



WELCOME TO

WELLNESS HOUSE AT LEMONS OF LOVE

Beginner Mat Yoga

Wednesdays

10:00 - 11:00 a.m.

Cooking for Cancer

October 27, November 24,
December 22

6:00 - 7:30 p.m.



FREE CANCER SUPPORT

Join our group classes
to gain strength,
reduce stress, and
learn easy recipes for
cancer nutrition

Lemons of Love

406 W Central Rd

Mount Prospect, IL 60056



LEMONS OF LOVE

LEARN MORE & REGISTER

wellnesshouse.org/program-list

For more information or assistance with registration,
email info@wellnesshouse.org

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