

WELLNESS HOUSE

At Mile Square Health Center

FREE CANCER SUPPORT

CONTACT US

For more information or assistance with registration, call 630.654.5356 or email whchicago@wellnesshouse.org

In-Person Programs

Cooking for Cancer

2nd Wednesdays | 5:30 - 7:00 p.m.

October 8, November 19, December 10

MSHC, 2nd floor, Staff Lounge

Registration Required

Tai Chi

Tuesdays, October 7, 14, 21, 28 | 5:00 - 5:45 p.m.

MSHC, 1st floor, Conference Room

Simple Art for Stress Management

Tuesdays, October 7, 14, 21, 28 | 5:45 - 6:30 p.m.

MSHC, 1st floor, Conference Room

Chair Yoga

Thursdays, November 6, 13, 20 | 5:00 - 5:45 p.m.

MSHC, 1st floor, Conference Room

Meditation for Improved Sleep

Tuesdays, November 4, 11, 18 | 4:30 - 5:30 p.m.

MSHC, 1st floor, Conference Room

Living with Prostate Cancer Series

Wednesdays, October 29, November 5, 12

5:30 - 7:00 p.m.

MSHC, 2nd floor, Staff Lounge

This series is designed to provide helpful, research-based tips and strategies for coping with the impacts of prostate cancer diagnosis. Topics include: 10/29 - Nutrition for Prostate Cancer, 11/5 - Pelvic Floor Health After Prostate Cancer, 11/12 - Emotional Support, Caregiving, & Reducing Isolation

Prostate Cancer Exercise

Thursdays, December 4, 11, 18 | 5:30 - 6:30 p.m.

MSHC, 1st floor, Conference Room

Memory Meal

Monday, November 10 | 6:30 - 7:30 p.m.

MSHC, 2nd floor, Staff Lounge

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.

Women of Color Connections Group

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

October 21, November 18, December 16

MSHC, 2nd floor, Conference Room

To register, contact Nevada Bennett at 630.654.5346 or nbennett@wellnesshouse.org

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

Family Stress Management + Yoga

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

MSHC, 2nd floor, Staff Lounge

Family Art and Exercise Fun

Wednesday, December 3 | 5:30 - 6:30 p.m.

MSHC, 2nd floor, Staff Lounge

Cancer Thriving & Surviving

Mondays, November 3, 10, 17, 24 December 1, 8 | 1:30 - 4:00 p.m.

McKinley Park Public Library, 1915 W 35th St, Chicago, IL 60609

Participants in this 6-week series learn skills to help address concerns such as fear of recurrence, fatigue, pain, nutrition and more.

To register, contact Angelica Haennicke at 630.560.0339 or ahaennicke@wellnesshouse.org

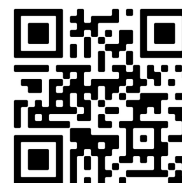
Online Program

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

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

October 20, November 17, December 15

To register, contact Nevada Bennett at 630.654.5346 or nbennett@wellnesshouse.org



Scan for more
information or to
register