

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

Jul 19, 26 | Aug 2, 16, 23 | Sep 6, 20

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:

Wednesday, July 2
 Friday, July 4
 Saturday, July 5
 Friday, August 29, closed at 3:00 pm
 Saturday, August 30
 Monday, September 1

Building Open 9:00 am - 5:00 pm, No programs:

Tuesday, July 1, 9:00 am - 5:00 pm
 Thursday, July 3, 9:00 - 3:00 pm
 Friday, August 1, 9:00 - 5:00 pm

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

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.

Glowing Through It

Registration Required

Friday, July 11 | 10:00 am - 12:00 pm

Friday, August 1 | 10:00 am - 12:00 pm

Friday, September 12 | 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

Staff Registration Required

Friday, July 25 | 1:00 - 3:00 pm

Friday, August 29 | 1:00 - 3:00 pm

Friday, September 26 | 1:00 - 3:00 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.*

Energy Healing Circle

Staff Registration Required

Friday, August 22 | 1:00 - 2:00 pm

The Energy Healing Circle is a peaceful group experience where participants receive Reiki energy while seated quietly or reclining in zero gravity chairs. During this 45-minute group session, experienced practitioners use light touch to offer gentle comfort and support. Benefits of Reiki energy healing include relaxation, release of stress, and a sense of balance and well-being. All are welcome—no prior experience with energy healing is needed.

To register for these programs, contact Mike Tilden at mtilden@wellnesshouse.org or 630.654.7205.



WELLNESS HOUSE
INVITES YOU TO

Day of Remembrance

SATURDAY, SEPTEMBER 6, 2025 | 10:00 A.M. -12:00 P.M.
IN-PERSON AT WELLNESS HOUSE

HONOR, SHARE, LEARN

We invite you and your family to join us for a time to remember and honor our loved ones who have died over the past year. Children are welcome and are invited to join an activity with our Child Life Specialist during the program presentation. Light refreshments will be served.

Program schedule

10:00 a.m. Gathering Time

Everyone is invited for refreshments and time together to view the photo presentation of loved ones and friends.

10:30 a.m. Special Guest Speaker

Children present are invited to join an activity with our Child and Family Programs team at this time.

11:15 a.m. Expression of Remembrance and Candle Lighting Ceremony

Please consider sending a photo of your loved one and their name to be included in our special photo presentation.

Please RSVP and send photos to Beth Possley at
bpossley@wellnesshouse.org by Friday, August 29.



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

Finding Yourself through Cancer


Tuesday, July 8 | 6:30 - 8:00 pm
Nicolette Bernhardt, PsyD, ABPP, Board Certified Clinical Health Psychologist, Northwestern Medicine

During the cancer journey your body and mind go through many changes that may alter the way that you look and feel about yourself. Hair loss, weight gain or loss, surgeries and scars can create feelings of insecurity, loss of confidence, and a feeling of discomfort in your own skin. Join us to learn coping strategies to reduce those feelings and navigate the emotional impact of cancer.

Neurological Side Effects of Cancer Therapies


Tuesday, July 29 | 6:30 - 8:00 pm
Lauren Singer, MD, Neuro-oncologist, UChicago Medicine

Cancer therapies, including radiation and chemotherapy, are integral parts in treating oncology patients and prolonging survival. However, these treatments come with a set of side effects which can affect an individual's quality of life. In this lecture we will discuss some of those side effects, prognosis, and potential treatment options.

Healthy Sleep Habits: Improving Rest During and After Cancer Treatment


Tuesday, August 12 | 6:30 - 8:00 p.m.
Margaret Kay-Stacey, MD, Neurologist, UChicago Medicine

Join Dr. Margaret Kay-Stacey, neurologist and sleep medicine specialist at UChicago Medicine, for an engaging session on how to improve sleep during and after cancer treatment. Learn about the science of sleep, common disruptions faced by cancer survivors, and practical strategies to support more restful, restorative sleep.

Cancer Care Beyond Treatment: A Holistic Approach to Wellness


Tuesday, August 19 | 6:30 - 8:00 p.m.
Ava Baftirovska, BS, CCRP Clinical Research Manager
Srilata Gundala, MD from Hope and Healing Cancer Services

Join us for a thoughtful presentation that explores a whole-person approach to cancer care. Learn about the clinic's comprehensive cancer services, innovative research, and integrative wellness offerings that support healing beyond medical treatment. The session will also highlight patient success stories and share opportunities for collaboration and community partnership.

