

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	9:00 - 10:00 am
	Wednesdays	9:30 - 10:30 am
	Thursdays	12:00 - 1:00 pm
	Fridays	12:00 - 1:00 pm
	Saturdays	9:30 - 10:30 am

Oct 4, 11, 25 | Nov 1, 8, 15 | Dec 6, 13, 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, November 26, closed at 3:00 pm

Thursday, November 27

Friday, November 28

Saturday, November 29

Wednesday, December 24

Thursday, December 25

Thursday, January 1

Building Open, No programs:

Friday, December 26 - Tuesday, December 30 | 9:00 am - 5:00 pm

Saturday, December 27 | 9:00 am - 1:00 pm

Wednesday, December 31 | 9:00 am - 3:00 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, November 14 | 10:00 am - 12:00 pm
Friday, December 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, Oct 24 | 12:00 - 2:00 pm
Friday, Nov 21 | 12:00 - 2:00 pm
Friday, Dec 12 | 12:00 - 2:00 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, Oct 17 | 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.



CHILD AND FAMILY

SPECIAL EVENTS

FALL 2025



SPOOKY SPECTACULAR PARTY AND TRUNK OR TREAT

10/23
THURS

Join us at Wellness House for an evening of spooky fun for the whole family! Come dressed in your Halloween best! We'll have plenty of tricks, treats, and festive fun, including a Trunk or Treat that's sure to delight kids of all ages. It's going to be a spooktacular time you won't want to miss! Don't forget to dress for the weather, as this event will take place both indoors and out.



11/8
SAT

FAMILY EVENT WITH KESEM

Join us at Wellness House for a morning of learning, fun and community led by the UChicago Kesem chapter.



12/8
MON

POLAR EXPRESS

Wellness House families are invited to come experience our Polar Express Winter Wonderland featuring fun activities and games, plus special surprises from Santa! Families with kids of all ages are welcome.

Wellness House for LIVING with CANCER
You'll feel better inside.

**STAFF REGISTRATION
REQUIRED**

CALL KRYSTAL KUMPULA AT
630.654.7208 OR EMAIL
KKUMPULA@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

Busting Myths About Cancer


Thursday, November 6 | 6:00 - 7:30 pm
Christopher George, MD, Northwestern Medicine

Not everything you hear about Cancer is true. Join Dr. Christopher George to explore the truth behind common misconceptions and help you navigate information with a clear and informed perspective.

Skin Health During Cancer Treatment and Beyond


Tuesday, November 11 | 6:30 - 8:00 pm
Lida Zheng, MD, Oncodermatologist, Northwestern Medicine

From scars, dry skin, and hair loss to rashes, nail changes, and sun sensitivity, cancer treatments can cause various skin-related side effects. During this program, learn about how to care for your skin, hair, and nails during cancer treatment and ways to reduce discomfort.

Dental Care through Cancer Treatment and Beyond


Tuesday, December 9 | 6:30 - 8:00 pm
Michael Morgan, DDS, Dentistry and Aesthetics by Design

It is important to maintain good oral care through cancer treatment and beyond. Dental complications can be difficult and sometimes debilitating due to side effects of chemotherapy, radiation, and other cancer treatments. Learn about the risks, prevention, progression, and treatment options for dental and periodontal complications.

Prostate Cancer Foundation of Chicago Meetings


Wednesdays, October 1, November 5, December 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.

Presenters include:
William Hartsell, MD, Radiation Oncology Consultants
Ramji Rajendran, MD, Radiation Oncology Consultants

ONLINE LECTURES



Registration Required

Updates in Lung Cancer


Thursday, November 20 | 6:30 - 8:00 pm
Noura Choudhury, MD, UChicago Medicine

Learn about the latest treatment options and new advancements in care. Whether you are a patient, caregiver, or healthcare professional, this program will provide valuable insight into the evolving landscape of lung cancer treatment.



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


The Role of Yoga in Cancer Care
Marcela Puga, Certified Yoga Instructor
October 9 | 6:00 - 7:00 pm

Join us to learn how yoga can support physical, emotional, and mental well-being during and after cancer treatment. This program will explore the science, benefits, and safe practices of yoga as a complementary approach in cancer care.

