



# WELLNESS HOUSE

## At Mile Square Health Center

### In-Person Programs

#### Cooking for Cancer

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

January 14, February 11, March 11

MSHC, 2nd floor, Staff Lounge

Registration Required

#### Tai Chi

Tuesdays, February 3, 10, 17

March 3, 10, 17, 24, 31 | 5:00 - 5:45 p.m.

MSHC, 2nd floor, Staff Lounge

#### Simple Art for Stress Management

Tuesdays, February 3, 10, 17

March 3, 10, 17, 24, 31 | 5:45 - 6:30 p.m.

MSHC, 2nd floor, Staff Lounge

#### Chair Yoga

Thursdays, February 5, 12, 19 | 5:00 - 5:45 p.m.

MSHC, 2nd floor, Staff Lounge

#### Breathwork

Thursdays, February 5, 12, 19 | 5:45 - 6:30 p.m.

MSHC, 2nd floor, Staff Lounge

#### Living with Prostate Cancer Series

Tuesdays, February 3, 10, 17, 24

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. With presentation topics including exercise, nutrition, and emotional support, patients and caregivers are invited to join for reliable information, peer support and goal-setting.

#### Prostate Cancer Exercise

Thursdays, March 12, 19, 26 | 5:30 - 6:30 p.m.

MSHC, 1st floor, Conference Room

## FREE CANCER SUPPORT

#### CONTACT US

For more information or assistance with registration, call 630.654.5356 or email [whchicago@wellnesshouse.org](mailto:whchicago@wellnesshouse.org)

#### Women of Color Connections Group

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

January 20, February 17, March 17

MSHC, 2nd floor, Conference Room

Connect with others with a cancer diagnosis, who self-identify as women of color, in this monthly drop-in support group to share experiences, coping strategies, and support one another during the cancer journey. To register, contact Nevada Bennett at 630.654.5346 or [nbennett@wellnesshouse.org](mailto: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, February 26 | 5:00 - 6:30 p.m.

MSHC, 2nd floor, Staff Lounge

#### Family Art and Exercise Fun

Wednesday, March 25 | 5:30 - 6:30 p.m.

MSHC, 2nd floor, Staff Lounge

#### Family Coping/Support + Nutrition

Monday, March 2 | 5:30 - 7:00 p.m.

MSHC, 2nd floor, Staff Lounge

## Online Program

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

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

January 19, February 16, March 16

To register, contact Nevada Bennett at 630.654.5346 or [nbennett@wellnesshouse.org](mailto:nbennett@wellnesshouse.org)



Scan for more  
information or  
to register

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