



## 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](mailto:awenclawski@wellnesshouse.org)**

**LEARN MORE  
& REGISTER**



#### 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.

#### Self Compassion for Stress Management

**Thursday, August 20 | 12:00 - 1:30 pm**

Learn how practicing self-compassion can help reduce stress, build resilience, and support emotional well-being. This program includes mindfulness, reflection, and practical strategies for responding to life's challenges with greater kindness and care.

For more information, visit [Wellnesshouse.org](http://Wellnesshouse.org)  
call 630.654.5356 or email [whchicago@wellnesshouse.org](mailto:whchicago@wellnesshouse.org)

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