



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

SUPPORT

Women of Color Connections (Partnership with UI Health)

**Third Tuesdays, July 21, August 18,
September 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.

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

**Third Mondays, July 20, August 17,
September 21 | 6:30 - 8:00 pm**

Online | To register, contact Nevada Bennett at 630.654.5346 or nbennett@wellnesshouse.org

NUTRITION

Cooking for Cancer

**Wednesdays, July 29, August 19,
September 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

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 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 Jacy Chipman at 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.