

MILE SQUARE HEALTH CENTER

WELLNESS HOUSE

At Mile Square Health Center

In-Person Programs

Cooking for Cancer

2nd Wednesdays | 5:30 - 7:00 pm

Wednesdays, May 20 & June 17

MSHC, 2nd floor, Staff Lounge

Registration Required

Tai Chi

Tuesdays, May 5, 12, 19, 26, June 2, 9, 16, 23

5:00 - 5:45 pm

MSHC, 2nd floor, Staff Lounge

Simple Art for Stress Management

Tuesdays, May 5, 12, 19, 26, June 2, 9, 16, 23

5:45 - 6:30 pm

MSHC, 2nd floor, Staff Lounge

Chair Yoga

Thursdays, April 9, 16, 23 | 5:00 - 5:45 pm

MSHC, 2nd floor, Staff Lounge

Breathwork

Thursdays, April 9, 16, 23 | 5:45 - 6:30 pm

MSHC, 2nd floor, Staff Lounge

Prostate Cancer Exercise

Thursdays, June 4, 11, 25 | 5:30 - 6:30 pm

MSHC, 2nd floor, Staff Lounge

Women of Color Connections Group

3rd Tuesdays | 11:00 am - 12:30 pm

April 21, May 19, June 16

MSHC, 1st 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*

FREE CANCER SUPPORT

CONTACT US

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

Living with Prostate Cancer Series

Mondays, May 4, 11, 18 & June 1 | 5:30 - 7:00 pm

Location: McKinley Park Library 1915 W. 35th Street Chicago

This series is designed to provide helpful, research-based tips and strategies for coping with the impacts of prostate cancer diagnosis. Presentation topics include exercise, nutrition, and emotional support. Patients and caregivers are invited to join.

Cancer Thriving & Surviving

Thursday, May 7 - June 18 (No class June 4th) | 4:30 - 7:00 pm

MSHC, 1st floor, Conference Room

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.

Wellness House Showcase Event

Monday, June 8

5:30 - 7:00 pm

MSHC, 1st floor,

Conference Room

Wondering what Wellness House free cancer support services are all about? Join us for lunch, conversation and participation in mini-versions of Wellness House program offerings, including exercise, stress management, and support groups.

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 Coping Skills & Movement

Mondays April 27 & June 22

4:30 - 5:30 pm

MSHC, 2nd floor, Staff Lounge

Family Art and Exercise Fun

Contact Jadyn Chipman at jchipman@wellnesshouse.org for information

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 pm

April 20, May 18, June 15

To register, contact Nevada Bennett at 630.654.5346 or nbennett@wellnesshouse.org



Scan for more information or to register

UI Health Mile Square Health Center – Main
1220 S. Wood St. Chicago, IL 60608
Free parking available at the corner of Roosevelt Rd. and South Wood St. (Lot O- Patient Parking)

UI Health Cancer Clinic
Outpatient Care Center,
Suite 1 E
1801 W. Taylor Street,
Chicago, IL 60612

Wellness House for LIVING with CANCER
You'll feel better inside.

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Wellness House Showcase Event Tuesday, April 21 12:30 - 2:00 pm

MSHC, 1st floor, Conference Room
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