

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

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

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.

	Mondays	5:30 - 6:30 pm
	Tuesdays	1:00 - 2:00 pm
	Wednesdays	9:30 - 10:30 am
	Thursdays	12:00 - 1:00 pm
	Fridays	12:00 - 1:00 pm
	Saturdays	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
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

TASTE OF WELLNESS NUTRITION FAIR

Saturday, May 17
10:00 am – 2:00 pm

Join us for Taste of Wellness House Nutrition Fair, featuring local vendors, cooking demonstrations and presentations designed to educate and promote a whole food, plant-based, cancer-fighting diet.

Family friendly activities for kids ages 5-14 will be available and will include gardening, games, crafts, cooking, snacks, and more!

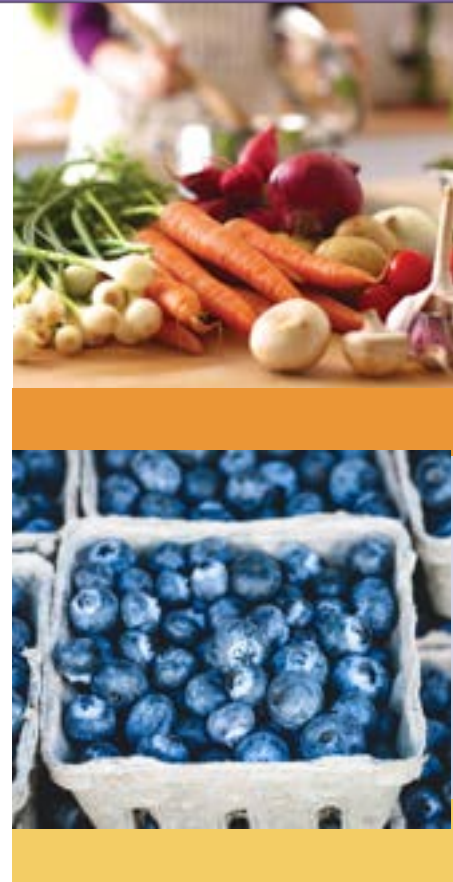
**THIS EVENT IS FREE OF CHARGE AND OFFERED TO THOSE
DIANGOSED WITH CANCER AND THEIR LOVED ONES**

LOCATION:

WELLNESS HOUSE,
131 NORTH COUNTY LINE RD.
HINSDALE, IL

- **Cooking Demonstrations**
- **Nutrition Presentations**
- **Local Vendors**
- **Activities for Kids**

REGISTRATION IS REQUIRED FOR THE FAIR AND BREAKOUT PROGRAMS. SIGN UP BY SCANNING THE QR CODE, VISITING WELLNESSHOUSE.ORG, OR CALLING 630.323.5150.



**LEARN MORE
OR REGISTER**



TASTE OF WELLNESS NUTRITION FAIR KIDS CORNER



Saturday, May 17
10:00 am – 2:00 pm
No Cost, Just Fun!

CALLING ALL KIDS (ages 5-14)

Join us at the Taste of Wellness House Nutrition Fair for a day of fun, food, and family-friendly activities! While adults take part in the Taste of Wellness House event, kids can enjoy their own special lineup of activities—including gardening, games, crafts, cooking, snacks and more! It's a full day of hands-on fun designed just for them!

LOCATION:

WELLNESS HOUSE,
131 NORTH COUNTY LINE RD.
HINSDALE, IL

Snacks **Cooking** **Fun**
Games **Gardening** **Crafts**

This event is offered for families impacted by cancer.

