



Weñess House for LIVING with CANCER

You'll feel better inside.

**WELCOME TO
WELLNESS HOUSE**

**FREE
CANCER
SUPPORT**

Cancer Support Programs at

 **OSF HEALTHCARE**
Little Company of Mary
Medical Center

Cancer Center Library, Room S1145
9374-9498 S California Ave
Evergreen Park, IL 60805

Simple Stress Management Techniques
Thursday, February 5 | 12:30 – 1:30 p.m.

In this introductory session, participants will learn practical, easy-to-use strategies for managing everyday stress. The class will cover simple breathing exercises, gentle movement, grounding techniques, and ways to calm the mind in moments of overwhelm.

TUESDAYS
January 20, February 17, March 17

Women's Cancer Connections Group
4:00 - 5:15 p.m.

Women of all ages with a cancer diagnosis are invited to join in this monthly support group to share in their experiences and connect with others, located at Little Company of Mary.

Caregiver Connections Group

5:30 - 6:45 p.m.
Share and learn with other caregivers about positive coping and self-care strategies in this monthly support group located at Little Company of Mary.

**LEARN MORE
& REGISTER**



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

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