

Welcome Guide

Support for living with cancer



**All-Inclusive
Cancer Wellness**

**NO COST
JUST SUPPORT**

Welcome to Wellness House. We are a team of warm and caring experts ready to help. We're here for those who are newly diagnosed, in treatment, post treatment, caregivers and families. All programs are provided at no cost. Check out the programs available to you today!

Visit wellnesshouse.org or call 630.323.5150



**In-Person
and
Online**

Wellness House offers complete cancer wellness support every step of the way – for you and your loved ones. We are a nonprofit and here for everyone, no matter where you're receiving your medical treatment. Our classes are taught by experts who can help you during and after treatment. Learn more at wellnesshouse.org.

Information and Education

FEEL EMPOWERED and stay informed with current and reliable information about new treatments, managing side effects, and coping with cancer.

Top Doc Lectures, classes, workshops, webinars, and on-demand videos

- ✓ Reliable and current resources
- ✓ Side effect management
- ✓ Learn about options
- ✓ Gain new skills



Connect with our staff

informationandeducation@wellnesshouse.org

Nutrition

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

Cooking classes, side effect management, kitchen skills, and individual nutrition consultations

- ✓ Improve food choices
- ✓ Discover new nutrient-dense foods and delicious recipes
- ✓ Improve side effects related to appetite, nausea, diarrhea, and constipation



Connect with one of our oncology dietitians

nutrition@wellnesshouse.org

Exercise

STAY ACTIVE with safe and recommended exercises before, during, and after cancer treatment. No experience is required, and all abilities are welcome.

Exercise classes, yoga, tai chi, exercise consultations, and fitness assessments

- ✓ Increase energy
- ✓ Improve quality of life
- ✓ Reduce fatigue and nausea
- ✓ Manage neuropathy, lymphedema, and osteoporosis



Connect with one of our oncology exercise specialists

exerciseprograms@wellnesshouse.org

Stress Management

RELAX with stress management techniques to calm your body, still your mind, and engage your spirit.

Mindfulness, meditation, and expressive arts

- ✓ Learn to manage stress
- ✓ Improve coping skills
- ✓ Increase quality of life

Connect for a consultation

stressmanagement@wellnesshouse.org



You'll find community here.

Connect with us today. Call 630.323.5150

Child and Family

BUILD UNDERSTANDING with parent, child, and teen programs that give families a place to learn, express feelings, and heal.

Kids and teen groups, counseling for children, teens, couples, and families, fun family events, and wellness classes

- ✓ Navigate the cancer journey together
- ✓ Improve communication
- ✓ Feel understood



Connect with a Child & Family Counselor
childandfamily@wellnesshouse.org

Support Groups and Counseling

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

Support groups, diagnosis-specific groups, counseling, and bereavement support

- ✓ Improve health outcomes by reducing isolation
- ✓ Share and connect with supportive peers
- ✓ Manage emotions



Connect with an Oncology Support Counselor
supportandcounseling@wellnesshouse.org

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

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.

To schedule an appointment, call **630.654.5110** or email uniqueboutique@wellnesshouse.org
Appointments are limited and provided at no cost.

SALON SERVICES

HAIRCUTTING, SHAVING & SHAPING

WIG BOUTIQUE

FITTING & STYLING

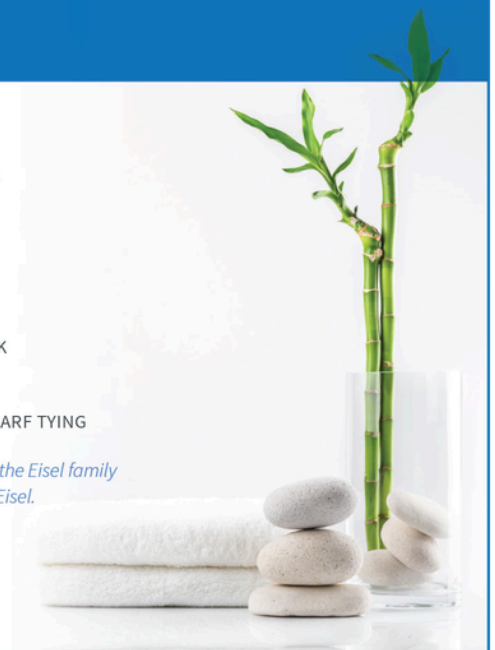
WELLNESS TUNE-UPS

MASSAGE THERAPY & ENERGY WORK

BEAUTY WORKSHOPS

EYEBROW, MAKEUP & SKIN TIPS, SCARF TYING

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





You'll feel better inside.

Wellness House | Main Location
The Kay & Mike Birck Home of
Hope 131 North County Line Road
Hinsdale, Illinois 60521

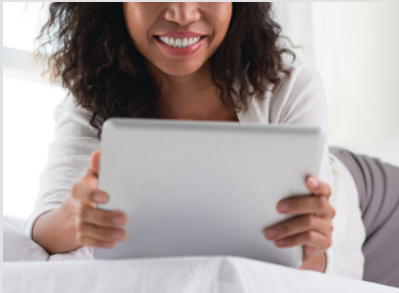
In-Person and Online

A great place to begin

WELCOME TO WELLNESS HOUSE ORIENTATION

New to Wellness House? Join us for an orientation that provides an overview of programs and an opportunity to learn more about how to benefit from Wellness House. Choose a day and time that works for you. For more information, or to register call **630.323.5150** or visit wellnesshouse.org/welcome. For an orientation in Spanish email información@wellnesshouse.org or call **630.654.5529**.

Wellness House On Demand Videos



Watch Now

Watch from the comforts of your own home. Our video content is always evidence-based and presented by experts in the field of oncology.

Thank you to our generous grantors:

- Anonymous
- Guy A. and N. Kay Arboit Charitable Trust
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- Illinois Public Health Association
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- Naffah Family Charitable Foundation
- Oberweiler Foundation
- Edmond & Alice Opler Foundation
- Prostate Cancer Foundation of Chicago
- Ramon Bueno Cancer Support Foundation
- Together at Peace
- Westlake Health Foundation

Join us at one of our Chicago/Near Chicago Partner Locations



Looking for More ways to connect?

Visit wellnesshouse.org/nearyou



wellnesshouse.org/rush



wellnesshouse.org/loyola



wellnesshouse.org/uihealth



wellnesshouse.org/osflittlecompanyofmary

Visit wellnesshouse.org/nearyou or call **630.323.5150** to explore programs offered at **14 partner locations** across Chicagoland.