



# WELCOME TO WELLNESS HOUSE At McKinley Park Public Library

**FREE  
CANCER  
SUPPORT**

**CONTACT US**  
For more information or assistance with registration, call 630.654.5356 or email [whchicago@wellnesshouse.org](mailto:whchicago@wellnesshouse.org)

**Rerouting: Choosing Your Course After Cancer**  
**Mondays, July 27, August 3 (online), 10, 17, 24 | 6:00 - 7:30 pm**  
*McKinley Park Public Library (except online August 3)*

Finishing cancer treatment often elicits a full range of emotions, as well as a new range of physical concerns and questions for both patients and caregivers. Join us for this interactive five-week series that will provide the information you need to create your course after cancer treatment. You will receive the most benefit from attending each week in this series, though it is not required.

- **July 27** - Introduction to Survivorship
- **Aug 3** - Emotional Support after Cancer Treatment (Online)
- **Aug 10** - Healthy Nutrition after Cancer Treatment
- **Aug 17** - Exercise after Cancer Treatment
- **Aug 24** - Top Doc: Medical Concerns after Cancer Treatment, Christopher George, MD

**Wellness House Showcase Event**  
**Tuesday, August 4 | 11:00 am - 12:30 pm | McKinley Public Library**  
Curious about Wellness House’s free cancer support services? Come experience them for yourself in this orientation-style program. Sample mini sessions such as exercise, nutrition, stress management, or support groups—and discover how these programs can support you.

**Tai Chi**  
**Tuesdays, August 4, 11, 18, September 1, 8, 15, 22**  
**4:30 - 5:15 pm**  
*McKinley Park Public Library*

**Simple Art for Stress Management**  
**August 4, 11, 18, 25, September 1, 8, 15, 22**  
**5:45 - 6:30 pm**  
*McKinley Park Public Library*

**Family Fun: Nutrition & Exercise**  
**Friday, August 7**  
**12:30 - 2:00 pm**  
*McKinley Park Public Library*  
Bring the whole family together for a unique blend of creativity and movement! You'll experience movement activities, creativity, and family bonding time.

**Wellness House Unique Boutique in Chicago**  
**Wednesday, September 9**  
**5:00-7:00pm**  
*McKinley Park Public Library*

**Wig appointments:** Participants will be fitted for a wig with one of our wig consultants who will then help you find the right style and color wig. Wigs will be ordered and mailed after the event. Please note: wig appointments are prioritized for those currently undergoing cancer treatments leading to hair loss.



Scan for more information or to register