

# Program Guide



## OUR MISSION

Wellness House envisions a community where all people affected by cancer thrive. Offered at no cost, and as a complement to medical treatment, our programs educate, support, and empower participants so they will improve their physical and emotional well-being.

**Cancer  
Support**

Provided FREE  
of Charge

# WELCOME TO WELLNESS HOUSE

We are a team of warm and caring experts ready to help those newly diagnosed, in treatment, and post treatment, as well as caregivers and families. All programs are provided at no cost.

## Choose How You Participate



Wellness House offers a variety of classes, groups, and individual appointments in-person and online. Look for the **In-Person** icon throughout the guide to indicate in-person programming. Look for the **Online** icon throughout the guide to indicate online programming.



## Program Registration

Register online at [wellnesshouse.org](http://wellnesshouse.org)

For Staff Registration, please email or call the staff member listed.

## New to Wellness House?

Three easy ways to connect!

**#1** Call us at **630.323.5150**

**#2** Attend a Welcome to Wellness House Orientation

**#3** Register for a program at [wellnesshouse.org](http://wellnesshouse.org)

## HOURS OF OPERATION

### Monday - Thursday

Reception Desk: 9:00 am - 7:00 pm  
Programs: 7:30 am - 8:30 pm

### Friday

Reception Desk: 9:00 am - 5:00 pm  
Programs: 7:30 am - 5:00 pm

### Saturday

Reception Desk: 9:00 am - 12:00 pm  
Programs: 7:30 am - 1:00 pm

### Closings:

Thursday, January 1

### Building open, No programs:

Friday, February 20 9:00 am - 5:00 pm

## Welcome to Wellness House Orientation

### Registration Required

Join us for an opportunity to learn more about how you can benefit and get started at Wellness house. We'll share an overview of programs, a tour of the house and a chance to meet staff.

|  |                   |                 |
|--|-------------------|-----------------|
|  | <b>Mondays</b>    | 5:30 - 6:30 pm  |
|  | <b>Tuesdays</b>   | 9:00 - 10:00 am |
|  | <b>Wednesdays</b> | 9:30 - 10:30 am |
|  | <b>Thursdays</b>  | 12:00 - 1:00 pm |
|  | <b>Fridays</b>    | 12:00 - 1:00 pm |
|  | <b>Saturdays</b>  | 9:30 - 10:30 am |

Jan 3 | Feb 7, 21 | Mar 7, 21

## THANK YOU TO OUR GENEROUS GRANTORS

Anonymous

Guy A. and N. Kay Arboit Charitable Trust

Bears Care

CBOT Foundation

The Coleman Foundation

Community Memorial Foundation

Duly Health and Care Charitable Fund of DuPage Foundation

Elizabeth Morse Genius Charitable Trust

The Greer Foundation

Hinsdale Junior Woman's Club

Illinois Department of Public Health

Gene S. Moss Foundation II Inc.

Naffah Family Charitable Foundation

Oberweiler Foundation

Edmond & Alice Opler Foundation

Prostate Cancer Foundation of Chicago

Ramon Bueno Cancer Support Foundation

Rolfe Pancreatic Cancer Foundation

Together at Peace

Westlake Health Foundation

# Unique Boutique

## PERSONALIZED SALON AND BODYWORK

A warm and welcoming salon specializing in care for your hair, skin, and body. Experience personalized salon and bodywork offerings tailored specifically for people with cancer.

### SALON SERVICES

#### HAIR CUTTING, SHAVING, & SHAPING

Licensed professional stylists provide haircuts, shaving, shaping, and wig styling to those experiencing hair loss due to treatment.

### WIG BOUTIQUE

#### FITTING & STYLING

Receive personalized recommendations for wig style, color, fit, and care. One free wig is provided to participants experiencing hair loss due to treatment.

### WELLNESS TUNE-UPS

#### MASSAGE THERAPY

Light, fully-clothed massage therapy for relaxation. A physician's medical release is required.

#### REIKI, HEALING TOUCH & THERAPEUTIC TOUCH

Energy-based therapies help increase relaxation and inner balance while reducing stress, pain and fatigue.

**To schedule an appointment, call 630.654.5110 or email [uniqueboutique@wellnesshouse.org](mailto:uniqueboutique@wellnesshouse.org)**  
Appointments are limited & provided at no cost.

*Unique Boutique is made possible by the Eisel family in memory of wife and mother, Linda Eisel.*



### Glowing Through It

#### Registration Required

Friday, January 9 | 10:00 am - 12:00 pm

Friday, February 6 | 10:00 am - 12:00 pm

Monday, March 9 | 10:00 am - 12:00 pm

Eyebrows, scarves, makeup, and more to make you shine. This beauty class is for participants in active treatment.

*All participants will receive a free makeup kit.*

### Community Acupuncture

#### Staff Registration Required

Friday, Jan 30 | 12:00 - 2:30 pm

Friday, Feb 27 | 12:00 - 2:30 pm

Friday, Mar 13 | 12:00 - 2:30 pm

*Dr. Jeni Uswajesdadul, DACM, L.Ac*

Using various points on the body, acupuncture treats the body, mind and spirit. A community, or shared, space provides a collective relaxation experience, strengthening connection and support with a focus on well-being.

*A current medical release for Acupuncture is required.*

### Energy Healing Circle

#### Staff Registration Required

Friday, March 6 | 1:00 - 2:00 pm

The Energy Healing Circle is a peaceful group experience where participants receive Reiki energy while seated quietly or reclining in zero gravity chairs. During this 45-minute group session, experienced practitioners use light touch to offer gentle comfort and support. Benefits of Reiki energy healing include relaxation, release of stress, and a sense of balance and well-being. All are welcome—no prior experience with energy healing is needed.

*To register for these programs, contact Michelle Carnagio at [mcarnagio@wellnesshouse.org](mailto:mcarnagio@wellnesshouse.org) or 630.560.0336*

### Wellness House | Main Location

The Kay & Mike Birck Home of Hope

131 North County Line Road

Hinsdale, Illinois 60521

Phone 630.323.5150 | [wellnesshouse.org](http://wellnesshouse.org)

**Wellness House** for LIVING with CANCER

You'll feel better inside.

# Unique Boutique

PERSONALIZED SALON AND BODYWORK



*Join Us*

## Morning of Beauty & Relaxation

**Saturday, January 24**

**9:00am - 12:30pm**

**Registration Required**

**No cost.  
Just  
support.**

Join us at the Wellness House Unique Boutique for a Saturday morning of pampering to help you feel refreshed and empowered. Participants will enjoy a variety of beauty and wellness activities during the event.

**Breakfast provided 8:30am - 9:00am.**

- Simply From the Heart
- Skin Care Tips
- Energy Healing Circle
- Breath/Touch/Words
- Guided Meditation
- Hand Massages
- Eyebrow class



**Register**



Scan the QR code to learn times for each session and schedule the day your way. Presented to people affected by cancer and provided at no cost.

**We**llness House for LIVING with CANCER  
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Hinsdale, IL 60521  
wellnesshouse.org

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# Happy Hearts

**FEBRUARY 7TH**

**10:30 AM-12:00 PM / Saturday**

**131 N. COUNTY LINE RD | HINSDALE**

**Join Wellness House for a festive Valentine's Day event filled  
with FREE fun for kids and families impacted by cancer.**

Happy Hearts is a joyful celebration designed to bring connection, creativity, and laughter together in a warm, welcoming space. **Registration required, space is limited!**

**ENJOY:**

- Valentine's Day treats
- Creative arts and crafts
- Fun activities and laughter
- Chair Massages for parents and caregivers

**[www.wellnesshouse.org](http://www.wellnesshouse.org)**



You'll feel better inside.



