

# Welcome Guide

## Support for living with cancer



All-Inclusive  
Cancer Wellness

NO COST  
JUST SUPPORT

**Welcome to Wellness House.** We are a team of warm and caring experts ready to help. We're here for those who are newly diagnosed, in treatment, post treatment, caregivers and families. All programs are provided at no cost. Check out the programs available to you today!

Visit [wellnesshouse.org](https://wellnesshouse.org) or call 630.323.5150



In-Person  
and  
Online

**Wellness House offers complete cancer wellness support every step of the way – for you and your loved ones.** We are a nonprofit and here for everyone, no matter where you're receiving your medical treatment. Our classes are taught by experts who can help you during and after treatment. Learn more at [wellnesshouse.org](http://wellnesshouse.org).

## Information and Education

**FEEL EMPOWERED** and stay informed with current and reliable information about new treatments, managing side effects, and coping with cancer.

*Top Doc Lectures, classes, workshops, webinars, and on-demand videos*

- ✓ Reliable and current resources
- ✓ Side effect management
- ✓ Learn about options
- ✓ Gain new skills



**Connect with our staff**

[informationandeducation@wellnesshouse.org](mailto:informationandeducation@wellnesshouse.org)

## Nutrition

**ENERGIZE** with healthy eating tips to reduce cancer-related side effects.

*Cooking classes, side effect management, kitchen skills, and individual nutrition consultations*

- ✓ Improve food choices
- ✓ Discover new nutrient-dense foods and delicious recipes
- ✓ Improve side effects related to appetite, nausea, diarrhea, and constipation



**Connect with one of our oncology dietitians**

[nutrition@wellnesshouse.org](mailto:nutrition@wellnesshouse.org)

## Exercise

**STAY ACTIVE** with safe and recommended exercises before, during, and after cancer treatment. No experience is required, and all abilities are welcome.

*Exercise classes, yoga, tai chi, exercise consultations, and fitness assessments*

- ✓ Increase energy
- ✓ Improve quality of life
- ✓ Reduce fatigue and nausea
- ✓ Manage neuropathy, lymphedema, and osteoporosis



**Connect with one of our oncology exercise specialists**

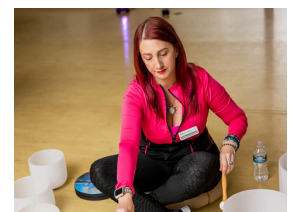
[exerciseprograms@wellnesshouse.org](mailto:exerciseprograms@wellnesshouse.org)

## Stress Management

**RELAX** with stress management techniques to calm your body, still your mind, and engage your spirit.

*Mindfulness, meditation, and expressive arts*

- ✓ Learn to manage stress
- ✓ Improve coping skills
- ✓ Increase quality of life



**Connect for a consultation**

[stressmanagement@wellnesshouse.org](mailto:stressmanagement@wellnesshouse.org)

You'll find community here.

**Connect with us today. Call 630.323.5150**

## Child and Family

**BUILD UNDERSTANDING** with parent, child, and teen programs that give families a place to learn, express feelings, and heal.

*Kids and teen groups, counseling for children, teens, couples, and families, fun family events, and wellness classes*

- ✓ Navigate the cancer journey together
- ✓ Improve communication
- ✓ Feel understood



**Connect with a Child & Family Counselor**  
[childandfamily@wellnesshouse.org](mailto:childandfamily@wellnesshouse.org)

## Support Groups and Counseling

**CONNECT** with others who understand what you're going through.

*Support groups, diagnosis-specific groups, counseling, and bereavement support*

- ✓ Improve health outcomes by reducing isolation
- ✓ Share and connect with supportive peers
- ✓ Manage emotions



**Connect with an Oncology Support Counselor**  
[supportandcounseling@wellnesshouse.org](mailto:supportandcounseling@wellnesshouse.org)

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

# Unique Boutique

## PERSONALIZED SALON AND BODYWORK

A warm and welcoming salon specializing in care for your hair, skin, and body. Experience personalized salon and bodywork offerings tailored specifically for people with cancer.

