11:00 am

**Exercise**

**Kids Yoga**

6:00 - 7:00 pm  
Rainbow Yoga  
Adventure  
April 2  
Bloom, Stretch & Grow  
May 7  
Ocean Breeze  
June 4

**Kids Fitness, Fun & Games**

May 17, June 21  
11:00 am - 12:00 pm

**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**

April 21, May 19, June 16  
4:30 - 5:30 pm (Teens, ages 13 - 19)

**Turtles Parents**

Contact 630.654.5115 or  
childandfamily@wellnesshouse.org

**Tiny Turtles**

April 14, 28, May 12, June 9, 23  
4:30 - 5:30 pm (Children ages 4-6)

**Grieving Parents Group**

April 8, May 13, June 10   
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.

**Nutrition**

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

**Date Night Couples Cooking**

April 17, 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**

Wednesday, April 30, 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.

**Hands-On Family Cooking**

June 2, 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.

# 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)

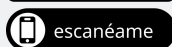
## Consulta de Terapia



Home of Hope

Para programar una cita de terapia, llama a Ima García Pérez 630.654.7217 o [igarciaperez@wellnesshouse.org](mailto:igarciaperez@wellnesshouse.org)

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.



Obtenga más información sobre wellness house

## Programas en Persona

### Grupo de apoyo para personas viviendo con cáncer

**cada miércoles | 5:00 - 6:15 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 tocara diferente temas de cáncer en diferente secciones.

### Cocinar para el cáncer

**sábado, abril 5, mayo 3, junio 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 ayudarlo a incorporar deliciosamente los alimentos que combaten el cáncer en su dieta.

### Programa práctico de cocina familiar

**jueves, mayo 29 | 5:30 p.m. - 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.

### 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 cancer. Las personas diagnosticadas con cáncer se reunirán para compartir experiencias, lidiar con la ansiedad y la preocupación, y para apoyarse mutuamente. Si tiene interes 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))

### Habilidades de Afrontamiento con Ima García Pérez

**lunes, junio 2 | 5:00 - 6:00 p.m.**

*DIRECCIÓN: 3249 S Oak Park Ave., Berwyn IL 60402*

Únete a Ima Garcia Perez para explorar habilidades de afrontamiento que pueden ayudar a que tu camino con el cáncer sea más manejable, brindándote apoyo y herramientas para los desafíos que enfrentas.

## 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.

UI Health (MILE SQUARE HEALTH CENTER) | RUSH OAK PARK HOSPITAL | Advocate Good Samaritan Hospital | West Suburban Medical Center | RUSH | MacNeall Hospital | Loyola Medicine | Advent Health | duly | Healthy Driven (Edward-Elmhurst Healthcare) | nch (Northbrook Community Hospital) | Hope and Healing Cancer Clinic and Advocates for Community Wellness