

Prostate Cancer Support at Wellness House



PROSTATE CANCER SUPPORT PROGRAMS

SUPPORT AND EDUCATION

Prostate Cancer Foundation of Chicago Meetings

October 1, November 5, December 3 | 5:00 – 6:00 p.m.

In-Person @ HOH* or **Online**

Men diagnosed with prostate cancer, and their family and friends, are invited to discuss treatment options, learn about current research, ask questions, and connect with others.

In partnership with the Prostate Cancer Foundation of Chicago

Prostate Cancer Connections

1st & 3rd Wednesdays | **In-person @ HOH***

Oct 1, 15, Nov 5, 19, Dec 3, 17, 9:30 – 11:00 a.m.

Prostate Cancer Connections

2nd & 4th Wednesdays | **Online**

Oct 8, 22, Nov 12, 26, Dec 10, 9:30 – 11:00 a.m.

Metastatic Prostate Cancer Connections

3rd Tuesdays | **Online**

Dec 16, 3:00 - 4:30 p.m.

For questions, contact Michael Williams, Psy.D. at 630.654.5117 or mwilliams@wellnesshouse.org.

Connection groups give people the opportunity to meet with others experiencing the same type of cancer. The purpose is to exchange information and strategies for navigating cancer.

NUTRITION

Dinner with the RD: Nutrition & Prostate Cancer

Wednesday, October 1, November 5, December 3

6:00 – 7:00 p.m. | **In-Person @ HOH***

Lunch with the RD: Nutrition & Prostate Cancer

Wednesdays, October 15, November 19, December 17

11:00 – 11:30 a.m. | **In-Person @ HOH***

Join an oncology dietitian for an interactive lunch or dinner on the role of nutrition in managing cancer side effects and how nutrition supports health during treatment and recovery.

**MSHC: Mile Square Health Center, 1220 S. Wood St., Chicago, IL 60608

EXERCISE

Prostate Cancer Exercise

Tuesdays & Thursdays | 8:00 - 8:45 a.m. | **Online**

Contact Casey Pantazopoulos at 630.654.7942 or cpantazopoulos@wellnesshouse.org to register.

Customized exercises for prostate cancer survivors. This program is suitable for participants at any phase from diagnosis to survivorship.

Stretching Through Prostate Cancer

Customized stretches for prostate cancer survivors from diagnosis through survivorship.

8:30 - 9:00 a.m. before Prostate Cancer Connections

October 1, 15, November 5, 19, December 3, 17 | **In-Person @ HOH***

October 8, 22, November 12, 26, December 10 | **Online**

PARTNER SITE PROGRAMS

Living Well With Prostate Cancer Series

This series is designed to provide helpful, research-based tips and strategies for coping with the impacts of prostate cancer diagnosis. **In-Person @ MSHC****

- Nutrition for Prostate Cancer
Wednesday, October 29 | 5:30 p.m.
- Pelvic Floor Health After Prostate Cancer
Wednesday, Nov 5 | 5:30 p.m.
- Emotional Support, Caregiving, & Reducing Isolation
Wednesday, November 12 | 5:30 p.m.

Prostate Cancer Exercise

December 4, 11, 18, 5:30 - 6:30 pm | **In-Person @ MSHC****

Customized exercises for prostate cancer survivors. This program is suitable for participants within any stages of prostate cancer.

Learn more or register at wellnesshouse.org



*HOH: Home of Hope, 131 N County Line Rd., Hinsdale IL, 60521