



FREE CANCER SUPPORT

CONTACT US

For more information or assistance with registration, call 630.323.5150 or email info@wellnesshouse.org

WELLNESS HOUSE

Oak Park, Stickney, & Berwyn

Cancer Support Group

Mondays | 5:30 - 7:00 pm

Oak Park Library

834 Lake St., Oak Park, IL 60301

Ongoing support group for people with cancer to share medical information, connect with others in similar circumstances and improve their coping skills.

Cancer Creative Connections

Saturdays, July 25, August 15, September 26

10:30 am - 12:00 pm

Mosaic Counseling and Wellness,

215 Harrison St., Oak Park, IL 60304

Join us for an art-based calming and creative stress management session designed to help alleviate stress associated with a cancer diagnosis.

Stretching through Cancer

Wednesdays | 5:00 - 6:00 pm

PAV YMCA, 2947 Oak Park Ave, Berwyn, IL 60402

Gentle stretches for all major muscle groups to address joint and flexibility difficulties from cancer treatment.

SCAN TO REGISTER



Cocinar para el cáncer

Martes, July 28, August 11,

September 8

6:00 - 7:00 pm

Stickney Library,

6800 43rd St, Stickney, IL 60402

Esta demostración de clase y cocina contará con recetas fáciles y saludables para ayudarle a incorporar deliciosamente los alimentos que combaten el cáncer en su dieta.

Yoga en español

Martes, August 11, September 8

5:00 - 6:00 pm

Stickney Library,

6800 43rd St, Stickney, IL 60402

Posturas de yoga para principiantes y restaurativas basadas en colchonetas y de pie, instruidas en español.



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