## Free. Expert-Led. In-Person.

Join top oncologists, surgeons, and healthcare professionals in the Chicagoland area to learn about the latest updates in the research, treatment and side effect management for colorectal cancer. This free event is for individuals and families impacted by cancer.

[wellnesshouse.org](http://wellnesshouse.org)

Wellness House - Main Location  
131 N. County Line Rd., Hinsdale, IL 60521  
630.323.5150

# HOT TOPICS IN COLORECTAL CANCER 2026

**FREE EVENT**

**SATURDAY, MARCH 21**

8:30 am - 2:30 pm

**In-Person**  
**Home of Hope**  
**131 N. County Line Road**  
**Hinsdale**



### **SCHEDULE OF EVENTS**

**Registration & Light Breakfast**  
8:30am – 9:00am

**Stress Management for Colorectal Cancer**  
(patients & caregivers)  
9:00am – 9:45am

**Updates in Colorectal Cancer Treatment**  
**and Research Panel + Q&A**  
10:00am – 12:00 pm

**Lunch & Tabling Engagement**  
12:00pm – 1:00 pm

**Multidisciplinary Panel Discussion**  
Nurse Navigator, PT, Oncology Dietician,  
Genetic Counselor, Oncology Exercise Specialist  
1:00pm – 2:30 pm



**FREE TO ATTEND.  
REGISTRATION REQUIRED.  
SCAN TO REGISTER AND LEARN MORE.**



# TOP DOC LECTURES

For Information:

630.654.5197

Kara Niekamp

[kniekamp@wellnesshouse.org](mailto:kniekamp@wellnesshouse.org)

FEEL EMPOWERED with current and reliable topics to help you stay informed.

## IN PERSON LECTURES Registration Required

### Oncofertility: Your Pathway to Family Building



**Tuesday, January 27 | 6:00 - 7:30 pm**

*Victoria Wesevich MD, CCRM Fertility of Chicago*

This program will include information about what family building may entail at various points in your oncologic journey. Including an overview of cancer treatment and fertility risks; fertility preservation options before treatment; fertility and family building after cancer treatment; psychosocial, ethical, and financial considerations; ongoing communication and follow-up; Q&A and resources.

### Optimizing Value and Quality in Breast Cancer



**Tuesday, February 10 | 6:00 - 7:30 pm**

*Poorni Manohar, MD, RUSH MD Anderson Cancer Center*

This program focuses on strategies to enhance the quality of care for individuals with breast cancer. Through evidence-based practices and collaborative discussions, participants will explore ways to improve patient outcomes, communication, and overall experience across the continuum of care.

### Advancements in Prostate Cancer Screening



**Tuesday, February 17 | 6:00 - 7:30 pm**

*Pamela Ganschow, MD, MPH, UI Health & Simon Kim, MD, Cook County Health*

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. The session will also highlight advances in imaging, such as prostate MRI, PSMA-based CT scans, and ultrasound, as well as emerging blood and urine tests for early detection.

### Heart Health and Cancer Connection



**Tuesday, February 24 | 6:00 - 7:30 pm**

*Debjani Roy MD, Endeavor Health*

This session explores how cancer and its treatments can affect heart health, highlighting the shared risks and pathways between heart disease and cancer. Participants will learn practical lifestyle and treatment approaches to help protect their hearts and support overall well-being during and after cancer care.

### Dinner With A Doc: Nature Contact and Cancer Survivorship



**Thursday, March 5 | 6:00 - 7:30 pm**

*David E. Victorson, PhD, Northwestern Medicine*

Join Dr. David Victorson to learn about the role of nature in improving quality of life among cancer survivors. A light dinner for everyone to enjoy will be served during this presentation.



# INFORMATION & EDUCATION

FEEL EMPOWERED with current and reliable information to help you to stay informed.

## IN PERSON PROGRAMS



### Finding Your Word for 2026: Anchor What Matters Most

Angela Bursua, MSEd | meditation + art

**January 6 | 6:00 - 8:00 pm**

Cancer can upend every plan we make; whether we're living with it, caring for someone who is, or grieving someone we love. This two-hour workshop offers a science-informed alternative to resolutions: a single guiding word that steadies attention, lowers stress, and restores a sense of calm control. Through breathwork, meditation, and reflective journaling, you'll discover a word...perhaps nourish, peace, joy, etc.... that becomes your steady anchor for the year ahead.

### Peripheral Neuropathy and How Acupuncture & Chinese Medicine Can Help

Ali Zhang, MD, L.Ac, DAOM

**January 13 | 6:00 - 7:30 pm**

Dr. Zhang will discuss some of the common conditions experienced during standard cancer treatment and the cancer-related health issues, and the use of Acupuncture, Herbal formulas, diet, and lifestyle changes to offset and manage them. In each presentation, Dr. Zhang will focus on a specific condition, providing detailed, evidence-based information regarding its cause and ways to correct it through a combined Western and Eastern medical approach.

### Wellness House Death Café

Michael Williams, Psy.D., Wellness House

**January 14 | 5:00 - 6:30 pm**

Death café is a space to openly and respectfully exchange wonderings, worries, beliefs and support around dying and death, often providing participants a sense of connectedness, control and relief.

### Wellness House Life Café

Michael Williams, Psy.D., Wellness House

**January 15 | 11:00 am - 12:30 pm**

Life Café allows participants to actively exchange ideas about the work you have done, or want to do, to reliably help you feel good in the midst of a cancer experience.

### What to do when Loss is Coming:

#### Strategies for Managing Anticipatory Grief

Rev. Ally Vertigan, MDiv, BCC

**February 3 | 6:00 - 7:30 pm**

Emotions about loss don't just begin after a loss has happened. Knowing or sensing that a loss is coming can bring up anxiety or questions about the unknown. Changes and life-stressors before the loss can make these emotions even more challenging to deal with. In this workshop for patients and caregivers, we will learn more about anticipatory grief, discuss strategies for making the most of the time you have in front of you, and get familiar with embracing the unknown.

### Reiki Level I - 3-Session Class

Jane Van De Velde, DNP, RN, The Reiki Share Project

**February 18 - Mar 4 | 5:00 - 8:00 pm**

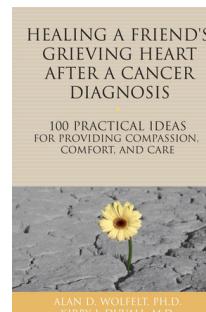
In this class, you will learn about working with Reiki energy and how to offer Reiki to yourself every day. Please note: You must register for all and attend all sessions to receive a certificate of completion. Participants MUST attend all 3 sessions.

### For Information:

630.654.5197

Kara Niekamp

kniekamp@wellnesshouse.org

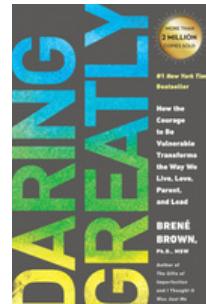


### Wellness House Book Club: *Healing a Friend's Grieving Heart after a Cancer Diagnosis*

Deacon Marcia Allison

**January 7, 14, 21, 28 | 6:30 - 7:30 pm**

This book by beloved grief counselor and cancer survivor Dr. Alan Wolfelt and co-author Dr. Kirby Duvall will help you understand the normal and natural grief your friend is experiencing. No matter the type of stage of cancer, the treatment plan, or the prognosis, this compassionate and practical guide will help you be a good companion through the journey that is cancer.



### Wellness House Book Club: *Daring Greatly: How the Courage to be Vulnerable Transforms the Way We Live, Love, Parent and Lead*

**February 6, 13, 27 & March 6**

**10:30 am - 12:00 pm**

From thought leader Brené Brown, a transformative new vision for the way we lead, love, work, parent, and educate that teaches us the power of vulnerability.