Planned Ahead: Making Informed Healthcare Decisions
Nancy L. Rago Durbin, MS BSN RN-BC, Durbin Consulting
Krystal Kumpula, LCSW, Wellness House
October 16 | 5:00 - 6:30 pm

A two-part program to help you take care of your future healthcare. Session 1: Educational overview of healthcare decision-making, advance directives, and how to align care with personal values. Session 2: Individual consultation to discuss goals and complete planning documents with guidance from a trained facilitator. This program is ideal for adults of all ages—whether you're planning ahead for yourself, helping a loved one navigate care decisions, managing a chronic illness, or simply want to better understand your options. Caregivers and family members are encouraged to participate.

Introduction to Creative Rest
Angela Bursua MSEd | meditation + art
October 21 | 6:00 - 8:00 pm

Learn how to use meditation, art, and journaling to support wellness and healing in uncertain times. Each student will receive a journal to support the continuation of a home practice.

Emotional Healing: Breath, Touch, Words
Jane Van De Velde, DNP, RN, The Reiki Share Project
October 22 | 6:00 - 7:00 pm

Self-care is essential for maintaining health and wellbeing, but we do not always prioritize our personal needs for comfort. We may not take the time or believe that doing so is selfish. In this presentation, you will learn and practice simple self-care techniques that can help you find more relaxation and balance throughout your day.

Reiki Share
Jane Van De Velde, DNP, RN, The Reiki Share Project
November 13 | 6:30 - 8:30 pm

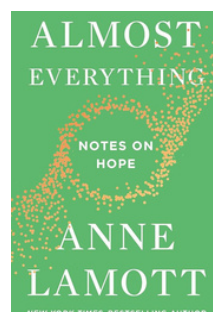
This program, sponsored by the Reiki Share Project, is for practitioners of any level who have taken Reiki classes at Wellness House or with other teachers.

Transforming Art into Healing
Eva Fakatselis, Cancer Survivor and Author of The Practical and Magical Field Guide to Cancer
October 28 | 6:30 - 8:00 pm

Artist Eva Fakatselis shares how the natural beauty of Nosara, Costa Rica helped her begin healing after a stage IV Non-Hodgkin's Lymphoma diagnosis. Featuring art from The Practical and Magical Field-Guide to Cancer, the session invites participants to explore the power of creativity—followed by a chance to create their own piece.

Tips for Navigating the Holidays
Karyn Holtz, PT MHS CLT, RUSH Physical Therapy
December 2 | 6:00 - 7:00 pm

The holiday season can be a joyful time, but it can also leave you feeling overwhelmed and a little stressed – especially when managing the challenges of cancer. In this session Karyn Holtz, physical therapist, shares tips and tricks to help you prepare for this busy time.


Wellness House Book Club:
Almost Everything: Notes on Hope
by Anne Lamott
October 31 - November 21
10:30 am - 12:00 pm

Despair and uncertainty surround us: in the news, in our families, and in ourselves. But even when life is at its bleakest, Anne Lamott shows how we can rediscover the hope and wisdom that are buried within us and that can make life sweeter than we ever imagined.

SURVIVORSHIP SERIES

Weigh to Go! Managing Weight after Cancer
Tuesdays, October 14 - December 9
12:00 - 1:30 pm

Both education and experiential, this nine week series is for cancer survivors who have completed treatment. This program explores the psychological aspects and behavioral changes needed for healthy weight management. Learn simple tips to improve diet and increase physical activity. Each session will provide a supportive group environment where individuals will be guided to understand their readiness to change and use their interests, goals and needs to create a 'Personal Lifestyle Change Plan'.


ReRouting: Choosing Your Course After Cancer
Mondays, November 17 - December 15
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.



INFORMATION & EDUCATION

OCTOBER NOVEMBER DECEMBER 2025



IN PERSON PROGRAMS



Wellness House Death Café

Michael Williams, Psy.D., Wellness House

October 29 | 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

October 30 | 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.