ONLINE LECTURES | Registration Required

Navigating Stress & Uncertainty: Tools for Coping through the AYA Experience


Tuesday, September 29 | 7:00 - 8:30 pm
Alex Psihogios, Ph.D., Northwestern Medicine

Join to learn practical tips on managing stress during and after cancer—plus simple ways to support your health and well-being as a young adult.

INFORMATION & EDUCATION

JULY AUGUST SEPTEMBER 2025



IN PERSON PROGRAMS



Grief and Loss: A Journey to Healing and Wholeness

Mary Helen Ekstam, Board Certified Music Therapist & Certified Dementia Practitioner

September 16 | 6:00 - 7:30 pm

This program is designed to develop a deeper understanding of grief and loss, to assist in learning ways to express the many feelings and emotions associated with grief, and to learn coping strategies that will eventually assist in finding healing, peace, and comfort within our life.

Reflexology for the Hands and Ears

Casey Pantazopoulos, Oncology Exercise & Stress Management Coordinator, Wellness House

September 24 | 5:30 - 7:00 pm

Discover how gentle pressure applied to specific points on the hands and ears can promote relaxation and support overall well-being. This session will introduce the basics of reflexology, including simple techniques you can use to help reduce stress and enhance comfort during or after cancer treatment.

Wellness House Death Café

Michael Williams, Psy.D., Wellness House

September 30 | 7:00 - 8:30 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

October 1 | 11:00 am - 12:30 pm

Life Cafe 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.

PARTNER PROGRAMS



Living with Prostate Cancer Series

Tuesday, Aug 5 - 19 | 5:30 - 7:00 p.m.

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.

PROGRAM LOCATION:

UI Health Mile Square
1220 S. Wood St.
Chicago IL 60608

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

ONLINE PROGRAMS



Boosting Energy and Motivation in the Summer Months

Kara Niekamp, RN, BSN, FMCHC, Wellness House

July 30 | 6:00 - 7:00 pm

This session will explore practical, evidence-informed strategies for managing fatigue, staying active, and maintaining motivation during the summer months. Learn how to listen to your body, adapt routines to beat the heat, and find balance between rest and movement to support your overall well-being.

More than Just a Scan: Coping with Anxiety

Alexandria Callahan, PhD, LCPC, BC-DMT, GLCMA, Behavioral Health Therapist, City of Hope Cancer Center

August 13 | 6:00 - 7:30 pm

Feelings of fear and anxiety are common after cancer treatment. In this presentation, Dr. Callahan will explore different forms of anxiety, how to recognize it in your body and what to do to cope.

Reiki Share

Jane Van De Velde, DNP, RN, The Reiki Share Project

August 21 | 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.

Return to Work after Cancer

Karyn Holtz PT MHS CLT

September 9 | 6:00 - 7:00 pm

Join ReVital Cancer Rehabilitation therapist Karyn Holtz, PT, MHS, CLT, for an informative session on how cancer rehab can support your return to work.

Healthy Eating for Prostate Cancer

Jamie Shifley, Oncology Dietitian, Wellness House

September 22 | 6:00 - 7:00 pm

This presentation is designed specifically for those diagnosed with prostate cancer. We will discuss the most updated research about diet and prostate cancer, as well as foods to safely include and limit.

In Our Skin: LGBTQIA+ Survivorship, Sexuality, and Mental Health After Cancer

September 25 | Time TBD

Survivorship begins at diagnosis—so no matter where you are in your cancer experience, this session explores LGBTQIA+ survivorship through the lenses of sexual health and mental wellbeing. Together, we'll unpack changes in intimacy, body image, identity, and mental health, while highlighting affirming, community-rooted pathways to healing, pleasure, and meaning-making.

For questions or more information, please contact
Kara Niekamp at
630.654.5197 or
kniekamp@wellnesshouse.org





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


**How to Function When You Can't Feel:
Understanding Peripheral Neuropathy**
Karyn Holtz, PT MHS CLT, RUSH Physical Therapy
July 22 | 6:00 - 7:00 pm

In this session Karyn walks you through: what you need to know about Cancer Induced (CIPN), the common symptoms of CIPN to look out for, how cancer rehab can help manage CIPN, and recognizing and managing your own symptoms.

