



FREE CANCER SUPPORT

CONTACT US

For more information or assistance with registration, call 630.323.5150 or email info@wellnesshouse.org

WELLNESS HOUSE

Near Oak Park and River Forest

Cancer Support Group

Mondays | 5:30 - 7:00 pm

Oak Park Library

834 Lake St., Oak Park, IL 60301

Ongoing support group for people with cancer to share medical information, connect with others in similar circumstances and improve their coping skills.

Cancer Creative Connections

Saturdays, April 11, May 9, and June 6

10:30 am - 12:00 pm

Mosaic Counseling and Wellness,

215 Harrison St., Oak Park, IL 60304

Mondays, April 13 and June 8

5:00 - 5:30 pm

Oak Park Library

834 Lake St., Oak Park, IL 60301

Join us for an art-based calming and creative stress management session designed to help alleviate stress associated with a cancer diagnosis.

Chair Yoga

Thursdays, June 4, 11, 18

11:00 - 11:45 am

River Forest Breast Care Center,

420 William St., River Forest, IL 60305

Join us for chair yoga with meditation immediately following. Cancer survivors and caregivers welcome.

Meditation with Sound

Thursdays, June 4, 11, 18

11:45 am - 12:30 pm

River Forest Breast Care Center,

420 William St., River Forest, IL 60305

Relax your body and mind with this meditation program following chair yoga.

Simple Art for Stress Management

Thursday, June 18 | 12:30 - 1:30 pm

River Forest Breast Care Center,

420 William St., River Forest, IL 60305

Discover the soothing art of diamond painting as you place shimmering gems to create a beautiful design. This class offers a calm, creative space to relax and enjoy the process.



SCAN TO REGISTER



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