



FREE CANCER SUPPORT

WELCOME TO WELLNESS HOUSE

Cancer Support Programs at



OSF HEALTHCARE
Little Company of Mary
Medical Center

Cancer Center Library, Room S1145
9374-9498 S California Ave
Evergreen Park, IL 60805

Wellness House Showcase Event

Thursday, September 10 | 12:00 - 1:30 pm

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. **To register, email awenclawski@wellnesshouse.org**

Women's Support Group

Tuesdays, July 21 | 4:45 - 6:00 pm

August 18, September 15 | 4:00 - 5:15 pm

Women of all ages with a cancer diagnosis are invited to join in this monthly support group to share in their experiences and connect with others, located at Little Company of Mary.

Caregiver Support Group

Tuesdays, July 21 | 6:15 - 7:30 pm

August 18, September 15 | 5:30 - 6:45 pm

Share and learn with other caregivers about positive coping and self-care strategies in this monthly support group located at Little Company of Mary.

**LEARN MORE
& REGISTER**



For more information, visit Wellnesshouse.org
call 630.654.5356 or email whchicago@wellnesshouse.org

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