

FREE CANCER SUPPORT

Join a support
group, attend an
information
program and learn
about cancer
wellness topics
from the experts

WELCOME TO WELLNESS HOUSE

At RUSH MD Anderson Cancer Center

1520 W. Harrison St., Chicago, IL 60607
Joan and Paul Rubschlager Building
4th Floor Supportive Oncology Conference Room



LEARN MORE & REGISTER
Wellnesshouse.org/rush

Breast Cancer Support Group

1st Tuesday of each month
11:00 a.m. - 12:30 p.m. | 4/1, 5/6, 6/3

Nurturing Wellness Through Self-Care

Tuesday, 5/6 | 12:45 - 2:00 p.m.
Join us to learn practical self-care strategies to
improve well-being, reduce stress, and foster
emotional resilience during a cancer journey.

Wellness House Showcase Event

Tuesday, 6/3 | 5:30 - 7:00 p.m.
Wondering what Wellness House free cancer
support services are all about? Join us for
dinner, and participation in three mini-
programs- a support group, and exercise class,
and a nutrition class.

**At RUSH Oak Park
Medical Office Building**
610 S Maple Ave. Suite 2000
Oak Park, IL

Cancer Creative Connections
3rd Mondays, 4:30 - 5:15 p.m.
5/12, 6/16

Dinner with a Dietitian
Monday, April 21 | 5:00 - 6:00 p.m.
Join us for an informative and
engaging Q&A session where you
can get your questions answered
—all while enjoying a delicious,
nourishing dinner.

Cancer Support Group
Mondays, Weekly
5:30 - 7:00 p.m.

Saturday Cancer Creative Connections
Saturday, April 19 | 10:30a.m. - 12:00p.m.
Join us for a Saturday offering of a
monthly expressive arts activity, to get a
hands-on experience and connect with
others impacted by cancer.

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1610 S. Maple | Oak Park, IL 60304
Suite 2000