More than Surviving:

A New Look at LIVING with Advanced Stage Lung Cancer

Jill Feldman, Lung Cancer Patient Advocate

October 30 | 6:00 - 7:30 pm

This program explores the evolving meaning of survivorship for those living with advanced stage lung cancer. Participants will gain insight into the unique physical, emotional, and psychological challenges they may face, discover strategies to enhance quality of life, and feel empowered to voice their needs and priorities. Through shared stories, attendees can learn how others have found community, purpose, and advocacy, and explore how patient voices are influencing research and reshaping care.

Benefits of Massage for Scar Tissue and Lymphedema

Chuck LaFrano and Karen LaFrano, LaFrano Massage Dynamics

Karen Forslin-Bojnansky, Wellness House Massage Volunteer

November 18 | 6:00 - 7:30 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.

Documentary Film Showing: Caregiving

Krystal Kumpula, LCSW, Wellness House

November 19 | 3:00 - 5:30 pm

Join us for a special documentary film night. This powerful PBS film offers an intimate look into the challenges, resilience, and compassion of those caring for loved ones. Following the screening, we'll host a brief discussion to reflect and share insights.

AYA Conversations: Sip, Share, Support, Space for Kids

December 17 | 5:30 - 7:00 pm

A relaxed space for Adolescent and Young Adult (AYA) cancer patients and survivors to connect. Learn a new mocktail recipe, share experiences, and find support with others who understand the AYA journey. Concurrent child programming available so the whole family can participate.

ONLINE PROGRAMS



Reiki Share

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

October 14, Dec 3 | 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.

Pelvic Floor Health and Cancer

Amy Tamos, PT, DPT, Full Circle Physical Therapy

November 12 | 6:30 - 7:30 pm

Come and learn about changes to one's body, with a special focus on the pelvic floor, following cancer treatments. Amy Tamos, PT, will address incontinence, pelvic floor pain, returning to sexual activity and provide tips on what we can do to promote health, wellness and recovery. We will talk about possible changes to our body/side effects of treatment and how to promote a new and healthy normal.

Post Mastectomy Recovery

Beth Gorman, MSPT, C/NDT, Impulse Rehab and Wellness

December 16 | 6:00 - 7:00 pm

Join us for a supportive program designed to help individuals navigate physical healing as well as provide practical recovery strategies following mastectomy surgery.

PARTNER PROGRAMS

ReRouting: Choosing Your Course After Cancer

Mondays, October 6 - November 3

1:30 - 3:00 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. **Stickney-Forest View Public Library 6800 43rd St, Stickney, IL**



Cancer Thriving & Surviving

Mondays, November 3 - December 8

1:30 - 4:00 pm

Contact Angelica Hannecke 630-560-0339 or ahaennicke@wellnesshouse.org to register. Cancer Thriving and Surviving is a 6-week interactive workshop for cancer survivors. 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. Participants learn skills to help address concerns such as fear of recurrence, fatigue, pain, nutrition and more. The program is open to people with cancer, survivors, family, friends, and caregivers. **Mckinley Park Public Library 1915 W 35th St, Chicago, IL 60609**



Wellness House for LIVING with CANCER

You'll feel better inside.

Wellness House | Main Location
The Kay & Mike Birk 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





**Free.
Expert-Led.
In-Person.**

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wellnesshouse.org

Wellness House - Main Location
131 N. County Line Rd., Hinsdale, IL 60521
630.323.5150

HOT TOPICS IN BLOOD CANCERS 2025

FREE EVENT

SATURDAY, NOVEMBER 15, 2025

9:00 a.m. – 2:00 p.m.

Join top oncologists, surgeons, and healthcare professionals in the Chicagoland area to learn about the latest updates in the research, treatment and side effect management for blood cancers.

SCHEDULE OF EVENTS

Registration & Light Breakfast | 9:00 – 9:30 a.m.

MORNING SESSION | 9:30 - 10:30 a.m.
Survivorship After Blood Cancer

CONCURRENT BREAKOUT SESSIONS | 10:45 a.m. - 12:15 p.m.

