



# FREE CANCER SUPPORT

## CONTACT US

For more information or assistance with registration, call 630.323.5150 or email [info@wellnesshouse.org](mailto:info@wellnesshouse.org)

# WELLNESS HOUSE

## Oak Park, River Forest, & Berwyn

### 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, May 9, and June 6**

**10:30 am - 12:00 pm**

*Mosaic Counseling and Wellness,*

*215 Harrison St., Oak Park, IL 60304*

**Monday 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.

### Stretching through Cancer

**Wednesdays | 6:30 - 7:30 pm**

*PAV YMCA, 2947 Oak Park Ave, Berwyn, IL 60402*

### 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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**PAV YMCA**  
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Berwyn, IL 60402

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