## ONLINE SURVIVORSHIP SERIES

### ReRouting: Choosing Your Course After Cancer

**Thursdays, January 8 - February 5**

**5:30 - 7:00 pm**



Finishing cancer treatment often elicits a full range of emotions, as well as a new range of physical concerns and questions for both patients and caregivers. Join us for this interactive five-week series that will provide the information you need to create your course after cancer treatment. You will receive the most benefit from attending each week in this series, though it is not required.

### Cancer Thriving and Surviving

**Wednesdays, February 4 - March 11**

**10:00 am - 12:30 pm**



Cancer Thriving and Surviving is a 6-week interactive workshop for cancer survivors. The sessions are highly participative where mutual support and success builds confidence in your ability to manage your health and maintain an active and fulfilling life. Participants learn skills to help address concerns such as fear of recurrence, fatigue, pain, nutrition and more. The program is open to people with cancer, survivors, family, friends, and caregivers. To register, please contact Marci Goldberg at 630-654-5102 or [mgoldberg@wellnesshouse.org](mailto:mgoldberg@wellnesshouse.org).

# INFORMATION & EDUCATION

JANUARY FEBRUARY MARCH 2026



## IN PERSON PROGRAMS



### The Art of Visualization: Vision Board Workshop

*Stella Hondros*

**February 28 | 10:00 am - 12:00 pm**

Join us for a fun in-person Vision Board Workshop to visualize our hopes and dreams for 2026! During this session, you'll create your own Vision Board and will learn the benefits and power of Visualization. You'll also learn how to use your personal Energy to help you reach those dreams, hopes and goals in the upcoming year.

### Reiki Share

*Jane Van De Velde, DNP, RN, The Reiki Share Project*

**February 26 | 6:30 - 8:30 pm**

This program, sponsored by the Reiki Share Project, is for practitioners of any level who have taken Reiki classes at Wellness House or with other teachers.

### Strength, Flexibility and Balance for Fall Prevention

*Phyllis Levine, PT, DPT and Holly Light PT*

**March 3, 10 | 6:00 - 7:00 pm**

Building strength and flexibility is an important piece to preventing falls and improving balance. Join us for this two-part series to learn tips for reducing your fall risk and types of exercise that will improve your overall strength and coordination.

### Estate and Trust Planning Guidance

*Donald E. Renner III, Renner Law Wealth and Succession Planning*

**March 17 | 6:00 - 7:00 pm**

This session provides a clear overview of probate and trust administration for oncology patients and their caregivers. We'll outline key steps such as opening an estate, transferring assets, and completing final filings to help families feel informed and supported.

### Understanding Medical Cannabis for Cancer Support

*Alia Reichert, Nature's Grace and Wellness*

**March 24 | 6:30 - 8:00 pm**

Join Alia Reichert from Nature's Grace and Wellness, who will address the most common questions asked regarding Medical Cannabis. Do you understand the different forms and intake methods of medical cannabis and CBD as well as how it may affect symptoms of cancer? Do you want to know more about Delta 8 THC, over the counter CBD vs CBD found at dispensaries, as well as Terpenes. These and more will be addressed.

### Prostate Cancer Foundation Meetings

**Wednesdays, February 4, March 4**

**5:00 - 6:00 pm**

Men diagnosed with prostate cancer and their caregivers are invited to discuss treatment options, learn about current research and ask questions. After the meeting join us for Dinner with the RD from 6:00 - 7:00 p.m. to enjoy a healthy dinner and an opportunity for Q&A with an oncology dietitian.

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You'll feel better inside.

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131 North County Line Road  
Hinsdale, Illinois 60521  
Phone 630.323.5150 | [wellnesshouse.org](http://wellnesshouse.org)

## ONLINE PROGRAMS



### Cooling Caps to Reduce Hair Loss during Chemotherapy

*Shirley Billingmeier, Cofounder of the Rapunzel Project*

**January 15 | 10:00 - 11:00 am**

Join us to hear from The Rapunzel Project about how cooling caps can help reduce hair loss during chemotherapy. Efficacy and side effects like discomfort will also be discussed.

### Journaling for Renewal

*Jenny Hennek, M.A., a Gentle Heart Life Coach*

**January 26 | 6:30 - 7:30 pm**

Have you ever journaled before? Whether you have or not this workshop is for you! This engaging session will explore journaling as a tool for renewal by exploring gratitude, resilience and healing. Participants will learn how to use prompts, questions and self-reflection to thrive in whatever they are facing in life. This workshop offers a supportive space to write, reflect, and recharge! Join us for a transformative workshop led by life coach Jenny Hennek M.A. [gentleheart.com](http://gentleheart.com).

### Reiki Share

*Jane Van De Velde, DNP, RN, The Reiki Share Project*

**January 22, March 25 | 6:00 - 7:30 pm**

This program, sponsored by the Reiki Share Project, is for practitioners of any level who have taken Reiki classes at Wellness House or with other teachers.

### Heart-Healthy Habits During and After Cancer

*Kara Niekamp, RN, BSN, FMCHC, Wellness House*

**March 18 | 6:00 - 7:00 pm**

Cancer treatments can place extra stress on the heart, making it especially important to care for your cardiovascular health throughout your wellness journey. This session will explore practical ways to protect and strengthen your heart during and after treatment. Participants will learn how nutrition, gentle movement, and stress management can support both heart and overall well-being.

## PARTNER PROGRAMS

### Living with Prostate Cancer Series

**Tuesdays, February 3, 10, 17, 24**

**5:30 - 7:00 pm**

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.

**UI Health Mile Square 1220 S. Wood St. 2<sup>nd</sup> floor Chicago IL 60608**

For questions or more information, please contact  
**Kara Niekamp at**  
**630.654.5197 or**  
**[kniekamp@wellnesshouse.org](mailto:kniekamp@wellnesshouse.org)**





# STRESS MANAGEMENT

**For Information:**  
 630.654.7942  
 Casey Pantazopoulos  
 cpantazopoulos@wellnesshouse.org

RELAX with techniques to calm your body, still your mind, and improve quality of life.

## IN PERSON CLASSES



### Mind/Body

|   | January | February             | March            |
|---|---------|----------------------|------------------|
| Mindfulness for Everyday Living             |         | Tuesdays, Jan - Mar  | 10:30 - 11:30 am |
| Breathwork                                  |         | Tuesdays, Jan - Mar  | 5:30 - 6:00 pm   |
| Guided Meditation                           |         | Thursdays, Jan - Mar | 10:30 - 11:30 am |
| Sound Baths and Meditation                  |         | Thursdays, Jan - Mar | 1:30 - 2:30 pm   |
| Sound Baths and Meditation <i>Saturdays</i> | 17      | 21                   | 21               |
| Sound Bowls                                 | 20      | 17                   | 17               |
| Unified Mindfulness                         |         | 2, 9, 16, 23         | 5:30 - 6:45 pm   |

### Expressive Arts

|                                | January | February | March |
|--------------------------------|---------|----------|-------|
| Flute Circle Live              | 6, 13   | 3, 10    | 3, 10 |
| Mixed Media                    | 15      | 19       | 19    |
| Watercolors                    | 12      | 16       | 9     |
| Multi-Media Artistic Creations | 31      | 28       | 28    |
| Creative Rest: Watercolor Art  | 21      | 18       | 18    |
| Paper Crafts                   | 19      | 16       | 16    |