Prostate Cancer Foundation of Chicago Meetings
August 6, September 3 | 5:00 - 6:00 pm

Men diagnosed with prostate cancer and their caregivers are invited to discuss treatment options, learn about current research and ask questions.

Transforming Fear into Purpose
Alefiyah Lindo, LCSW, Energy Intuitive Therapist
August 26 | 6:00 - 7:30 pm

Come explore the energetics of emotions and why it's in our best interest to bring our mind, body and spirit into alignment. When we learn how to unwind our energetic blueprint and release what no longer serve us, we can create harmony, peace, and fulfillment in our everyday life.

Exercise, Nutrition, and Sleep
*Jadyn Chipman, Exercise and Stress Management Manager
Emily Guzman, Community Oncology Dietitian, Wellness House*
August 28 | 11:00 am - 12:00 pm

Being active, getting good sleep and eating well are fundamental building blocks of healthy living for everyone; they're especially important for cancer survivors. Join us as we discuss the most important takeaways and why they're vital to survivorship.

GIST Life Raft Group
September 6 | 12:30 - 3:00 pm

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.

Reiki for You Level II Workshop
Jane Van De Velde, DNP, RN, The Reiki Share Project
September 12, 26 | 9:00 - 1:00 pm

Reiki is a complementary healing practice that helps promote relaxation and alleviates stress. In this class, you will learn about working with Reiki energy and how to offer Reiki to yourself every day. You must register for both and attend both sessions to receive a certificate of completion. Registration is limited.

Reiki Share
Jane Van De Velde, DNP, RN, The Reiki Share Project
September 17 | 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.


Wellness House Book Club:
The Comfort Book
by Matt Haig
Aug 8 - 29 | 10:30 am - 12:00 pm

The new uplifting book from Matt Haig, the #1 New York Times bestselling author of The Midnight Library, for anyone in search of hope, looking for a path to a more meaningful life, or in need of a little encouragement.

SURVIVORSHIP SERIES

Cancer Thriving and Surviving
Wednesdays, Sept 10 - Oct 15 | 10:00 am- 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.


ReRouting: Choosing Your Course After Cancer
Tuesdays, August 19 - September 16 | 5:30 - 7:00 pm

Finishing cancer treatment often elicits a full range of emotions, as well as a new range of physical concerns and questions for both patients and caregivers. Join us for this interactive five-week series that will provide the information you need to create your course after cancer treatment. You will receive the most benefit from attending each week in this series, though it is not required


SAVE THE DATE!
Saturday, September 27, 2025


Join us at Wellness House to learn about the latest updates in research and treatment of Prostate Cancer from top oncologists, surgeons, and healthcare professionals in the Chicagoland area



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.

	July	August	September
Cooking Strategies for Cancer Treatment	31		4 10:30 - 12:00 pm
Mexican Cooking with Emily	23		5:30 - 7:00 pm
Snack & Learn	31	28	25 12:30 - 1:00 pm
Transitioning to a Cancer-Fighting Diet	12	9	13 10:30 am - 12:00 pm

Bereavement Kitchen

Mondays, July 14, August 11

6:15 - 7:30 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.

Cooking for One

Monday, September 18

10:30 am - 12:00 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.

Date Night Couples Cooking

Monday, August 4

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.

Recipes in cooking classes may contain common food allergens

Nutrition Presentations

Feel empowered, gain confidence, and increase knowledge while learning current, evidence-based cancer nutrition with oncology dietitians.

Knife Skills

Thursday, September 11

11:00 - 12:30 pm

Learn safe and simple knife techniques to boost your kitchen confidence. This class covers basic slicing, dicing, and chopping.

Managing Cancer Side Effects

Wednesdays, July 9 - September 24

(no class Aug 13)

3:30 - 4:30 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

Dinner with the RD

Nutrition & Prostate Cancer

Wednesdays, August 6, September 3

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.

Lunch with the RD

An interactive lunch on the role of nutrition in managing breast & prostate cancer side effects, where an oncology dietitian shares insights on how nutrition supports health during treatment and recovery.

Nutrition & Breast Cancer

Thursdays, July 17, August 21

1:30 - 2:00 pm

Nutrition & Prostate Cancer

Wednesdays, July 23, August 27, September 24

11:00 - 11:30 am

Nutrition Happy Hour: Bites, Sips & Myth-Busting

Wednesday, September 17

5:30 - 7:00 pm

Enjoy great food, engaging discussion, and practical tips to nourish your body all in a relaxed social setting!

