



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

**FREE
CANCER
SUPPORT**

WELCOME TO
WELLNESS HOUSE

Cancer Support Programs at



OSF HEALTHCARE
Little Company of Mary
Medical Center

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

Cancer Nutrition 101

Thursday, October 9 | 12:00 – 1:00 pm

Join the Wellness House Nutrition Team to learn practical tips and evidence-based guidance on how nutrition can support your health during treatment and recovery.

**LEARN MORE
& REGISTER**



TUESDAYS

**October 21, November 18,
December 16**

Women's Cancer Connections Group

4:00 - 5:15 p.m.

A safe, compassionate space for women affected by cancer to share their experiences, find emotional support, and connect with others on a similar journey. Open to all stages of diagnosis and treatment, the group fosters strength, hope, and healing through mutual encouragement and understanding.

Caregiver Connections Group

5:30 - 6:45 p.m.

A supportive community for those caring for a loved one with cancer. This group offers a space to share challenges, gain emotional support, and connect with others who understand the unique journey of caregiving.

For more information, visit Wellnesshouse.org
call 630.654.5356 or email whchicago@wellnesshouse.org

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