## PARTNER CLASSES



### UI Health Mile Square: 1220 S Wood St, Chicago, IL

|                                  | January | February  | March             |
|----------------------------------|---------|-----------|-------------------|
| Simple Art for Stress Management |         | 3, 10, 17 | 3, 10, 17, 24, 31 |
| Breathwork                       |         | 5, 12, 19 | 5:45 - 6:30 pm    |

### Oak Park: 834 Lake St. Oak Park, IL

|                             |    |   |                |
|-----------------------------|----|---|----------------|
| Cancer Creative Connections | 12 | 9 | 5:00 - 5:30 pm |
|-----------------------------|----|---|----------------|

### Oak Park: Mosaic Counseling and Wellness, 215 Harrison St., Oak Park, IL 60304

|                             |    |                     |
|-----------------------------|----|---------------------|
| Cancer Creative Connections | 21 | 10:30 am - 12:00 pm |
|-----------------------------|----|---------------------|

### CountrySide Church: 1025 N. Smith St, Palatine, IL

|                                |   |   |   |                     |
|--------------------------------|---|---|---|---------------------|
| Wellness Through Deep Hypnosis | 3 | 7 | 7 | 10:00 am - 11:30 am |
| Reiki Clinic                   | 3 | 7 | 7 | 11:30 am - 12:00 pm |

### River Forest Breast Care: River Forest Breast Care Center, 420 William St B, River Forest, IL

|                       |            |                     |
|-----------------------|------------|---------------------|
| Meditation with Sound | 15, 22, 29 | 11:45 am - 12:30 pm |
|-----------------------|------------|---------------------|

### Little Company of Mary: 9374-9498 S California Ave, Cancer Center Library (Room S1145) Evergreen Park IL 60805

|                                     |   |                 |
|-------------------------------------|---|-----------------|
| Simple Stress Management Techniques | 5 | 12:30 - 1:30 pm |
|-------------------------------------|---|-----------------|

### Advocate Good Samaritan Bhorade Cancer Center: 3745 Highland Ave., Downers Grove, IL

|                               |    |                     |
|-------------------------------|----|---------------------|
| Managing Stress During Cancer | 19 | 10:30 am - 12:00 pm |
|-------------------------------|----|---------------------|

# STRESS MANAGEMENT

JANUARY FEBRUARY MARCH 2026



## ONLINE CLASSES



### Mind/Body

|  | January | February              | March           |
|--|---------|-----------------------|-----------------|
| Mindful Movement and Meditation                      |         | Wednesdays, Jan - Mar | 9:30 - 10:15 am |
| Meditation for Improved Sleep                        |         | Fridays, Jan - Mar    | 4:00 - 5:00 pm  |
| Journeying Inward: Deep Relaxation for Stress Relief | 3       | 7                     | 7               |
| Mindfulness Meditation Circle                        | 19      | 16                    | 16              |
| Self-Compassion Practice                             | 21      | 18                    | 18              |
| Reiki Clinic   | 17      | 21                    | 21              |
| Wellness through Deep Hypnosis                       | 17      | 21                    | 21              |
| Somatic Yoga   | 12, 26  | 9, 23                 | 9, 23           |
|  |         |                       | 1:30 - 2:30 pm  |

### Expressive Arts

|                              | January   | February  | March          |
|------------------------------|-----------|-----------|----------------|
| Flute Circle                 | 20, 27    | 17, 24    | 17, 24, 31     |
| Pastels - Winter Wonderland  | 8, 15, 22 |           | 5:30 - 7:00 pm |
| Color Theory & Blending      |           | 9, 16, 23 | 5:30 - 7:00 pm |
| Design Principles & Elements |           |           | 12, 19, 26     |
|                              |           |           | 5:30 - 7:00 pm |

## IN PERSON - SPECIAL PROGRAMS

### Clay Art - Create a Functional

### Clay Box

Jan 29, Feb 5

1:00 - 3:00 pm

*Staff Registration Required*

In this hands-on clay art class, participants will learn step-by-step techniques to design and build a functional clay box. You'll explore basic hand-building methods, add your own creative details, and finish with a unique, usable piece you can take home. No prior experience needed.



### Mind, Body, Heart and Breath

February 5, 12, 19, 26

3:00 - 4:00 pm

Welcome to "Mind, Body, Heart and Breath," a holistic class that integrates mindfulness and mindful movement to promote overall well-being. This transformative experience is designed for individuals seeking to enhance their mental, emotional, and physical health through intentional practices.



### Mindfulness and Meditation Series

February 6, 13

2:00 - 3:00 pm

This calming series introduces simple, accessible practices to help you feel more grounded, centered, and connected. Each session blends gentle mindfulness exercises with guided meditation to support relaxation, clarity, and emotional balance.



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Phone 630.323.5150 | [wellnesshouse.org](http://wellnesshouse.org)

For questions or to schedule an individual consultation, contact  
**Casey Pantazopoulos** at **630.654.7942**  
or [cpantazopoulos@wellnesshouse.org](mailto:cpantazopoulos@wellnesshouse.org)





# NUTRITION

## For Information:

Jamie Shifley, MS, RDN, LDN at  
jshifley@wellnesshouse.org  
or call 630.654.5196

ENERGIZE with healthy eating tips to reduce cancer-related side effects.

## IN PERSON CLASSES



### Cooking Demonstrations

Learn about the latest in cancer nutrition while you learn how to prepare cancer-fighting, plant centered recipes. Samples provided.

|  | January | February | March               |
|--|---------|----------|---------------------|
| Antioxidant Favorites                      |         | 21       | 9:30 - 11:00 pm     |
| Cooking Strategies for a Cancer Treatments | 22      | 19       | 10:30 am - 12:00 pm |
| Transitioning to a Cancer-Fighting Diet    | 10      | 14       | 10:30 am - 12:00 pm |
| Snack and Learn                            |         | 10       | 12:45 - 1:15 pm     |

### Bereavement Kitchen

**Monday, Feb 9  
6:30 - 7:45 pm**

Food and cooking can play a powerful role in healing from loss and processing grief. Cook with us and experience the power of cooking as connection to those we have lost. This class is open to all who have lost a loved one to cancer.

### Cooking for One

**Thursday, Jan 15  
10:30 am - 12:00 pm**

This program teaches individuals cooking for one how to adjust recipes for smaller portions, scale ingredients, modify cooking times, and preserve flavors without food waste.

### Date Night Couples Cooking

**Tuesday, Jan 20, Monday, Mar 23  
5:30 - 7:00 pm**

**Staff Registration Required**  
Bring a spouse, friend, or family for a memorable night of cooking, laughter, and connection. You'll prepare delicious, nourishing recipes that are fun to make and eat together.

*Recipes in cooking classes may contain common food allergens*

### Nutrition Presentations & Discussions

Feel empowered, gain confidence, and increase knowledge while learning current, evidence-based cancer nutrition with oncology dietitians.

### Managing Cancer Side Effects

**Wednesdays  
3:30 - 4:30 pm**

Join us to learn dietary strategies to help combat these common cancer-related side effects

- Fatigue
- GI Issues: nausea, vomiting, constipation, diarrhea
- Low blood cell counts
- Poor appetite
- Taste changes: food tastes metallic, too sweet, bitter, or like cardboard

### Walk & Brunch

**Fridays, Jan 9, Mar 6  
Wednesday, Feb 18  
10:00 - 11:30 am**

Start your morning off right by taking a walk with exercise staff followed by a catered breakfast. Participants will gather in the kitchen immediately after the walk.

### Dinner with the RD

**Nutrition & Prostate Cancer  
Wednesdays, Jan 7, Feb 4, Mar 4  
6:00 - 7:00 pm**

An interactive dinner on the role of nutrition in managing prostate cancer side effects, where an oncology dietitian shares insights on how nutrition supports health during treatment and recovery.

