

# FREE CANCER SUPPORT

Join a support group, attend an information program and learn about cancer wellness topics from the experts

# WELCOME TO WELLNESS HOUSE

#### **At RUSH MD Anderson Cancer Center**

1520 W. Harrison St., Chicago, IL 60607 Joan and Paul Rubschlager Building 4th Floor Supportive Oncology Conference Room

#### **Breast Cancer Support Group**

1st Tuesday of each month - Snacks provided 11:00 a.m. - 12:30 p.m. | 10/1, 11/5, 12/3

#### **Prostate Cancer Support Group**

1st Tuesday of each month - Snacks provided 3:00 - 4:30 p.m. | 10/1, 11/5, 12/3

#### **Head, Neck & Thyroid Cancer Support Group**

1st Tuesday of each month - Snacks provided 5:30 - 7:30 p.m. | 10/1, 11/5, 12/3



LEARN MORE & REGISTER Wellnesshouse.org/rush

#### **Spanish-Speaking Support Group**

Second Tuesday of each month 3:00 - 4:30 p.m. | 10/8, 11/12, 12/10

#### **Morning Yoga Series**

Wednesdays, 10/9, 10/16, 10/23 | 10:00 - 11:00 a.m. Join us on the mat. No experience is needed.

#### **Wellness House Showcase Event**

Tuesday, 11/5 & Friday, 12/13 | 12:30 - 2:00 p.m. Learn what Wellness House is all about.

### At RUSH Oak Park Medical Office Building

520 S Maple Ave. Oak Park, IL Centennial Room, Second Floor Main Hospital, Elevator A

#### **Cancer Creative Connections**

Mondays, October 27, Nov 17, Dec 15

#### **Cancer Support Group**

Mondays, Weekly 5:30 - 7:00 p.m.

### **Saturday Cancer Creative Connections** and **Support Group**

Saturday, November 8 | 10:30a.m. - 12:15 p.m. Join us for a Saturday offering for our monthly expressive arts activity, followed by a support group offering.

RUSH MD Anderson Cancer Center 1520 W. Harrison St. | Chicago IL 60607 Joan and Paul Rubschlager Building. 4th Floor RUSH Oak Park - Medical Office Building 1610 S. Maple | Oak Park, IL 60304 Suite 2000

For more information call: 630-654-5356 or email whchicago@wellnesshouse.org