

# Prostate Cancer Support at Wellness House



## PROSTATE CANCER SUPPORT PROGRAMS

### INFORMATION AND EDUCATION

#### Prostate Cancer Foundation of Chicago Meetings

Wednesday, August 5, September 2 | 5:00 - 6:00 pm

[In Person and Online](#)

Men diagnosed with prostate cancer, and their caregivers are invited to discuss treatment options, learn about current research and ask questions. 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*

- **August 5: Mental Health and Prostate Cancer**  
*William Hartsell, MD, Ascension Alexian Brothers Medical Center, Radiation Oncology Consultants*
- **September 2: Updates in the Treatment of Prostate Cancer,**  
*Michael Kharouta, MD, Advocate Illinois Masonic Hospital, Radiation Oncology Consultants*

#### Living Well With Prostate Cancer Series

Mondays, August 31, September 14, 21, 28 | 5:30 - 7:00 pm

[In Person | Wellness House](#)

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.

- **August 31: Medical Concerns after Prostate Cancer,** *Jacob Tallman, MD, UChicago Medicine*
- **September 14: Safe Exercise after Prostate Cancer,** *Brittany McClary, MS, ACSM GEI*
- **September 21: Healthy Eating after Prostate Cancer**
- **September 28: Coping with Prostate Cancer: Emotional Support, Caregiving and Reducing Isolation,** *Ima Garcia-Perez, LSW*

#### Hot Topics Prostate Cancer

Saturday, September 19 | 8:30 am - 2:00 pm

[In Person | Wellness House](#)

Join top oncologists, surgeons, and healthcare professionals in the Chicagoland area to learn about the latest updates in the research, treatment and side effect management for prostate cancer

### EXERCISE

Customized exercises for prostate cancer survivors. These programs are suitable for participants at any phase from diagnosis to survivorship.

#### Prostate Cancer Exercise

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

#### Stretching Through Prostate Cancer

Wednesdays July 8, 22, August 12, 26, September 9, 23

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

#### Prostate Cancer Exercise

Thursdays, September 3, 10, 17, 24 | 5:30 - 6:30 pm

[In Person | Mile Square Health Center, 1220 S. Wood St., Chicago, IL 60608](#)

### SUPPORT GROUPS AND COUNSELING

#### Prostate Cancer Connections Groups

July 15, August 5, 19, September 2, 16 | 9:30 - 11:00 am | [In person](#)

July 8, 22, August 12, 26, September 9, 23 | 9:30 - 11:00 am | [Online](#)

#### Metastatic Prostate Cancer Connections Group

July 21, August 18, September 15 | 3:00 - 4:30 pm | [Online](#)

### 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, August 5, September 2 | 6:00 - 7:00 pm

[In Person](#)

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

Wednesdays, July 15, August 19, September 16 | 11:00 am - 12:00 pm

[In Person](#)



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