### Lunch with the RD

An interactive lunch on the role of nutrition in managing breast & prostate cancer side effects, where an oncology dietitian shares insights on how nutrition supports health during treatment and recovery.

### Nutrition & Breast Cancer

**Thursday, Mar 19  
1:30 - 2:00 pm**

**Nutrition & Prostate Cancer**  
Wednesdays, Jan 7, Feb 4, Mar 4  
11:00 - 11:45 am

# NUTRITION

JANUARY FEBRUARY MARCH 2026



## PARTNER CLASSES



|   | January | February | March               |
|---|---------|----------|---------------------|
| <b>Lemons of Love:</b> 406 W. Central, Mt. Prospect, IL                                     |         |          |                     |
| <b>Cooking for Cancer:</b> Cooking demonstration with samples                               | 26      | 23       | 23                  |
|   |         |          | 6:00 - 7:30 pm      |
| <b>UI Health Mile Square:</b> 1220 S. Wood St., Chicago, IL                                 |         |          |                     |
| <b>Prostate Cancer Series Nutrition Presentation</b>  |         | 10       |                     |
|   |         |          | 5:30 - 7:00 pm      |
| <b>Loyola:</b> 2160 S 1st Ave, Maywood IL   |         |          |                     |
| <b>Nutrition Tips for GI Cancers</b>  | 29      |          | 9:30 - 10:30 am     |
| <b>Nutrition Tips for Breast Cancers</b>  |         | 27       | 9:30 - 10:30 am     |
| <b>River Forest Breast Cancer Center:</b> 420 William St B, River Forest IL                 |         |          |                     |
| <b>Cooking for Breast Cancer</b>  |         | 12       | 12:30 - 2:00 pm     |
| <b>Advocate Good Samaritan Bhorade Cancer Center:</b> 3745 Highland Ave., Downers Grove, IL |         |          |                     |
| <b>Cooking for Cancer:</b> Cooking demonstration with samples                               | 22      |          | 12                  |
|   |         |          | 10:30 am - 12:00 pm |

## ONLINE CLASSES



### Cooking Demonstrations

January February March

|                    |    |    |                |
|--------------------|----|----|----------------|
| Meatless Mondays   | 19 | 16 | 9              |
| Familiar Favorites |    | 24 | 6:00 - 7:00 pm |

### Online Nutrition Presentations & Series

#### Winter Warm-Up

**Thursdays, Feb 5, 19**

**10:30 am - 12:00 pm**

*Adrienne Felder, Professional Chef*

Want to have healthy meals ready to go without spending hours in the kitchen? Join Adrienne to learn how to prepare and store nutritious meals in advance. Save time, reduce stress, and enjoy delicious, ready-to-eat dishes.

#### Managing Cancer Side Effects

**Mondays, Jan 5 - Mar 23, No class Jan 19, Feb 16**

**12:00 - 1:00 pm**

Join us to learn dietary strategies to help combat these common cancer-related side effects

- Fatigue
- GI Issues: nausea, vomiting, constipation, diarrhea
- Low blood cell counts
- Poor appetite
- Taste changes: food tastes metallic, too sweet, bitter, or like cardboard

**Weilness House** for LIVING with CANCER

You'll feel better inside.

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Phone 630.323.5150 | [wellnesshouse.org](http://wellnesshouse.org)

For questions or to schedule an individual consultation, contact **Jamie Shifley, MS, RDN, LDN** at **630.654.5196** or [jshifley@wellnesshouse.org](mailto:jshifley@wellnesshouse.org)





# EXERCISE

STAY ACTIVE with safe, recommended exercises before, during, and after cancer.

## IN PERSON CLASSES



### STAFF-REGISTRATION

#### Monday

|                              |                     |
|------------------------------|---------------------|
| Exercise After Cancer Tx I   | 9:00 - 10:00 am     |
| Exercise During Cancer Tx II | 10:30 - 11:30 am    |
| Exercise During Cancer Tx I  | 11:30 am - 12:30 pm |
| Exercise After Cancer Tx II  | 4:30 - 5:30 pm      |
| Exercise After Cancer Tx I   | 5:30- 6:30 pm       |
| Breast Cancer Exercise       | 6:30 - 7:30 pm      |

#### Tuesday

|                              |                     |
|------------------------------|---------------------|
| Exercise After Cancer Tx II  | 7:30 - 8:30 am      |
| Exercise After Cancer Tx I   | 8:30 - 9:30 am      |
| Nia                          | 9:00 - 10:00 am     |
| Exercise During Cancer Tx II | 10:30 - 11:30 am    |
| Breast Cancer Exercise       | 11:30 am - 12:30 pm |

#### Wednesday

|                              |                     |
|------------------------------|---------------------|
| Exercise After Cancer Tx I   | 9:00 - 10:00 am     |
| Exercise After Cancer Tx I   | 10:00 - 11:00 am    |
| Exercise During Cancer Tx II | 11:00 am - 12:00 pm |

#### Thursday

|                              |                     |
|------------------------------|---------------------|
| Exercise After Cancer Tx II  | 7:30 - 8:30 am      |
| Exercise After Cancer Tx I   | 8:30 - 9:30 am      |
| Pilates                      | 8:30 - 9:30 pm      |
| Exercise After Cancer Tx I   | 9:30 - 10:30 am     |
| Exercise During Cancer Tx II | 10:30 - 11:30 am    |
| Exercise During Cancer Tx I  | 11:30 am - 12:30 pm |

#### Friday

|                             |                 |
|-----------------------------|-----------------|
| Exercise After Cancer Tx II | 9:00 - 10:00 am |
|-----------------------------|-----------------|

#### Saturday

|                              |                  |
|------------------------------|------------------|
| Exercise After Cancer Tx II  | 7:30 - 8:30 am   |
| Exercise After Cancer Tx I   | 8:30 - 9:30 am   |
| Exercise After Cancer Tx I   | 9:30 - 10:30 am  |
| Exercise During Cancer Tx II | 10:30 - 11:30 am |

### SELF-REGISTRATION

#### Monday

|                           |                  |
|---------------------------|------------------|
| Stretching through Cancer | 11:00 - 11:45 am |
| Chair Yoga                | 12:30 - 1:15 pm  |
| Open Gym                  | 1:15 - 4:30 pm   |
| Beginner Mat Yoga         | 6:30 - 7:30 pm   |

#### Tuesday

|                                |                 |
|--------------------------------|-----------------|
| Restore Your Core after Cancer | 9:45 - 10:30 am |
| Open Gym                       | 12:30 - 4:30pm  |
| Restorative Yoga               | 4:30 - 5:30 pm  |
| Tai Chi                        | 6:00 - 7:00 pm  |

#### Wednesday

|                   |                     |
|-------------------|---------------------|
| Chair Yoga        | 11:30 am - 12:15 pm |
| Open Gym          | 3:00 - 5:00 pm      |
| Beginner Mat Yoga | 5:30 - 6:30 pm      |

#### Thursday

|                                  |                 |
|----------------------------------|-----------------|
| Chair Yoga                       | 12:30 - 1:15 pm |
| Open Gym                         | 3:00 - 5:00 pm  |
| Breast Cancer Yoga Feb 5, 12, 19 | 5:30 - 6:30 pm  |

#### Friday

|                   |                  |
|-------------------|------------------|
| Qigong            | 9:00 - 10:00 am  |
| Beginner Mat Yoga | 10:30 - 11:30 am |
| Chair Yoga        | 11:00 - 11:45 am |

#### Saturday

|            |                 |
|------------|-----------------|
| Chair Yoga | 12:30 - 1:15 pm |
|------------|-----------------|

### SPECIAL PROGRAM

#### Walk & Brunch

**January 9, February 18, March 6**

**10:00 - 11:30 am**

*Registration Required*

Start your morning off right by taking a walk with exercise staff followed by a catered breakfast. Participants will gather in the kitchen immediately after the walk.



