



# WELCOME TO WELLNESS HOUSE At Mile Square Health Center

## 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)

### SUPPORT

#### Women of Color Connections (Partnership with UI Health)

Third Tuesdays, Jul 21, Aug 18,  
Sept 15 | 11:00 - 12:30pm

MSHC, 1st Floor Conference room

Connect with others, who self-identify as women of color, in this monthly support group to share experiences, coping strategies, and support one another during the cancer journey.

To register, contact Nevada Bennett at 630.654.5346 or [nbennett@wellnesshouse.org](mailto:nbennett@wellnesshouse.org).

#### Soul Chat: Cancer + Spirituality Discussion Group for Black, Indigenous and People of Color (In Partnership with UI Health)

Third Mondays, Jul 20, Aug 17,  
Sept 21 | 6:30 - 8:00 pm

Online | To register, contact Nevada Bennett at 630.654.5346 or [nbennett@wellnesshouse.org](mailto:nbennett@wellnesshouse.org)

### NUTRITION

#### Cooking for Cancer

Wednesdays, Jul 15, Aug 19, Sept 16  
5:30 - 7:00 pm

MSHC 2nd floor Staff Lounge.  
Registration required.

#### Wellness House Showcase Event

Thursday, August 20 | 5:30 - 7:00 pm | MSHC 2nd floor aLounge

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.

### STRESS MANAGEMENT

#### Breathwork

Thursdays, July 16, 23, 30, August 6  
5:45-6:30 pm

MSHC 2nd floor, Staff Lounge

### EXERCISE

#### Chair Yoga

Thursdays (4 weeks), July 16, 23, 30,  
August 6

5:00 - 5:45 pm

MSHC 2nd floor Staff Lounge

#### Prostate Cancer Exercise

Thursdays (4 weeks),  
September 3, 10, 17, 24  
5:30 - 6:30 pm

MSHC 2nd floor Staff Lounge, Contact Casey at [cpantazopoulos@wellnesshouse.org](mailto:cpantazopoulos@wellnesshouse.org)

### CHILD AND FAMILY

#### Family Coping Skills + Movement

Mondays, July 27, August 24,  
September 28 | 4:30 - 5:30 pm

MSHC 2nd floor Staff Lounge, Contact [abarber@wellnesshouse.org](mailto:abarber@wellnesshouse.org) or 630-654-5115 to learn more or to register

#### Family Art and Exercise Fun

August 12 | 5:30 - 6:30 pm

MSHC 2nd floor Staff Lounge. Contact Jady Chipman at [jchipman@wellnesshouse.org](mailto:jchipman@wellnesshouse.org) or 630.654.5116



Scan for more information  
or to register

UI Health Mile Square Health Center – Main  
1220 S. Wood St. Chicago, IL 60608  
Free parking available at the corner  
of Roosevelt Rd. and South Wood St.  
(Lot O- Patient Parking)

UI Health Cancer Clinic  
Outpatient Care Center,  
Suite 1 E  
1801 W. Taylor Street,  
Chicago, IL 60612

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