

WELLNESS HOUSE

At Mile Square Health Center

FREE CANCER SUPPORT

CONTACT US

For more information or assistance with registration, call 630.654.5356 or email whchicago@wellnesshouse.org

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, 1st Floor Conference Room
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

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

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



Scan for more information or to register