NUTRITION

JULY AUGUST SEPTEMBER 2025



PARTNER CLASSES



Lemons of Love: 406 W. Central, Mt. Prospect, IL	July	August	September	
Cooking for Cancer: Cooking demonstration with samples	28	25	22	6:00 - 7:30 pm
UI Health Mile Square: 1220 S. Wood St., Chicago, IL				
Cooking for Cancer: Cooking demonstration with samples	16	13	10	5:30 - 7:00 pm
Healthy Families: Coping Skills & Nutrition			25	5:30 - 7:00 pm
Loyola: 2160 S 1st Ave, Maywood IL				
Cancer Nutrition 101			16	9:30 - 10:30 am
Nutrition Tips for Breast Cancer	18			9:30 - 10:30 am
Nutrition Tips for GI Cancers		14		9:30 - 10:30 am
Bhorade Cancer Center Advocate Good Samaritan Hospital: 3745 Highland Ave., Downers Grove, IL				
Cooking for Cancer				
MacNeal Hospital: 3249 S Oak Park Ave., Berwyn IL				
Cooking for Cancer	15	19		5:00 - 7:00 pm
Cocinar para el cáncer	7	4		5:00 - 7:00 pm

ONLINE CLASSES



Cooking Demonstrations

	July	August	September	
Antioxidant Favorites		25		6:00 - 7:30 pm
Cooking Strategies for Cancer Treatments	7			5:30 - 6:30 pm
Meatless Mondays	21	18	15	6:00 - 7:00 pm

Recipes in cooking classes may contain common food allergens

Online Nutrition Presentations & Series

Cook Well, Eat Well for Cancer Series

Tuesdays, August 19 - September 9
12:30 - 2:00 pm

Adrienne Felder, Professional Chef

In this series, learn about health-supportive ingredient selection, preparation, and cooking techniques to build flavor, incorporate and maintain nutrients, and bring comfort and enjoyment to meals.

Managing Cancer Side Effects

Mondays, July 14 - September 29

No class on September 1

12:00 - 1:00 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

Knife Skills

Tuesday, September 16
12:30 - 2:00 pm

Adrienne Felder, Professional Chef

Learn safe and simple knife techniques to boost your kitchen confidence. This class covers basic slicing, dicing, and chopping.

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 630.654.5194 or
eguzman@wellnesshouse.org





EXERCISE

For Information:

630.654.7942

Casey Pantazopoulos

cpantazopoulos@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

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 Sep 9, 16, 23	5:30 - 6:30 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

Fridays, July 25, August 22, September 26
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

JULY AUGUST SEPTEMBER 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, Sep 10, 17, 24	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	10:00 - 11:00 am
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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, Sep 11, 18, 25	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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PAVYMCA: 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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UI Health Mile Square: 1220 S. Wood St., Chicago, IL

Tai Chi	Tuesdays, Sep 9, 16, 23, 30	5:00 - 5:45 pm
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Chair Yoga	Thursdays, Aug 7, 14, 21, 28	5:00 - 5:45 pm
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Loyola 2160 S 1st Ave Maywood, IL

Exercise for Balance	Jul 15, Aug 26, Sep 9, 23	9:30 - 10:15 am
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Stretching for Joint Health	July 25	9:30 - 10:15 am
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Yoga for Digestion	Aug 21	9:30 - 10:15 am
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For questions or to schedule an individual consultation, contact **Casey Pantazopoulos at 630.654.7942** or pantazopoulos@wellnesshouse.org



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



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

	July	August	September
Mindfulness for Everyday Living		Tuesdays, Jul-Sep	10:30 - 11:30 am
Breathwork		Tuesdays, Jul-Sep	5:30 - 6:00 pm
Guided Meditation		Thursdays, Jul-Sep	10:30 - 11:30 am
Sound Baths and Meditation		Thursdays, Jul-Sep	1:30 - 2:30 pm
Sound Baths and Meditation <i>Saturdays</i>	19	16	20 11:00 am - 12:00 pm
Sound Bowls	22	26	23 6:00 - 7:00 pm
Meditation Series			5, 12 2:00 - 3:00 pm

Expressive Arts

	July	August	September
Flute Circle Live		5, 12	2, 9 10:00 - 11:00 am
Mixed Media	17	21	18 1:00 - 3:00 pm
Ocean Landscape Painting		11	1:30 - 3:00 pm
Fall Colored Leaves			8 1:30 - 3:00 pm
Painting with Acrylics			3, 10, 17, 24 4:00 - 5:00 pm

