

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.

July 16, August 13, September 10

MSHC, 2nd floor, Staff Lounge

Registration Required

Women of Color Connections Group

3rd Tuesdays | 11:00 - 12:30 a.m.

July 15, August 19, September 16

MSHC, 1st floor, Conference Room

To register, contact Nevada Bennett at

630.654.5346 or nbennett@wellnesshouse.org

Chair Yoga

Thursdays, August 7, 14, 21, 28 | 5:00 - 5:45 p.m.

MSHC, 1st floor, Conference Room

Meditation for Improved Sleep

Tuesdays, August 12, 19, 26 | 4:30 - 5:30 p.m.

MSHC, 1st floor, Conference Room

Tai Chi

Tuesdays, September 9, 16, 23, 30 | 5:00 - 5:45 p.m.

MSHC, 1st floor, Conference Room

Simple Art for Stress Management

Tuesdays, September 9, 16, 23, 30 | 5:45 - 6:30 p.m.

MSHC, 1st floor, Conference Room

Living with Prostate Cancer Series

Tuesdays, August 5-19 | 5:30 - 7:00 p.m.

MSHC, 2nd floor, Staff Lounge

This series is designed to provide helpful, research-based tips and strategies for coping with the impacts of prostate cancer diagnosis. With presentation topics including exercise, nutrition, and emotional support, patients and caregivers are invited to join for reliable information, peer support and goal-setting.

Join us for a special series of Wellness House programming for the whole family. Participants of all ages are invited to join for tips for healthy living, family bonding, and fun!

Family Stress Management + Yoga

Thursday, July 31 | 5:00 - 6:30 p.m.

MSHC, 2nd floor, Staff Lounge

Family Art and Exercise Fun

Wednesday, August 27 | 5:30 - 6:30 p.m.

MSHC, 2nd floor, Staff Lounge

Healthy Families: Coping Skills & Nutrition

Thursday, September 25 | 5:30 - 7:00 p.m.

MSHC, 2nd floor, Staff Lounge

Online Program

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

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

July 21, August 18, September 15

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