Updates in the Treatment of Multiple Myeloma
Fotios Asimakopoulos, MD, RUSH MD Anderson Medical Center

Updates in the Treatment of Lymphoma
Robert Bayer, MD, Northwestern Medicine

Updates in the Treatment of Leukemia

NETWORKING LUNCHEON | 12:15 - 1:00 p.m.
Connect with blood cancer research and advocacy organizations at our onsite tabling event during lunch.

AFTERNOON SESSION | 1:00 - 2:00 p.m.
Updates in Bone Marrow Transplant for Blood Malignancies
Jorgena Kostis-Schwartz, DO, Loyola Medicine



**FREE TO ATTEND.
REGISTRATION REQUIRED.
SCAN TO REGISTER AND LEARN MORE.**



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.

	October	November	December
Cooking Strategies for Cancer Treatment	30		4 10:30 - 12:00 pm
Familiar Favorites	4		9:30 - 11:00 am
Mexican Cooking with Emily		3	5:30 - 7:00 pm
Snack & Learn	14	11	9 12:45 - 1:15 pm
Transitioning to a Cancer-Fighting Diet	11	8	13 10:30 am - 12:00 pm

Bereavement Kitchen

Mondays, Oct 13, Nov 10
6:30 - 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.

Cooking for One

Thursday, Dec 10
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, December 1
5:30 - 7:00 pm
Staff Registration Required

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 & Discussions

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

Managing Cancer Side Effects

Wednesdays, Oct 1 - Dec 17

no class Nov 26

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

Walk & Brunch

Fridays, Oct 24, Nov 21, Dec 19
10:00 - 11:30 am

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.

Dinner with the RD

Nutrition & Prostate Cancer
Wednesdays, Oct 1, Nov 5, Dec 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, Dec 18

1:30 - 2:00 pm

Nutrition & Prostate Cancer

Wednesdays, Oct 15, Nov 19, Dec 17

11:00 - 11:30 am

NUTRITION

OCTOBER NOVEMBER DECEMBER 2025



PARTNER CLASSES |

Lemons of Love: 406 W. Central, Mt. Prospect, IL	October	November	December	
Cooking for Cancer: Cooking demonstration with samples	27	24	22	6:00 - 7:30 pm
UI Health Mile Square: 1220 S. Wood St., Chicago, IL				
Cooking for Cancer: Cooking demonstration with samples	8	19	10	5:30 - 7:00 pm
Loyola: 2160 S 1st Ave, Maywood IL				
Nutrition Tips for Breast Cancer	3			9:30 - 10:30 am
Nutrition Tips for Head & Neck Cancers		14		9:30 - 10:30 am
Holiday Meals			2	9:30 - 10:30 am
Bhorade Cancer Center Advocate Good Samaritan Hospital: 3745 Highland Ave., Downers Grove, IL				
Cooking for Cancer		20		11:00 am - 12:00 pm
MacNeal Hospital: 3249 S Oak Park Ave., Berwyn IL				
Cooking for Cancer	21	18	16	5:00 - 6:00 pm

ONLINE CLASSES |

Cooking Demonstrations

	October	November	December	
Cooking Strategies for Cancer Treatments			22	5:30 - 6:30 pm
Meatless Mondays	20	17	15	6:00 - 7:00 pm

Online Nutrition Presentations & Series

Prepping & Freezing Series

Tuesdays, Oct 28, Nov 4, Nov 11

12:30 - 2:00 pm

Adrienne Felder, Professional Chef

Want to have healthy meals ready to go without spending hours in the kitchen? Join Adrienne to learn how to prepare and store nutritious meals in advance. Save time, reduce stress, and enjoy delicious, ready-to-eat dishes.

Managing Cancer Side Effects

Mondays, Oct 6 - Dec 22, No class on Oct 13

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

Wellness House for LIVING with CANCER

You'll feel better inside.

