

Prostate Cancer Support at Wellness House



PROSTATE CANCER SUPPORT PROGRAMS

SUPPORT AND EDUCATION

Prostate Cancer Foundation of Chicago Meetings

February 4, March 4 | 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.

February 4 Topic: Updates in the Treatment of Metastatic Prostate Cancer, Presenter Pat Sweeney, MD, UChicago Medicine | Advent Health

March 4 Topic: Active Surveillance, Presenter: Bejan Fakouri, MD, Duly Health & Care

In partnership with the Prostate Cancer Foundation of Chicago

Advancements in Prostate Cancer Screening

Tuesday, February 17 | 6:00 - 7:30 p.m. | **In-Person @ HOH***

Join us for an overview of current prostate cancer screening practices, including the incidence of prostate cancer, the evolving role of PSA testing, and the reduced need for digital rectal exams.

Prostate Cancer Connections Group

Wednesdays | 9:30 - 10:00 a.m.

January 7, 21, February 4, 18, March 4, 18 | **In-Person @ HOH***

January 14, 28, February 11, 25, March 11, 25 | **Online**

Metastatic Prostate Cancer Connections

3rd Tuesdays | **Online**

January 20, February 17, March 17 | 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, January 7, February 4, March 4

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

Lunch with the RD: Nutrition & Prostate Cancer

Wednesday, January 7, February 4, March 4

11:00 - 11:45 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.

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. | Wednesdays

Jan 14, 28, Feb 11, 25, March 11, 25 | **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****

- Emotional Support, Caregiving, & Reducing Isolation with Krystal Kumpula, LCSW | February 3 | 5:30 p.m.
- Nutrition for Prostate Cancer with Jamie Shifley, RD, LDN | February 10 | 5:30 p.m.
- Updates in the Treatment of Prostate Cancer with Jacob Tallman, MD, Urologist, UChicago Medicine | February 17 | 5:30 p.m.
- Exercise for Prostate Cancer with Jadyn Chipman, ACSM GEI, ACSM/ACS CET | February 24 | 5:30 p.m.

Prostate Cancer Exercise

March 12, 19, 26 | 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

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

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