# EXERCISE

JANUARY FEBRUARY MARCH 2026



## ONLINE CLASSES |

### STAFF-REGISTRATION

#### Tuesday

|                          |                |
|--------------------------|----------------|
| Prostate Cancer Exercise | 8:00 - 8:45 am |
|--------------------------|----------------|

#### Thursday

|                          |                |
|--------------------------|----------------|
| Prostate Cancer Exercise | 8:00 - 8:45 am |
|--------------------------|----------------|

#### Saturday

|                        |                     |
|------------------------|---------------------|
| Pilates                | 8:30 - 9:15 am      |
| Breast Cancer Exercise | 11:30 am - 12:15 pm |

Staff-Registration classes require a Medical Release, Health History and an exercise consultation prior to registration. Tx - Treatment is abbreviated above as Tx.

### SELF-REGISTRATION

#### Monday

|  |                  |
|--|------------------|
| Bodyweight Exercise for Strength & Balance | 8:00 - 8:45 am   |
| Beginner Mat Yoga                          | 10:00 - 11:00 am |

#### Tuesday

|                                |                     |
|--------------------------------|---------------------|
| Restore Your Core After Cancer | 9:45 - 10:30 am     |
| Chair Yoga                     | 11:45 am - 12:30 pm |
| Stretching through Cancer      | 4:30 - 5:15 pm      |
| Beginner Mat Yoga              | 6:00 - 7:00 pm      |

#### Wednesday

|  |                  |
|--|------------------|
| Bodyweight Exercise for Strength & Balance | 8:00 - 8:45 am   |
| QiGong Series <b>Mar 11, 18, 25</b>        | 10:30 - 11:30 am |
| Stretching through Cancer                  | 4:00 - 4:45 pm   |

#### Thursday

|                                |                |
|--------------------------------|----------------|
| Restore Your Core After Cancer | 2:00 - 2:45 pm |
|--------------------------------|----------------|

#### Friday

|  |                  |
|--|------------------|
| Bodyweight Exercise for Strength & Balance | 8:00 - 8:45 am   |
| Beginner Chair Yoga                        | 10:00 - 11:00 am |

#### Saturday

|  |                  |
|--|------------------|
| Spanish Language Yoga <b>ALAS -Wings partnership</b> | 10:00 - 11:00 am |
|--|------------------|

## IN PERSON CLASSES |

### PARTNER CLASSES

**River Forest Breast Care :** 420 William St B, River Forest, IL

|            |                |                  |
|------------|----------------|------------------|
| Chair Yoga | Jan 15, 22, 29 | 11:00 - 11:45 am |
|------------|----------------|------------------|

**Lemons of Love:** 406 W. Central, Mt. Prospect, IL

|                   |            |                  |
|-------------------|------------|------------------|
| Beginner Mat Yoga | Wednesdays | 10:00 - 11:00 am |
|-------------------|------------|------------------|

**PAV YMCA:** 2947 Oak Park Ave, Berwyn, IL

|                           |            |                |
|---------------------------|------------|----------------|
| Stretching through Cancer | Wednesdays | 6:30 - 7:30 pm |
|---------------------------|------------|----------------|

**MacNeal Hospital** 3249 S Oak Park Ave, Berwyn, IL

|                       |            |                |
|-----------------------|------------|----------------|
| Spanish Language Yoga | Wednesdays | 5:00 - 6:00 pm |
|-----------------------|------------|----------------|

**UI Health Mile Square:** 1220 S. Wood St., Chicago, IL

|                          |                       |                |
|--------------------------|-----------------------|----------------|
| Tai Chi                  | Jan 13, 20, 27        | 5:00 - 5:45 pm |
| Tai Chi                  | Mar 3, 10, 17, 24, 31 | 5:00 - 5:45 pm |
| Chair Yoga               | Feb 5, 12, 19         | 5:00 - 5:45 pm |
| Prostate Cancer Exercise | March 12, 19, 26      | 5:30 - 6:30 pm |

**Loyola** 2160 S 1st Ave Maywood, IL

|                             |                            |                 |
|-----------------------------|----------------------------|-----------------|
| Exercise for Balance        | Jan 20, Feb 24, Mar 10, 24 | 9:30 - 10:15 am |
| Stretching for Joint Health | Jan 9                      | 9:30 - 10:15 am |
| Yoga for Digestion          | Feb 12                     | 9:30 - 10:15 am |

For questions or to schedule an individual consultation, contact **Casey Pantazopoulos** at **630.654.7942** or [pantazopoulso@wellnesshouse.org](mailto:pantazopoulso@wellnesshouse.org)



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[wellnesshouse.org](http://wellnesshouse.org)



# SUPPORT GROUPS & COUNSELING

**For Information:**

630.323.5150

Nevada Bennett, LCPC, NCC

nbennett@wellnesshouse.org

CONNECT with others who understand what you're going through.

## IN PERSON GROUPS |

### Support Groups

|                                      |                       |                |
|--------------------------------------|-----------------------|----------------|
| Concurrent Cancer & Caregiver Groups | Wednesdays            | 3:00 - 4:30 pm |
| Survivorship Connections             | Jan 8, Feb 12, Mar 12 | 5:15 - 6:15 pm |

### Bereavement Groups

|   |                           |                |
|---|---------------------------|----------------|
| Bereavement Support Group                       | Mondays Jan - Mar         | 5:00 - 6:30 pm |
| Transitions Group for Spouses                   | Wednesdays, twice monthly |                |
| Bereaved Solo Parents with Young Children/Teens | Jan 13, Feb 10, Mar 10    | 7:00 - 8:30 pm |

### Diagnosis Specific & Peer Connection Groups

|  | January | February | March |
|--|---------|----------|-------|
| Bladder Cancer <i>both in-person and online</i>              | 27      | 24       | 24    |
| Breast Cancer  | 15      | 5, 19    | 5, 19 |
| Colon/Rectal Cancer  | 19      | 16       | 16    |
| LGBTQ+ Cancer Connections <i>both in-person and online</i>   | 6       | 3        | 3     |
| Metastatic Breast Cancer                                     | 5       | 2        | 2     |
| Neuroendocrine Tumors (NET) <i>both in-person and online</i> | 10      | 14       | 14    |
| Prostate Cancer  | 7, 21   | 4, 18    | 4, 18 |
| Spiritual Side of Cancer                                     | 13      | 10       | 10    |
| Survivorship   | 8       | 12       | 12    |
| Young Adults with Cancer Connections                         | 5       | 2        | 2     |

### Legacy Storytelling Series

Fridays, January 16, 23 10:30 am, - 12:00 pm



To register, contact Ima Garcia Perez at [igarciaperez@wellnesshouse.org](mailto:igarciaperez@wellnesshouse.org) or 630.654.7217

Join us to share your unique journey by reflecting on your past by narrating your cancer journey, and life's journey, as well as aspirations moving forward. Upon completion of both sessions, you will receive a personalized, physical copy of your recorded story, capturing your reflection for years to come.