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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

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

Stretching through Prostate Cancer	Dec 3, 17 8:30 - 9:00 am
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 - 4:30pm
Restorative Yoga	4:30 - 5:30 pm
Breast Cancer Yoga Nov 6, 13, 20	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

Friday, October 24, November 21, December 19
 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

OCTOBER NOVEMBER DECEMBER 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, Dec 3, 10, 17	10:30 - 11:15 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	Oct 9	11:00 - 11:45 am
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Lemons of Love: 406 W. Central, Mt. Prospect, IL

Beginner Mat Yoga	Wednesdays	10:00 - 11:00 am
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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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UI Health Mile Square: 1220 S. Wood St., Chicago, IL

Tai Chi	Oct 7, 14, 21, 28	5:00 - 5:45 pm
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Chair Yoga	Nov 6, 13, 20	5:00 - 5:45 pm
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Prostate Cancer Exercise	Dec 4, 11, 18	5:30 - 6:30 pm
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Loyola 2160 S 1st Ave Maywood, IL

Exercise for Balance	Oct 21, Nov 25, Dec 9, 23	9:30 - 10:15 am
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Stretching for Joint Health	Oct 10	9:30 - 10:15 am
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Yoga for Digestion	Nov 13	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**



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The Kay & Mike Birk 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

	October	November	December
Mindfulness for Everyday Living		Tuesdays, Oct - Dec	10:30 - 11:30 am
Breathwork		Tuesdays, Oct - Dec	5:30 - 6:00 pm
Guided Meditation		Thursdays, Oct - Dec	10:30 - 11:30 am
Sound Baths and Meditation		Thursdays, Oct - Dec	1:30 - 2:30 pm
Sound Baths and Meditation <i>Saturdays</i>	18	15	20 11:00 am - 12:00 pm
Sound Bowls	14	18	2 6:00 - 7:00 pm

Expressive Arts

	October	November	December
Flute Circle Live	7, 14	4, 11	2, 9 10:00 - 11:00 am
Mixed Media	16	20	18 1:00 - 3:00 pm
Watercolors	13	10	8 1:30 - 3:00 pm
Multi-Media Artistic Creations	15	19	17 1:00 - 2:30 pm
Painting with Acrylics	8, 15, 22, 29		4:00 - 5:00 pm
Paper Crafts	20	17	15 2:00 - 3:00 pm

PARTNER CLASSES |

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

	October	November	December
Meditation for Improved Sleep		4, 11, 18	4:30 - 5:30 pm
Simple Art for Stress Management	7, 14, 21, 28		5:45 - 6:30 pm

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

	October	November	December
Cancer Creative Connections	20	17	15 4:30 - 5:15 pm
Cancer Creative Connections		8	10:30 am - 12:00 pm

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

	October	November	December
Wellness Through Deep Hypnosis	4	1	6 10:00 am - 11:30 am
Reiki Clinic	4	1	6 11:30 am - 12:00 pm

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

	October	November	December
Meditation with Sound	9		11:45 am - 12:30 pm

STRESS MANAGEMENT

OCTOBER NOVEMBER DECEMBER 2025



ONLINE CLASSES



Mind/Body

	October	November	December
TYM for Me	Wednesdays, Oct - Dec		9:30 - 10:15 am
Meditation for Improved Sleep	Fridays, Oct - Dec		4:00 - 5:00 pm
Journeying Inward: Deep Relaxation for Stress Relief	4	1	6 11:00 am - 12:15 pm
Mindfulness Meditation Circle	20	17	15 11:30 am - 12:30 pm
Self-Compassion Practice	15	12	17 6:30 - 7:30 pm
Reiki Clinic	18	15	20 11:30am - 12:00 pm
Wellness through Deep Hypnosis	18	15	20 10:00 - 11:30 am
Somatic Yoga	13, 27	10, 24	8, 22 1:30 - 2:30 pm
Mind Science Yoga	25	1	9:30 - 10:30 am

Expressive Arts

	October	November	December
Flute Circle	21, 28	18, 25	16, 23 10:00 - 11:00 am
Fall Watercolor	9, 16, 23		5:30 - 7:00 pm
Basic Drawing		3, 10, 17	5:30 - 7:00 pm
Zentangle Mandalas			4, 11, 18 5:30 - 7:00 pm

IN PERSON - SPECIAL PROGRAMS

Garden Walk Tuesday, Oct 21 12:00 - 1:00 pm



Advance registration is required, and space is limited.

