

# Prostate Cancer Support at Wellness House



## PROSTATE CANCER SUPPORT PROGRAMS IN PERSON AT WELLNESS HOUSE OR ONLINE

### INFORMATION AND EDUCATION

#### **Prostate Cancer Foundation of Chicago Meetings**

Wednesday April 1, May 6, June 3 | 5:00 - 6:00 pm

[In Person](#) and [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. After the meetings, stay for Dinner with the RD from 6:00 - 7:00 pm for a healthy meal and informal Q&A with an oncology dietitian.

*In partnership with the Prostate Cancer Foundation of Chicago*

- **April 1: Survivors with Sweeney: Survivorship After Prostate Cancer Q&A**

*Patrick Sweeney, MD, UChicago Medicine Advent Health*

- **May 6: Radiopharmaceuticals**

*Alec Harris, MD, Radiation Oncology Consultants*

- **June 3: Updates in Medical Oncology: Systemic Therapies for Prostate Cancer**

*Syed Ahmed, MD, PhD Northwestern Medicine*

### NUTRITION

An interactive meal 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.

#### **Dinner with the RD: Nutrition & Prostate Cancer**

Wednesdays, April 1, May 6, June 3 | 6:00 - 7:00 pm

[In Person](#)

#### **Lunch with the RD: Nutrition & Prostate Cancer**

Wednesdays, April 15, May 20, June 17 | 11:00 - 11:45 am

[In Person](#)

### EXERCISE

#### **Prostate Cancer Exercise**

Tuesdays & Thursdays | 8:00 - 8:45 am | [Online](#)

Contact Casey Pantazopoulos at 630.654.7942 or [cpantazopoulos@wellnesshouse.org](mailto: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**

Wednesdays April 8, 22, May 13, 27, June 10, 24

8:30 - 9:00 am | [Online](#)

Wednesdays April 1, May 6, June 3 | 11:00 - 11:45 am

[In Person](#)

Customized stretches for prostate cancer survivors from diagnosis through survivorship.

### SUPPORT GROUPS AND COUNSELING

#### **Diagnosis Specific & Peer Connection Groups: Prostate cancer**

April 1, 15, May 6, 20, June 3, 17 | 9:30 - 11:00 am | [In person](#)

April 8, 22, May 13, 27, June 10, 24 | 9:30 - 11:00 am | [Online](#)

#### **Diagnosis Specific & Peer Connection Groups: Metastatic Prostate Cancer**

April 21, May 19, June 16 | 3:00 - 4:30 pm | [Online](#)

Learn more or register at [wellnesshouse.org](http://wellnesshouse.org)



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## PROSTATE CANCER SUPPORT PROGRAMS CHICAGO PARTNER LOCATIONS



### INFORMATION AND EDUCATION

#### Hot Topics in Prostate Cancer Chicago 2026

Wednesday, April 22 | 5:30 8:30 pm  
Malcolm X College Conference Center,  
1900 W. Jackson Blvd, Chicago, IL 60612

If you have been diagnosed with prostate cancer or care about someone who has, Wellness House welcomes you to our annual Hot Topics in Prostate Cancer event. Join us to learn from top oncologists, surgeons, and healthcare professionals in the Chicago area.

- **5:30 pm**  
**Registration & Dinner**
- **6:00 pm**  
**Living Well with Prostate Cancer:  
Understanding Prostate Cancer**  
*Kelly Fonner, RN, Bayer Oncology*
- **6:45 pm**  
**Updates in Radiation Treatment of  
Prostate Cancer**  
*Kevin King, MD, City of Hope*
- **7:15 pm**  
**Prostate Cancer Real Talk:  
A Conversation with El and Shay Allen**  
*El and Shay Allen, Prostate Cancer Real Talk podcast*

#### Living With Prostate Cancer Series

Mondays, May 4, 11, 18, June 1 | 5:30 - 7:00 pm  
McKinley Public Library, 1915 W. 35th Street,  
Chicago, IL 60609

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.



### EXERCISE

#### Prostate Cancer Exercise

June 11, 25 | 5:30 - 6:30 pm  
UIHealth Mile Square, 1220 S. Wood St.,  
Chicago, IL 60608

Customized exercises for prostate cancer survivors.

Learn more or register at  
[wellnesshouse.org](https://wellnesshouse.org)