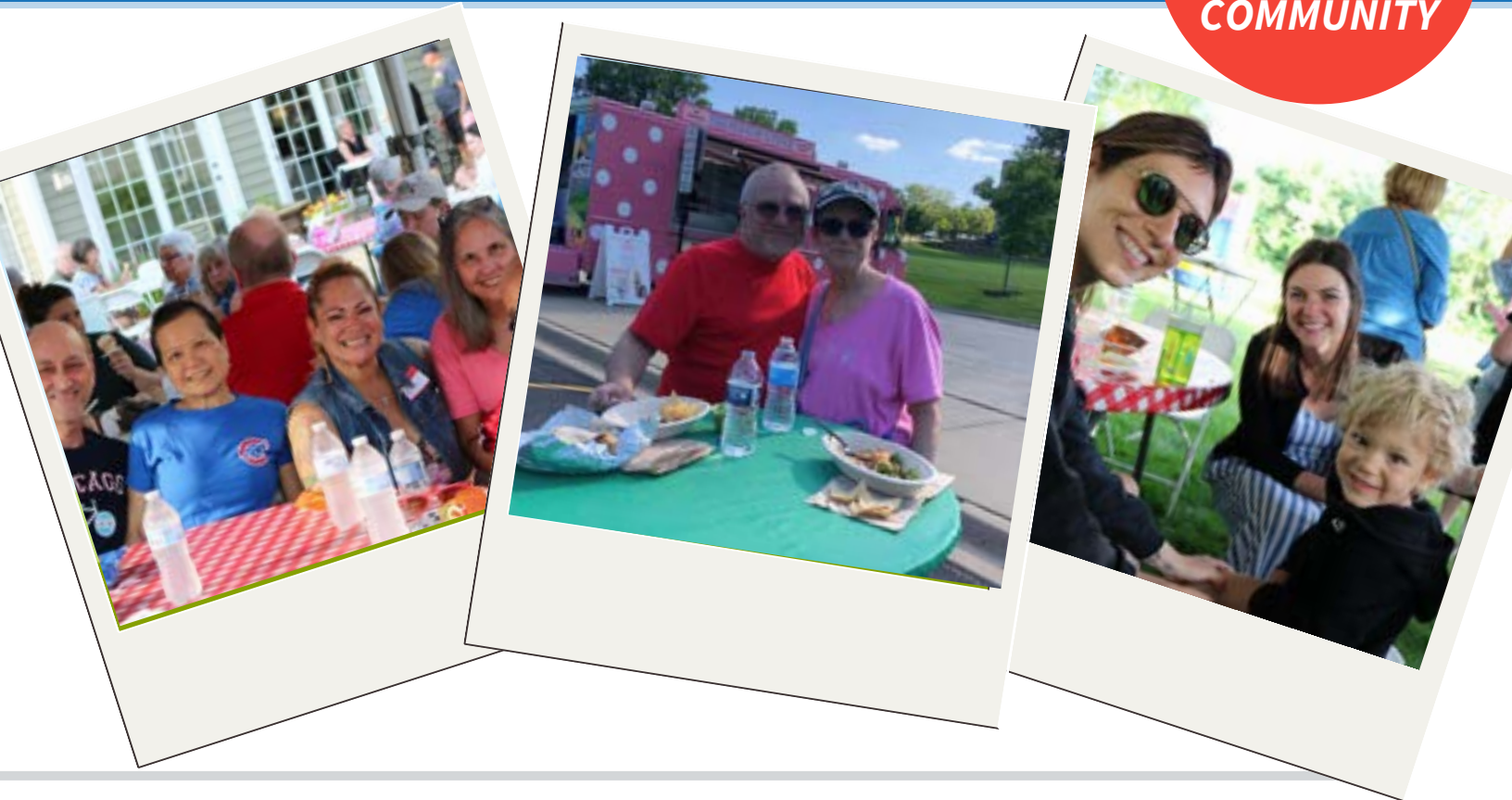
Adults can enjoy the cooking demonstration and workshops at the main event while kids enjoy the Kids Corner programming together.

Sign up by scanning the QR code, visiting
wellnesshouse.org, or calling 630.323.5150.



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**

**HOT
TOPICS**
BREAST
CANCER



**Saturday
June 21**
9:00 AM - 2:30 PM

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

**If you've been diagnosed with breast cancer — or love someone who has
you're invited to Wellness House's annual Hot Topics in Breast Cancer event.**

Join us for this free event featuring top oncologists, surgeons, and healthcare professionals from across Chicagoland. You'll hear the latest updates, gain practical tools for daily life, and connect with others who understand the cancer experience.

Registration is FREE, but required.

Topics Include:

Treatment Updates • Managing Side-Effects • Survivorship • Healthy Living • Living with Metastatic Breast Cancer.