Join us for a one-hour tram ride through the Morton Arboretum, where you'll enjoy the beauty of fall blooms and discover everything the arboretum has to offer. Participants will meet at the Morton Arboretum—please inform the parking gate attendant that you are with Wellness House.

Unified Mindfulness Mondays, Nov 3, 10, 17, 24 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.

Breathful Bliss: Breathwork for Relaxation Monday, Dec 1 1:30 - 2:30 pm



Registration Required

Unwind, recharge, and return to center through the power of your breath. In this gentle, guided class, you'll explore simple yet profound breathing techniques designed to calm the nervous system, quiet the mind, and release tension from the body.

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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 - 6:30 pm
Transitions Group for Spouses	Wednesdays, twice monthly	
Bereaved Solo Parents with Young Children/Teens	Oct 14, Nov 11, Dec 9	7:00 - 8:30 pm

Diagnosis Specific & Peer Connection Groups

	October	November	December	
Bladder Cancer <i>both in-person and online</i>	28	25		3:00 - 4:30 pm
Breast Cancer	2, 16	6, 20	4, 18	2:00 - 3:30 pm
Colon/Rectal Cancer	20	17	15	7:00 - 8:30 pm
LGBTQ+ Cancer Connections <i>both in-person and online</i>	7	4	2	3:00 - 4:30 pm
Metastatic Breast Cancer	6	3	1	6:30 - 8:00pm
Neuroendocrine Tumors (NET) <i>both in-person and online</i>	11	8	13	10:30 am - 12:30 pm
Prostate Cancer	1, 15	5, 19	3, 17	9:30 - 11:00 am
Spiritual Side of Cancer	14	11	9	5:00 - 6:30 pm
Young Adults with Cancer Connections	6	3	1	7:00 - 8:30 pm
Meaning-Centered Psychotherapy Alumni Group	21	18	16	3:00 - 4:30 pm
Meaning-Centered Psychotherapy <i>8-week course designed to strengthen meaning in the face of cancer</i>		Oct 23 - Dec 18		1:00 - 2:30 pm

PARTNER SITE GROUPS


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

	October	November	December	
Cancer Support Group		Mondays October - December		5:30 - 7:00 pm

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

Breast Cancer Connections Group	7	4	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	21	18	16	11:00 am - 12:30 pm
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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	21	18	16	4:00 - 5:15 pm
Caregiver Support Group	21	18	16	5:30 - 6:45 pm

IN PERSON SPECIAL PROGRAM

Beyond the Diagnosis: Breast Cancer Support Series
Wednesdays, October 8, 15, 22 3:00 - 4:30 pm

Join us for a three-week support group series to connect with others who have a breast cancer diagnosis, share experiences, and practical tips. Each week, we'll focus on a unique subpopulation — Week 1: Triple-Negative Breast Cancer, Week 2: Managing Life on Aromatase Inhibitors, Week 3: Navigating Post-Surgery.



SUPPORT GROUPS & COUNSELING

OCTOBER NOVEMBER DECEMBER 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

	October	November	December	
Bereavement Support Group	Tuesdays	October - December		5:00 - 6:30 pm
Connections for Those Who Have Lost a Parent	2	6	4	6:30 - 8:00 pm
Transitions Alumni Connections	28	25	23	5:00 - 6:30 pm

Diagnosis Specific & Peer Connection Groups

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

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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**

Oct 2, Nov 6, Dec 4
 10:00 - 10:45 am (Ages 2 - 5)

Young Teen Group

Oct 6, Nov 3, Dec 1
 4:30 - 5:30 pm
 (Ages 12 - 16)

Kids Group

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

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

Wednesdays
 Oct 8, Nov 12, Dec 10
 4:30 - 5:30 pm
 dinner included

Brave Kids

Wednesdays
 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**

Wednesdays
 Oct 8, Nov 12, Dec 10
 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

