

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

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 | 11:00 a.m. - 12:30 p.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

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

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.