To schedule an appointment, call **630.654.5110** or email [uniqueboutique@wellnesshouse.org](mailto:uniqueboutique@wellnesshouse.org)  
Appointments are limited and provided at no cost.

## SALON SERVICES

HAIRCUTTING, SHAVING & SHAPING

## WIG BOUTIQUE

FITTING & STYLING

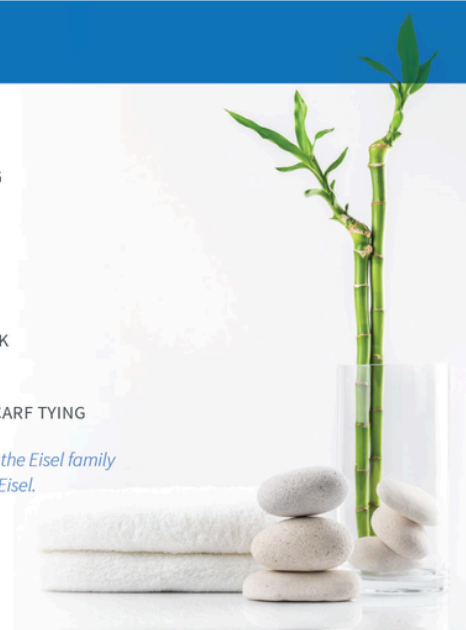
## WELLNESS TUNE-UPS

MASSAGE THERAPY & ENERGY WORK

## BEAUTY WORKSHOPS

EYEBROW, MAKEUP & SKIN TIPS, SCARF TYING

*Unique Boutique is made possible by the Eisel family in memory of wife and mother, Linda Eisel.*



You'll feel better inside.

**Wellness House** | Main Location  
The Kay & Mike Birck Home of Hope  
131 North County Line Road  
Hinsdale, Illinois 60521

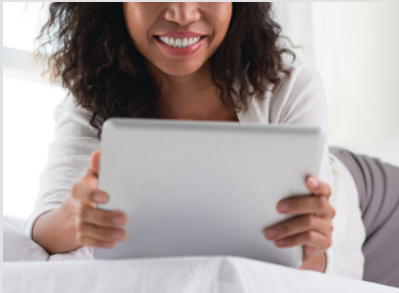
**In-Person and Online**

A great place to begin

**WELCOME TO WELLNESS HOUSE ORIENTATION**

**New to Wellness House?** Join us for an orientation that provides an overview of programs and an opportunity to learn more about how to benefit from Wellness House. Choose a day and time that works for you. For more information, or to register call **630.323.5150** or visit [wellnesshouse.org/welcome](http://wellnesshouse.org/welcome). For an orientation in Spanish email [información@wellnesshouse.org](mailto:información@wellnesshouse.org) or call **630.654.5529**.

**Wellness House On Demand Videos**



Watch Now

**Watch from the comforts of your own home.** Our video content is always evidence-based and presented by experts in the field of oncology.

**Thank you to our generous grantors:**

- Anonymous
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- Edmond & Alice Opler Foundation
- Prostate Cancer Foundation of Chicago
- Ramon Bueno Cancer Support Foundation
- Together at Peace
- Westlake Health Foundation

**Join us at one of our Chicago/Near Chicago Partner Locations**



**LOYOLA MEDICINE**  
A Member of Trinity Health

[wellnesshouse.org/loyola](http://wellnesshouse.org/loyola)



**UI Health** | UIC

[wellnesshouse.org/uihealth](http://wellnesshouse.org/uihealth)



**OSF HEALTHCARE**  
Little Company of Mary  
Medical Center

[wellnesshouse.org/osflittlecompanyofmary](http://wellnesshouse.org/osflittlecompanyofmary)

**Looking for More ways to connect?**  
  
Visit [wellnesshouse.org/nearyou](http://wellnesshouse.org/nearyou)