Oct 20, Nov 17, Dec 15
 4:30 - 5:30 pm
 (Teens, ages 13 - 19)

Tiny Turtles

Oct 13, 27, Nov 10, 24, Dec 8, 22
 4:30 - 5:30 pm
 (Children ages 4-6)

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

Tuesdays
 Oct 14, Nov 11, Dec 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

5:15 - 6:00 pm
 Spider Web Art
 Oct 22
 Gratitude Tree
 Nov 5
 Frosty the Snowman
 Dec 3

**Stress Free Saturday for
Parents & Grandparents
Stress Free Saturday for Kids**

Oct 11, Nov 8, Dec 13
 10:00 - 11:00 am

Exercise

Kids Yoga

6:15 - 7:00pm
 Spooky Stretch & Balance
 Oct 22
 Warming up to
 Gratitude
 Nov 5
 Snowy Adventure Flow
 Dec 3

**Yoga & Sound Under
the Stars**

Oct 18, Nov 15
 11:00 am - 1:00 pm

Nutrition Classes

To register, contact Emily Guzman at 630.654.5194 or eguzman@wellnesshouse.org.

Dinner with the RD: Nutrition Tips for Parents

Monday, October 6, November 3, 5:30 - 6:30 pm
 Join an oncology dietitian for dinner and learn practical
 nutrition tips for kids and parents.

Date Night: Couples Cooking Class

Monday, December 1, 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!



SPECIAL EVENTS



Spooky Spectacular: Trunk or Treat

Thursday, Oct 23 | 5:30 - 7:00 pm

Join us at Wellness House for an evening of spooky fun for the whole family! Come dressed in your Halloween best and we'll supply the tricks and treats for a spooktacular good time.



Family Event with Camp Kesem

Saturday, Nov 8 | 10:00 am - 12:00 pm

Staff Registration Required

Join us at Wellness House for a morning of learning, fun and community led by the UChicago Kesem chapter.



Polar Express

Monday, Dec 8 | 5:30 - 7:00 pm

Staff Registration Required

Wellness House families are invited to come experience our Polar Express Winter Wonderland featuring fun activities and games, plus special surprises from Santa! Families with kids of all ages are welcome.

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, October 30 | 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, December 3 | 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.

Memory Meal

Monday, November 10 | 5:30 - 7:00 pm

Staff Registration Required

Join Wellness House for a warm and heartfelt evening honoring the memory of loved ones lost to cancer. Families of all ages are welcome for dinner, storytelling, candle lighting, and creative activities for children. Together, we'll remember, share, and celebrate the love that never fades.

Sip, Share, Support: Space for Kids

December 17 | 5:30 - 7:00 pm

While parents and caregivers are enjoying mocktails and community during the *AYA Conversations: Sip Share, Support* program kids can gather for a fun night of support and connection with our Child and Family team.



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.

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DÍA DE LOS MUERTOS

Honremos y celebremos

Un espacio de apoyo y esperanza para quienes han sido tocados por el cáncer.

Sábado, 25 de octubre | 10:00 A.M. – 12:30 P.M.
131 N. County Line Rd., Hinsdale

Evento **gratuito** y **abierto** a toda persona impactada por el cáncer. Se recomienda traer una foto (máx. 4x4") o un objeto especial. **Registro requerido.**

wellnesshouse.org

Wellness House for LIVING with CANCER

You'll feel better inside.



Friday, December 5, 2025
4:30 - 6:30 p.m.

In-person at Wellness House
131 N. County Line Rd, Hinsdale

You and your family are invited to join us for a very special evening of music, food and fun as we celebrate the season and 35 years of Wellness House. Register through the QR code or call 630.323.5150.



Wellness House for LIVING
with CANCER
You'll feel better inside.

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/uihealth



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



OSF Little Company of Mary

Cancer Center Library,
Room S1145
2800 West 95th Street
Evergreen Park, IL 60805

To view all classes at OSF Little Company of Mary, visit Wellnesshouse.org/osflittlecompanyofmary



Hope and Healing
Cancer Services

Hope and Healing Cancer Clinic and
Advocates for Community Wellness



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.