## PARTNER SITE GROUPS |

### January February March

#### Oak Park: Oak Park Library, 834 Lake St, Oak Park IL

|                      |         |                 |                |
|----------------------|---------|-----------------|----------------|
| Cancer Support Group | Mondays | January - March | 5:30 - 7:00 pm |
|----------------------|---------|-----------------|----------------|

#### RUSH University Medical Center: 1520 W. Harrison St, 4th Floor, Supportive Oncology Conf. Rm.

|                                 |   |   |   |                     |
|---------------------------------|---|---|---|---------------------|
| Breast Cancer Connections Group | 6 | 3 | 3 | 11:00 am - 12:30 pm |
|---------------------------------|---|---|---|---------------------|

#### UI Health Mile Square Health Center: 1220 S Wood St, Chicago, IL, Room 1051

|                                  |    |    |    |                     |
|----------------------------------|----|----|----|---------------------|
| Women of Color Connections Group | 20 | 17 | 17 | 11:00 am - 12:30 pm |
|----------------------------------|----|----|----|---------------------|

#### OSF Little Company of Mary: 2800 West 95th St, Evergreen Park, IL, Cancer Center Library Room S1145

|                         |    |    |    |                |
|-------------------------|----|----|----|----------------|
| Women's Support Group   | 20 | 17 | 17 | 4:00 - 5:15 pm |
| Caregiver Support Group | 20 | 17 | 17 | 5:30 - 6:45 pm |

# SUPPORT GROUPS & COUNSELING

JANUARY FEBRUARY MARCH 2026



## ONLINE GROUPS



### Support Groups

|  |            |                  |
|--|------------|------------------|
| Cancer Support Group                       | Wednesdays | 7:00 - 8:30 pm   |
| Caregiver Support Group                    | Wednesdays | 6:30 - 8:00 pm   |
| Living with Metastatic Breast Cancer       | Tuesdays   | 10:00 - 11:30 am |
| Living with Recurrent or Metastatic Cancer | Fridays    | 10:00 - 11:30 am |
| Men's Support Group                        | Tuesdays   | 12:00 - 1:30 pm  |
| Women's Support Group                      | Tuesdays   | 2:00 - 3:30 pm   |

**Memorial Sloan Kettering's Meaning Centered Psychotherapy**  
Thursdays  
February 5 - March 26  
1:00 - 2:30 pm  
8-week course designed to strengthen meaning in the face of cancer

### Bereavement Groups

|  | January  | February        | March          |
|--|----------|-----------------|----------------|
| Bereavement Support Group                    | Tuesdays | January - March | 5:00 - 6:30 pm |
| Connections for Those Who Have Lost a Parent |          | 5               | 5              |
| Transitions Alumni                           | 27       | 24              | 24             |

### Diagnosis Specific & Peer Connection Groups

|   | January | February | March          |
|---|---------|----------|----------------|
| Brain Tumor   | 22      | 26       | 26             |
| Breast Cancer   | 12, 26  | 9, 23    | 9, 23          |
| Breast Cancer Hormone Therapy   | 22      | 26       | 26             |
| Colon/Rectal Cancer   | 12      | 9        | 9              |
| Gynecologic Cancers   | 8       | 12       | 12             |
| Head, Neck & Thyroid Cancer   | 20      | 17       | 17             |
| Lung Cancer   | 19      | 16       | 16             |
| Lymphoma & Leukemia   | 8       | 12       | 12             |
| Melanoma  | 27      | 24       | 24             |
| Metastatic Prostate Cancer  | 20      | 17       | 17             |
| Multiple Myeloma  | 15      | 19       | 19             |
| Pancreatic Cancer   | 13, 27  | 10, 24   | 10, 24         |
| Prostate Cancer   | 14, 28  | 11, 25   | 11, 25         |
| Sarcoma Cancers   | 17      | 21       | 21             |
| Death Café Alumni   | 6       | 3        | 3              |
| Meaning-Centered Psychotherapy Alumni   | 13      | 10       | 10             |
| Soul Chat: Cancer + Spirituality Group for Black, Indigenous, & People of Color | 19      | 16       | 16             |
| UIH MSHC partnership  |         |          |                |
| Young Breast Cancer Connections   | 26      | 23       | 23             |
|   |         |          | 7:00 - 8:30 pm |

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Hinsdale, Illinois 60521  
Phone 630.323.5150 | [wellnesshouse.org](http://wellnesshouse.org)

Individual consultations and short-term counseling are available. To schedule an appointment, contact Nevada Bennett: 630.323.5150 [nbennett@wellnesshouse.org](mailto:nbennett@wellnesshouse.org)





# CHILD & FAMILY

## For Information:

Contact  
[abarber@wellnesshouse.org](mailto:abarber@wellnesshouse.org)  
 or 630.654.5115.

BUILD UNDERSTANDING with programs that create a place to learn, express feelings, and heal.

## IN PERSON GROUPS |

### Support Groups

*Groups for children, teens and parents to receive peer support and explore their feelings as they navigate a cancer diagnosis.*

#### Toddler Talk: Parent & Tot Connections

Feb 5, Mar 5  
 10:00 - 10:45 am (Ages 2 - 5)

#### Teen Group

Jan 14, 28 Feb 11, 25 Mar 11, 25  
 5:15 - 6:45 pm  
 (Ages 12 - 18)

#### Kids Group

Wednesdays  
 4:30 - 6:00 pm (Ages 6 - 11)

#### Kids Group Parents

Wednesdays  
 Jan 14, Feb 11, Mar 11  
 4:30 - 5:30 pm

#### Brave Kids

Jan 7, 21, Feb 4, 18, Mar 4, 18  
 5:15 - 6:45 pm

#### Monthly Parent Workshop

Mondays  
 Jan 26, Feb 23, Mar 23  
  
 7:00 - 8:00 pm

#### Parent Podcast Club

Tuesdays  
 Feb 10, Mar 10  
  
 6:00 - 7:00 pm

### Bereavement

*Supportive peer groups for children, teens, and parents who are grieving the loss of a loved one due to cancer.*

#### Turtles

Mondays  
 5:30 - 6:30 pm  
 (Children, ages 6 - 12)

#### Teen Turtles

Jan 19, Feb 16, Mar 16  
 4:30 - 5:30 pm  
 (Teens, ages 13 - 19)

#### Tiny Turtles

Jane 12, 26, Feb 9, 23, Mar 9, 23  
 4:30 - 5:30 pm  
 (Children ages 4-6)

#### Bereaved Solo Parents with Young Children/Teens

Tuesdays  
 Jan 13, Feb 10, Mar 10  
 7:00 - 8:30 pm

#### Memory Meal

Monday, January 19  
 5:30 - 7:00 pm  


*Staff Registration Required*  
 Join Wellness House for a warm and heartfelt evening honoring the memory of loved ones lost to cancer. Families of all ages are welcome for dinner, storytelling, and community. Together, we'll remember, share, and celebrate the love that never fades.

### Stress Management

#### Kids Art

5:30 - 6:15 pm  
 Winter Wishes & Snowflake Dreams  
 Jan 28  
 Heartfelt Creations  
 Feb 25  
 Rainbow Rain & Spring Bloom  
 March 25

#### Stress Free Saturday for Parents & Grandparents

Jan 17, Feb 14, Mar 14  
 10:00 - 11:00 am

#### Stress Free Saturday for Kids

Feb 14, Mar 14  
 10:00 - 11:00 am

### Exercise

#### Kids Yoga

5:30 - 6:15 pm  
 Blizzard Balance & Cozy Calm  
 Jan 7  
 Love & Kindness Flow  
 Feb 4  
 Spring Awakening Flow  
 Mar 4

#### Yoga & Sound Under the Stars

Jan 17, Feb 21, Mar 21  
 11:00 am - 1:00 pm

#### Storybook Creations

Feb 12  
 4:30 - 6:00 pm

### Nutrition Classes

*To register, contact Jamie Shifley at 630.654.5196 or [jshifley@wellnesshouse.org](mailto:jshifley@wellnesshouse.org)*

#### Date Night: Couples Cooking Class

Tuesday, January 20, Monday, March 23, 5:30 - 7:00 pm  
 Bring a spouse, friend, or family member for a memorable night of cooking, laughter, and connection! You'll prepare delicious, nourishing recipes, bond with your loved one, and connect with others!