For full agenda, and to register visit our website at wellnesshouse.org

To learn more, scan the QR code or call **630.323.5150.**

Wellness House, 131 N County Line Rd, Hinsdale, IL 60521

Scan Here





**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**

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

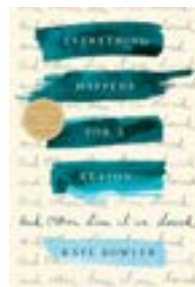
Exercise can play a critical role in supporting recover, improving physical and mental well-being, and enhancing the overall quality of life for cancer survivors. In this presentation, we'll explore the benefits of exercising after a cancer diagnosis and discuss how to incorporate physical activity into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

INFORMATION & EDUCATION

APRIL MAY JUNE 2025



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

Marcy 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.

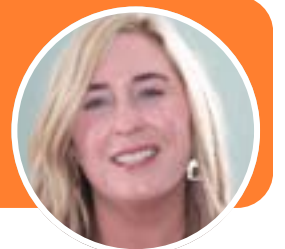
At River Forest Breast Care Center 420 William Street, Bldg B River Forest, IL 60305

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

For questions or more information, please contact
Kara Niekamp at
630.654.5197 or
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 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 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 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!

NUTRITION

APRIL MAY JUNE 2025



PARTNER CLASSES



Lemons of Love: 406 W. Central, Mt. Prospect, IL	April	May	June	
Cooking for Cancer: Cooking demonstration with samples	28		30	6:00 - 7:30 pm
UI Health Mile Square: 1220 S. Wood St., Chicago, IL				
Cooking for Cancer: Cooking demonstration with samples	9	14	11	5:30 - 7:00 pm
Dinner with the Wellness House Dietitian	23			5:30 - 7:00 pm
River Forest Breast Center: 420 William Street Bldg B River, Forest IL				
Cooking for Breast Cancer: Cooking demonstration with samples	10		12	12:30 - 2:00 pm
Loyola: 2160 S 1st Ave, Maywood IL				
Cancer Nutrition 101	1	20	17	10:15 - 11:00 am
Auburn Gresham Healthy Lifestyle Hub: 839 W. 79th St., Chicago, IL				
Fighting Cancer Together	8, 15, 22			10:00 - 11:30 am
Bhorade Cancer Center Advocate Good Samaritan Hospital: 3745 Highland Ave., Downers Grove, IL				
Cancer Nutrition 101	24			12:30 - 2:00 pm
Cooking for Cancer			19	5:30 - 6:30 pm
MacNeal Hospital: 3249 S Oak Park Ave., Berwyn IL				
Cooking for Cancer	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.

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



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	12	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

STRESS MANAGEMENT

APRIL MAY JUNE 2025



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 13
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

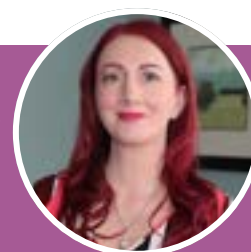
Join us for a fun picnic in the park with live music and a chance to connect with other members of the Wellness House community. Performing the guitar for us will be Kirk, Certified Music Practitioner. Lunch will be served around 12:15pm.

Wellness House for LIVING with CANCER

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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
Casey Pantazopoulos at 630.654.7942
or cpantazopoulos@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	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.

EXERCISE

APRIL MAY JUNE 2025



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
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Exercise During Cancer Tx I	11:45 am - 12:15 pm
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Saturday

Pilates	8:30 - 9:15 am
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Breast Cancer Exercise	11:30 am - 12:15 pm
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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
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Beginner Mat Yoga	10:00 - 11:00 am
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Tuesday

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

Bodyweight Exercise for Strength & Balance	8:00 - 8:45 am
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QiGong Series, Apr 16, 23, 30	10:30 - 11:30 am
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Stretching through Cancer	4:00 - 4:45 pm
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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
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Beginner Chair Yoga	10:00 - 11:00 am
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Saturday

Spanish Language Yoga	11:00 am - 12:00 pm
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ALAS -Wings partnership

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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PAV YMCA: 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
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Gentle Chair Stretching	Tuesday, June 17	5:00 - 6:00 pm
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UI Health Mile Square: 1220 S. Wood St., Chicago, IL

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



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Phone 630.323.5150
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 ^{Body}

