

Prostate Cancer Support at Wellness House

PROSTATE CANCER SUPPORT PROGRAMS



INFORMATION AND EDUCATION

Prostate Cancer Foundation of Chicago Meetings

Wednesday, Oct. 7, Nov. 4, Dec. 2 | 5:00 - 6:00 pm

[In Person](#) and [Online](#)

Men diagnosed with prostate cancer, and their caregivers are invited to discuss treatment options, learn about current research and ask questions. After the meetings, stay for Dinner with the RD from 6:00 - 7:00 pm for a healthy meal and informal Q&A with an oncology dietitian. *In partnership with the Prostate Cancer Foundation of Chicago*

- **Oct. 7:** Michael Kharouta, MD, Advocate Illinois Masonic Hospital, Radiation Oncology Consultants
- **Nov. 4:** Alec Harris, MD, Ascension Health, Radiation Oncology Consultants
- **Dec. 2:** Patrick Sweeney, MD, UChicago Medicine | Advent Health, Radiation Oncology Consultants

The Impact of Clinical Research on Prostate & Bladder Cancers

Tuesday, Dec. 15 | 6:00 - 7:30 pm

Brian Myre, MD and Amit R. Patel, MD, Duly Health and Care

[In Person](#) | [Wellness House](#)

Clinical research is transforming cancer care by advancing new treatments, improving early detection, and helping providers deliver more personalized care. Join Dr. Patel and Dr. Myre from Duly Health and Care to learn more about the future of prostate and bladder cancers.

Healthy Eating for Prostate Cancer

Oct. 12 | 5:30 - 6:30 pm

Jamie Shifley, MS, RDN, LDN

Learn how diet can impact your risk of developing prostate cancer, alleviate symptoms of treatment, as well as lower risk of recurrence.

Partner Program at UI Health | Living With Prostate Cancer Series

Mondays, Dec. 1, 8, 15, 22 | 5:30 - 7:00 pm

[In Person](#) | Mile Square 1220 S. Wood St., Chicago

This series is designed to provide helpful, research-based tips and strategies for coping with the impacts of prostate cancer diagnosis. With presentation topics including exercise, nutrition, and emotional support, patients and caregivers are invited to join for reliable information, peer support and goal-setting.

EXERCISE

Customized exercises for prostate cancer survivors. These programs are suitable for participants at any phase from diagnosis to survivorship.

Prostate Cancer Exercise

Tuesdays & Thursdays | 8:00 - 8:45 am | [Online](#)

Partner Program at UI Health | Prostate Cancer Exercise

Thursdays, Nov. 5, 12, 19 | 5:30 - 6:30 pm

[In Person](#) | Mile Square Health Center,
1220 S. Wood St., Chicago, IL 60608

SUPPORT GROUPS AND COUNSELING

Prostate Cancer Connections Groups

Oct. 7, 21, Nov. 4, 18, Dec. 2, 16 | 9:30 - 11:00 am | [In person](#)

Oct. 14, 28, Nov. 11, 25, Dec. 9, 23 | 9:30 - 11:00 am | [Online](#)

Metastatic Prostate Cancer Connections Group

Oct. 20, Nov. 17, Dec. 15 | 3:00 - 4:30 pm | [Online](#)

NUTRITION

An interactive meal on the role of nutrition in managing prostate cancer side effects, where an oncology dietitian shares insights on how nutrition supports health during treatment and recovery.

Dinner with the RD: Nutrition & Prostate Cancer

Wednesdays, Oct. 7, Nov. 4, Dec. 2 | 6:00 - 7:00 pm

[In Person](#)

Lunch with the RD: Nutrition & Prostate Cancer

Wednesdays, Oct. 21, Nov. 18, Dec. 16 | 11:00 am - 12:00 pm

[In Person](#)



Learn more or register at
wellnesshouse.org