For questions or to schedule a consultation contact  
 Lexie Barber, MS, CCLS  
[abarber@wellnesshouse.org](mailto:abarber@wellnesshouse.org)





## SPECIAL EVENTS



### The Zen Zone for Kids & Families

**Saturday, January 17**

**10:30 am - 12:00 pm**

Warm up this winter with a morning of relaxation and fun! Kids can unwind with meditation, get pampered by Simply from the Heart, and create their own bath bombs to take home. Adult caregivers can join in on the fun too with chair massages and family-friendly activities.



### Happy Hearts

**Saturday, February 7**

**10:30 am - 12:00 pm**

Join us for this fun event celebrating love! Dress in your favorite Valentine's Day colors or attire. We will have yummy treats, arts and crafts and lots of fun and laughter.



### Let's Bowl

**Monday, March 9**

**5:30 - 7:00 pm**

Join us for a fun night of bowling and pizza! Come put your bowling skills to the test and enjoy some friendly competition with other Wellness House families. It's the perfect way to have fun, make memories, and enjoy time together!

Contact Lexie Barber at 630-654-5115 or [abarber@wellnesshouse.org](mailto:abarber@wellnesshouse.org) to learn more or register for these special events.

## PARTNER PROGRAMS

### Family Stress Management & Yoga

**Thursday, February 26 | 5:00 - 6:30 pm**

Join us for an evening of stress management techniques and gentle family yoga- all ages are welcome!

### Healthy Families: Coping Skills & Nutrition

**Monday, March 2 | 5:30 - 7:00 pm**

Inviting the whole family to join us on a Thursday evening for support programming and nutrition tips for you and any child/teen in your lives.

### Family Art & Exercise Fun

**Wednesday, March 25 | 5:30 - 6:30 pm**

Bring the whole family together for a unique blend of creativity and movement! You'll experience movement activities, creativity, and family bonding time.

*Program Location: UIH Mile Square 1220 S. Wood St., Chicago, IL 60608*



### Happy Hearts Chicago

**Tuesday, February 10 | 4:00 - 5:15 pm**

Join us in Chicago for this family-friendly event celebrating Valentine's Day!

Location:  
McKinley Park Branch Chicago Public Library  
1915 W 35th St, Chicago, IL 60609



### Let's Bowl Chicago

*Contact Lexie Barber at 630-654-5115 or [abarber@wellnesshouse.org](mailto:abarber@wellnesshouse.org) for more information.*

Join us in Chicago for a fun night of bowling and pizza. Come put your bowling skills to the test and enjoy some friendly competition with other Wellness House families.

### Parent, Child, Teen and Family Consultations

Consultations and short-term counseling are available to assist parents, children, teens, families, family caregivers and couples in addressing concerns about cancer and developing positive coping strategies.

*For more information or to schedule an appointment, please contact Lexie Barber at [abarber@wellnesshouse.org](mailto:abarber@wellnesshouse.org) or 630-654-5115.*

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# APOYO GRATUITO PARA EL CÁNCER

Para obtener más información, comuníquese por correo electrónico.



## Contáctenos

Para obtener más información,  
llame al 630.654.7217 o  
igarciaperez@wellnesshouse.org

## Consulta de Consejero

### *Home of Hope*

Para programar una cita de terapia, Llame a Ima Garcia Perez 630-654-7217.

Wellness House ofrece sesiones de terapia para personas afectadas por el cáncer, como las personas diagnosticadas con cáncer, los cuidadores o los miembros de la familia.

## Programas en Persona

### **Grupo de apoyo para personas viviendo con cáncer**

**cada miércoles | 5:00 - 6:15 pm** Se requiere registro

**DIRECCIÓN:** 131 N. County Line Rd., Hinsdale, IL 60521

Este grupo de apoyo está diseñado para abordar los desafíos emocionales que vienen con un diagnóstico de cáncer al brindar un espacio seguro para que las personas diagnosticadas se reúnan para compartir experiencias, lidiar con la ansiedad y la preocupación y para apoyarse mutuamente. Este grupo tocará diferentes temas de cáncer en diferentes secciones.

### **Yoga en español**

**cada miércoles | 5:00 - 6:00 pm** Se requiere registro

*En asociación con MacNeal Hospital*

**DIRECCIÓN:** MacNeal Hospital 3249 S. Oak Park Ave., Berwyn, IL 60402

Posturas de yoga para principiantes y restaurativas basadas en colchonetas y de pie, instruidas en español.

## Consulta de Pelucas

### *Home of Hope*

Para programar una cita de peluca de Wellness House llame a Annie Chaljub a 630.654.5355.

Recomendaciones personalizadas para el estilo, color, ajuste y cuidado de la peluca con uno de nuestros expertos. Reciba una peluca sin costo si tiene pérdida de cabello debido a su tratamiento de cáncer.

## Programa en línea

### **Yoga en español**

**sábado | 10:00 - 11:00 am** Se requiere registro

*En asociación con ALAS-Wings*

Posturas de yoga para principiantes y restaurativas basadas en colchonetas y de pie, instruidas en español.

Obtenga más información  
sobre wellness house



 escanéame

# WELLNESS HOUSE PARTNER NETWORK

Wellness House offers programs onsite at our partner locations throughout metro Chicago. We offer classes and events on nutrition, exercise, support and counseling, information, and educational programs that best serve the people in the immediate community.



## Mile Square Health Center

1220 S Wood St  
Chicago, IL 60608

To view all classes at Mile Square Health Center, visit [wellnesshouse.org/uilhealth](http://wellnesshouse.org/uilhealth)



## RUSH Cancer Center

1520 W. Harrison St.  
Chicago, IL 60607

To view all classes at RUSH Cancer Center, visit [wellnesshouse.org/rush](http://wellnesshouse.org/rush)



## Loyola Medicine

Cardinal Bernardin  
Cancer Center  
2160 S. 1st Ave  
Maywood, IL 60153

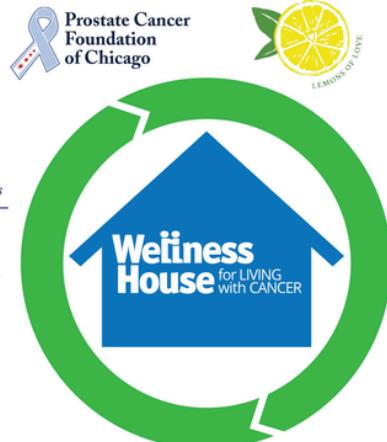
To view all classes at Loyola Medicine, visit [wellnesshouse.org/Loyola](http://wellnesshouse.org/Loyola)



## OSF Little Company of Mary

Cancer Center Library,  
Room S1145  
2800 West 95th Street  
Evergreen Park, IL 60805

To view all classes at OSF Little Company of Mary, visit [Wellnesshouse.org/osflittlecompanyofmary](http://Wellnesshouse.org/osflittlecompanyofmary)



Hope and Healing Cancer Clinic and  
Advocates for Community Wellness



**Visit one of our other partners throughout the Chicagoland area**

Partnership programs are listed throughout the guide and are held at many of the sites listed below. Please note that participants need not be patients of these hospitals in order to attend the groups and classes.

To schedule an appointment for Unique Boutique services at our main location in Hinsdale, call 630.654.5110 or email [uniqueboutique@wellnesshouse.org](mailto:uniqueboutique@wellnesshouse.org).

Appointments are limited provided at no cost.