

FREE CANCER SUPPORT

CONTACT US
For more information or assistance with registration, call 630.654.5356 or email whchicago@wellnesshouse.org

WELCOME TO WELLNESS HOUSE

At Mile Square Health Center

Wellness House Showcase Event
Thursday, Dec. 10 | 5:30 - 7:00 pm
MSHC 2nd floor Lounge
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, & support groups—and discover how these programs can support you.

SUPPORT

Women of Color Connections
Oct. 20, Nov. 17, Dec. 15
11:00 - 12:30 pm
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
Third Mondays,
Oct. 19, Nov. 16, Dec. 21
6:30 - 8:00 pm
Online
This monthly group creates a welcoming space to discuss the challenges and joys found in the spiritual side of the cancer journey. People of all faith backgrounds are encouraged to participate.
To register, contact Nevada Bennett at 630.654.5346 or nbennett@wellnesshouse.org

STRESS MANAGEMENT

Breathwork
Thursdays, Oct. 8, 15, 22, 29
5:45-6:30 pm
MSHC 2nd floor, Staff Lounge

EXERCISE

Chair Yoga
Thursdays, Oct. 8, 15, 22, 29
5:00 - 5:45 pm
MSHC 2nd floor Staff Lounge

Prostate Cancer Exercise
Thursdays, Nov. 5, 12, 19
5:30 - 6:30 pm
MSHC 2nd floor Staff Lounge, Contact Casey at cpantazopoulos@wellnesshouse.org

NUTRITION

Cooking for Cancer
Wednesdays, Oct. 21, Nov. 11, Dec. 9
5:30 - 7:00 pm
MSHC 2nd floor Staff Lounge. Registration required.

CHILD AND FAMILY

Family Art and Exercise Fun
Dec. 17 | 5:30 - 6:30 pm
MSHC 2nd floor Staff Lounge. Contact Jadyn Chipman at 630.654.5116 or jchipman@wellnesshouse.org

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.