	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	11:00 - 12:30 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

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
Bereaved Solo Parents with Young Children/Teens <i>in person</i>	8	13	10	7:00 - 8:30 pm
Connections for Those Who Have Lost a Parent	3	1	26	6:30 - 8:00 pm
Transitions Alumni Connections	22	27	24	5:00 - 6:30 pm

Diagnosis Specific & Peer Connection Groups

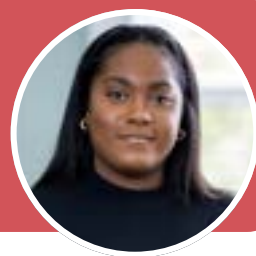
	April	May	June	
Brain Tumor	24	22	26	3:00 - 4:30 pm
Breast Cancer	14, 28	12	9, 23	6:30 - 8:00 pm
Colon/Rectal Cancer	14	12	9	7:00 - 8:30 pm
Gynecologic Cancers	10	8	12	6:30 - 8:00 pm
Head, Neck & Thyroid Cancer	15	20	17	7:00 - 8:30 pm
Lung Cancer	21	19	16	3:00 - 4:30 pm
Lymphoma & Leukemia	10	8	12	7:00 - 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

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Hinsdale, Illinois 60521
Phone 630.323.5150 | wellnesshouse.org

Individual consultations and short-term counseling are available. To schedule an appointment, contact Nevada Bennett: 630.323.5150 nbennett@wellnesshouse.org





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

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)

Bereaved Solo Parents with Young Children/Teens

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.



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 10 June 14
 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

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.



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

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.

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 Kumpula, LCSW at 630.654.7208 or
kkumpula@wellnesshouse.org to register

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Hinsdale, Illinois 60521
Phone 630.323.5150 | 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 or 630.654.5115.

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

Consulta de Terapia



Home of Hope

Para programar una cita de
terapia, llama a Ima García Pérez
630.654.7217 o
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 tocará diferentes temas de cáncer en diferentes 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 cáncer. Las personas diagnosticadas con cáncer se reunirán para compartir experiencias, lidiar con la ansiedad y la preocupación, y para apoyarse mutuamente. Si tiene interés póngase en contacto con Ima García Pérez por correo electrónico o número de teléfono (630-654-7217 o 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 García Pérez 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.

Feria de Nutrición

Sábado 17 de mayo
10:00 am – 2:00 pm

Únase a nosotros para un día lleno de información nutricional, conexión y apoyo. Y mientras los adultos participan en el evento Taste of Wellness House, los niños pueden disfrutar de actividades, que incluyen jardinería, juegos, manualidades, cocina, refrigerios, y ¡mucho más! *Programas facilitados por: Sylvia Klinger, dietista registrada*

Este evento es gratuito y está diseñado específicamente para personas afectadas por el cáncer.

UBICACIÓN:

WELLNESS HOUSE,
131 NORTH COUNTY LINE RD.
HINSDALE, IL

Programas incluyen:

- **Nutrición y Cáncer 101**
- **Cocinar para el cáncer**
- **Elementos Esenciales de Despensa para una Alimentación Saludable**
- **Preguntas y Respuestas sobre Nutrición y Cáncer**
- **Actividades para niños**

ES NECESARIO REGISTRARSE. INSCRÍBASE ESCANEANDO EL CÓDIGO QR, VISITANDO WELLNESSHOUSE.ORG O LLAMANDO AL 630.323.654.7217.

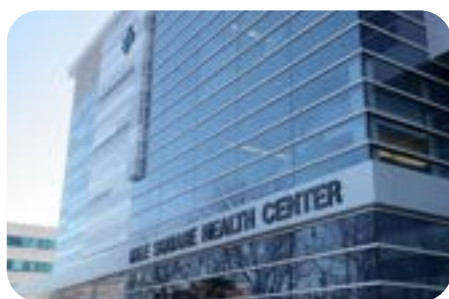


**MÁS
INFORMACIÓN
O REGÍSTRATE**



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/ulhealth



RUSH Cancer Center

1520 W. Harrison St.
Chicago, IL 60607

To view all classes at RUSH Cancer Center, visit 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

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.

Appointments are limited provided at no cost.

