



Wellness House for LIVING with CANCER

You'll feel better inside.

**FREE
CANCER
SUPPORT**

WELCOME TO
WELLNESS HOUSE
Cancer Support Programs at



OSF HEALTHCARE
Little Company of Mary
Medical Center

Cancer Center Library, Room S1145
9374-9498 S California Ave
Evergreen Park, IL 60805

Wellness House Showcase

Thursday, May 14 | 12:00 - 1:30 pm

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

To register, email awenclawski@wellnesshouse.org

LEARN MORE



Tuesdays, April 21, May 19, June 16

Women's Cancer Connections Group

4:00 - 5:15 p.m.

Women of all ages with a cancer diagnosis are invited to join in this monthly support group to share in their experiences and connect with others, located at Little Company of Mary.

Caregiver Connections Group

5:30 - 6:45 p.m.

Share and learn with other caregivers about positive coping and self-care strategies in this monthly support group located at Little Company of Mary.

To register for the above programs, email

kkumpula@wellnesshouse.org

Tuesday, June 9

Navigating the Uncertainty of Caregiving

12:00 - 1:30 pm

We invite caregivers and loved ones caring for a family member with a cancer diagnosis to join us for an interactive workshop, which will include hands-on tools, leaning into resources, and normalizing the caregiver experience.

To register, email sbohun@wellnesshouse.org

For more information, visit Wellnesshouse.org
call 630.654.5356 or email whchicago@wellnesshouse.org

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