PARTNER CLASSES


UI Health Mile Square: 1220 S Wood St, Chicago, IL

	July	August	September
Meditation for Improved Sleep		12, 19, 26	4:30 - 5:30 pm
Simple Art for Stress Management			9, 16, 23, 30 5:45 - 6:30 pm

Rush Oak Park: 610 S Maple Ave, Suite 2000, Oak Park, IL

	July	August	September
Cancer Creative Connections	21		15 4:30 - 5:15 pm
Cancer Creative Connections		16	10:30 am - 12:00 pm

Countryside Church: 1025 N. Smith St, Palatine, IL

	July	August	September
Wellness Through Deep Hypnosis		2	6 10:00 am - 11:30 am
Reiki Clinic		2	6 11:30 am - 12:00 pm

River Forest Breast Care: River Forest Breast Care Center, 420 William St B, River Forest, IL

	July	August	September
Meditation with Sound			11, 18, 25 11:00 am - 12:30 pm

STRESS MANAGEMENT

JULY AUGUST SEPTEMBER 2025



ONLINE CLASSES



Mind/Body

	July	August	September
TYM for Me	Wednesdays, July-September		9:30 - 10:15 am
Meditation for Improved Sleep	Fridays, July - September		4:00 - 5:00 pm
Journeying Inward: Deep Relaxation for Stress Relief		2	6 11:00 am - 12:15 pm
Mindfulness Meditation Circle	21	18	15 11:30 am - 12:30 pm
Self-Compassion Practice	16	20	17 6:30 - 7:30 pm
Reiki Clinic	19	16	20 11:30am - 12:00 pm
Wellness through Deep Hypnosis	19	16	20 10:00 - 11:30 am
Somatic Yoga	14, 28	11, 25	8, 22 1:30 - 2:30 pm

Expressive Arts

	July	August	September
Flute Circle	15, 22, 29	19, 26	16, 23, 30 10:00 - 11:00 am
Blending Colors	17, 24, 31		5:30 - 7:00 pm
Watercolor Landscapes		11, 18, 25	5:30 - 7:00 pm
Charcoal Drawing			4, 18, 25 5:30 - 7:00 pm

IN PERSON - SPECIAL PROGRAMS

Garden Walk

Tuesdays, Jul 22, Aug 19, Sep 23
1:00 - 3:00 pm

Registration Required

Join Susan Beard for a tour of wonderful gardens throughout the Summer stages of plants and flower growth. Participants will meet at Wellness House before traveling using their own transportation to local gardens.



Unified Mindfulness

Mondays, Aug 4, 11, 18, 25
5:30 - 6:30 pm

Registration Required

Practice this unique mindfulness system where you will learn three attentional skills working together: Concentration, Sensory Clarity, and Equanimity.



Forest Therapy Walk

Monday, Sep 8
12:00 - 1:30 pm

Registration Required

Immerse yourself in nature and experience the health benefits of forest bathing, also known as forest therapy or Shinrin-Yoku. Participants will meet at Fullersburg Woods at 3609 Spring Rd, Oak Brook at the main entrance.



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
Casey Pantazopoulos at 630.654.7942
or cpantazopoulos@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

Bereavement Groups

Bereavement Support Group	Mondays	5:00 - 6:15 pm
Transitions Group for Spouses	Wednesdays, twice monthly	
Bereaved Solo Parents with Young Children/Teens	Jul 8, Aug 12, Sep 9	7:00 - 8:30 pm

Diagnosis Specific & Peer Connection Groups

	July	August	September	
Bladder Cancer <i>both in-person and online</i>	22	26	23	3:00 - 4:30 pm
Breast Cancer	17	7, 21	4, 18	2:00 - 3:30 pm
Colon/Rectal Cancer	21	18	15	7:00 - 8:30 pm
LGBTQ+ Cancer Connections <i>both in-person and online</i>		5	2	3:00 - 4:30 pm
Metastatic Breast Cancer	7	4		6:30 - 8:00pm
Neuroendocrine Tumors (NET) <i>both in-person and online</i>	12	9	13	10:30 am - 12:30 pm
Prostate Cancer	16	6, 20	3, 17	9:30 - 11:00 am
Spiritual Side of Cancer	8	12	9	5:00 - 6:30 pm
Young Adults with Cancer Connections	7	4	4	7:00 - 8:30 pm
Meaning-Centered Psychotherapy Alumni	15	19	16	3:00 - 4:30 pm

PARTNER SITE GROUPS |

RUSH Oak Park: 610 S Maple Ave, Suite 2000, Oak Park, IL

	July	August	September	
Cancer Support Group		Mondays July - September		5:30 - 7:00 pm

RUSH University Medical Center: 1520 W. Harrison St, 4th Floor, Supportive Oncology Conf. Rm.

