

MILE SQUARE HEALTH CENTER

# WELLNESS HOUSE

## At Mile Square Health Center

### FREE CANCER SUPPORT

#### CONTACT US

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

### In-Person Programs

#### Cooking for Cancer

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

April 9, May 14, June 11

MSHC, 2nd floor, Staff Lounge

Registration Required

#### Women of Color Connections Group

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

April 15, May 20, June 17

MSHC, 1st floor, Conference Room

To register, contact Nevada Bennett at

630.654.5346 or [nbennett@wellnesshouse.org](mailto:nbennett@wellnesshouse.org)

#### Chair Yoga

Thursdays, May 8, 15, 22, 29 | 5:00 - 5:45 p.m.

MSHC, 1st floor, Conference Room

#### Meditation for Improved Sleep

Tuesdays, May 13, 20, 27 | 4:30 - 5:30 p.m.

MSHC, 1st floor, Conference Room

#### Tai Chi

Tuesdays, June 3, 10, 17, 24 | 5:00 - 5:45 p.m.

MSHC, 1st floor, Conference Room

#### Simple Art for Stress Management

Tuesdays, June 3, 10, 17, 24 | 5:45 - 6:30 p.m.

MSHC, 1st floor, Conference Room



#### Simple Art + Support Group Experience for Families

Thursday, April 17, 5:30 - 7:00 p.m.

MSHC, 2nd floor, Staff Lounge

Join us on a Thursday evening for support programming and art for you and any child/teen in your lives. We will have an art activity, as well as an opportunity for families impacted by cancer to connect with one another.

#### Happier Meals + Stress Management

Wednesday, June 25 | 5:30 - 7:00 p.m.

MSHC, 2nd floor, Staff Lounge

Join us for a family-friendly cooking and stress management program to learn some easy tips for making simple, healthy meals and navigating the stresses of a cancer experience together as a family.

### Online Program

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

3rd Mondays | 6:30 - 8:00 p.m.

April 21, May 19, June 16

To register, contact Nevada Bennett at

630.654.5346 or [nbennett@wellnesshouse.org](mailto:nbennett@wellnesshouse.org)

### Join us for a series of special events

#### Dinner with Wellness House

Wednesday, April 23, 5:30 - 7:00 p.m. Dinner with the Dietitian

Tuesday, May 6, 5:30 - 7:00 p.m. Dinner with the Counselor

Wednesday, June 4, 5:30 - 7:00 p.m. Dinner with the Exercise Specialist

MSHC, 2nd floor, Staff Lounge

Join us for three separate evenings of connection over dinner with a welcoming space to build connections with others impacted by cancer and engage with our caring staff.

UI Health Mile Square Health Center – Main  
1220 S. Wood St. Chicago, IL 60608  
Free parking available at the corner  
of Roosevelt Rd. and South Wood St.  
(Lot O - Patient Parking)

UI Health Cancer Clinic  
Outpatient Care Center,  
Suite 1 E  
1801 W. Taylor Street,  
Chicago, IL 60612

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