Breast Cancer Connections Group		5	2	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	19	16	11:00 - 12:30 am
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OSF Little Company of Mary: 2800 West 95th St, Evergreen Park, IL, Cancer Center Library Room S1145

Women's Support Group	15	19	16	4:00 - 5:15 pm
Caregiver Support Group	15	19	16	5:30 - 6:45 pm

IN PERSON SPECIAL PROGRAM

Heartwork: A Creative Grief Journaling Series

Mondays, July 21, 28, August 4, 4:00 - 5:00 pm

To register contact Stephanie Rehor at srehor@wellnesshouse.org. Join us in a supportive space where we will use journaling to express grief and explore emotions. This workshop uses guided writing prompts and incorporation of meaningful keepsakes to support your process of remembering, releasing, and reflecting.



SUPPORT GROUPS & COUNSELING

JULY AUGUST SEPTEMBER 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

**Memorial Sloan
Kettering's Meaning
Centered Psychotherapy**
Thursdays
August 14 - October 2
1:00 - 2:30 pm
8-week course designed
to strengthen meaning
in the face of cancer

Bereavement Groups

	July	August	September	
Bereavement Support	Tuesdays	July - September		5:00 - 6:30 pm
Connections for Those Who Have Lost a Parent		7	4	7:00 - 8:30 pm
Transitions Alumni Connections	22	26	23	5:00 - 6:30 pm

Diagnosis Specific & Peer Connection Groups

	July	August	September	
Brain Tumor	24	28	25	3:00 - 4:30 pm
Breast Cancer	14, 28	11, 25	8, 22	6:30 - 8:00 pm
Colon/Rectal Cancer	14	11	8	7:00 - 8:30 pm
Gynecologic Cancers	10	14	11	6:30 - 8:00 pm
Head, Neck & Thyroid Cancer	15	19	16	7:00 - 8:30 pm
Lung Cancer	21	18	15	3:00 - 4:30 pm
Lymphoma & Leukemia	10	14	11	7:00 - 8:30 pm
Melanoma	22	26	23	7:00 - 8:30 pm
Multiple Myeloma	17	21	18	6:30 - 8:00 pm
Pancreatic Cancer	10, 24	14, 28	11, 25	4:00 - 5:15 pm
Prostate Cancer	9, 23	13, 27	10, 24	9:30 - 11:00 am
Sarcoma Cancers	19	16	20	11:00 am - 12:30 pm
Death Café Alumni Connections		5	2	7:00 - 8:30 pm
Meaning-Centered Psychotherapy Alumni	8	12	9	3:00 - 4:30 pm
Soul Chat: Cancer + Spirituality Group for Black, Indigenous, & People of Color <i>UIH MSHC partnership</i>	21	18	15	6:30 - 8:00 pm
Young Breast Cancer Connections	28	25	22	6:30 - 7:30 pm

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

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:
Parent & Tot Connections**

 Aug 7, Sep 4
 3:00 - 3:45 pm (Ages 2 - 5)

Kids Group

 Thursdays
 4:30 - 5:30 pm (Ages 6 - 11)

Young Teen Group

 Jul 7 12:00 - 1:00 pm
 Aug 4 4:30 - 5:30 pm
 (Ages 12 - 16)

**Kids Group Parents: Helping Parents
Navigate Hard Conversation**

 Thursdays
 Aug 21, Sep 4, 18
 4:30 - 5:30 pm
dinner included
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:
Monthly Self-Care Series**

 Thursdays
 Jul 24, Aug 14, Sep 11
 5:45 - 6:45 pm
 An opportunity for parents navigating their child's cancer diagnosis to connect with one another, and gain helpful tools for self-care.
dinner included

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

 Jul 21, Aug 18, Sep 15
 4:30 - 5:30 pm (Teens, ages 13 - 19)

**Turtles Parents:
Parent Support Circle**

 Jul 21, Aug 18, Sep 15
 5:30 - 6:30 pm
dinner included
Tiny Turtles

 Jul 14, 28, Aug 11, 25, Sep 8, 22
 4:30 - 5:30 pm (Children ages 4-6)

**Bereaved Solo Parents with
Young Children/Teens**

 Tuesdays
 Jul 8, Aug 12, Sep 9
 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 - 5:45pm
 Sky Sketches
 July 23

 Ice Cream Imagination
 Aug 6

 Jar of Stars
 Sep 3

**Stress Free Saturday
for Families**

 Jul 12, Aug 9, Sep 13
 10:00 - 11:00 am

Exercise
Kids Yoga

 5:45 - 6:30 pm
 Sky High Stretches
 Jul 23

 Banana Splits &
 Balance
 Aug 6

 Stars in Motion
 Sep 3

**Yoga & Sound Under
the Stars**

 Aug 16, Sep 20
 11:00 am - 1:00 pm

Nutrition Classes

To register, contact Emily Guzman at 63.0654.5194 or eguzman@wellnesshouse.org

Happier Meals

 Saturday, July 26, 10:30 - 12:00 p.m.
 We invite school-aged children and their parent(s) to join us for a hands-on cooking program, where we'll create two recipes perfect for preparing and packing lunches for the week ahead.

Date Night: Couples Cooking Class

 Monday, August 4, 5:30 - 7:00 pm
 Bring a spouse, friend, or family member for a memorable night of cooking, laughter, and connection! You'll prepare delicious, nourishing recipes, bond with your loved one, and connect with others!

Packing a Healthy School Lunch

 Saturday, September 20, 10:30 - 11:30 am, online
 Join us online to learn practical tips for packing a healthy school lunch for your children.

Hands-On Family Cooking Class

 Monday, September 29, 5:30 - 7:00 pm
 Our cooking class offers a hands-on experience where families come together to discover new, healthy, and delicious recipes. It's a great way to bond, learn, and enjoy preparing meals that nourish both body and soul.



SPECIAL EVENTS

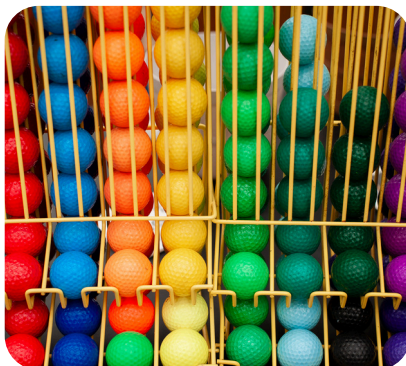


Back to School Ice Cream Social Thursday, August 7

6:00 - 7:30 pm

Staff Registration Required

Join us for a fun family event celebrating the end of summer, complete with ice cream, yard games, and crafts!



Family Putt-Putt & Pizza Monday, September 15

5:00 - 6:30 p.m.

Staff Registration Required

Join us for a "hole-lotta fun"! We welcome families to gather for a fun evening of mini golf and a meal at Lost Mountain in Woodridge.

Contact Krystal Kumpula, LCSW at 630-654-7208 or kkumpula@wellnesshouse.org to register for these special events.

Partner Programs

*At UIH Mile Square 1220 S. Wood St.,
Chicago, IL 60608*



Family Stress Management & Yoga Thursday, July 31

5:00 - 6:30 pm

Join us for an evening of stress management techniques and gentle family yoga- all ages are welcome!

Family Art & Exercise Fun

Wednesday, August 27

5:30 - 6:30 pm

Bring the whole family together for a unique blend of creativity and movement! You'll experience movement activities, creativity, and family bonding time.

Healthy Families: Coping Skills & Nutrition

Thursday, September 25

5:30 - 7:00 pm

Inviting the whole family to join us on a Thursday evening for support programming and nutrition tips for you and any child/teen in your life.

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The Kay & Mike Birck Home of Hope
131 North County Line Road
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.



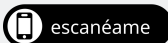
Contáctenos

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, julio 19, agosto 2, septiembre 6 | 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 ayudarle a incorporar deliciosamente los alimentos que combaten el cáncer en su dieta.

Programa práctico de cocina familiar

jueves, agosto 21 | 5:30 pm - 7:00 pm

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 estará 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)

Programa en línea

Yoga en español

sábado | 10:00 am - 11:00 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.

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.

