

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 McKinley Park Public Library

EXERCISE
Tai Chi
Tuesdays, Nov. 10, 17, Dec. 1 | 4:30 - 5:00 pm
Experience this gentle form of Chinese movement for your mind and body.

STRESS MANAGEMENT
Simple Art for Stress Management
Tuesdays, Nov. 10, 17, Dec. 1 | 5:00 - 5:30 pm
Embrace the calming power of creativity this season with soothing, art projects designed to ease stress and spark joy. This beginner-friendly class offers simple techniques and guided prompts that support relaxation, mindfulness, and self-expression—no art experience needed! Come unwind, connect, and leave with beautiful creations.

SUPPORT GROUPS & COUNSELING
Breast Cancer Support Group
Tuesdays, Nov. 10, Dec. 8 | 11:00 am - 12:30 pm
Facilitated by Nevada Bennett, LCPC
We welcome you to join a diagnosis-specific support group, aimed at providing the opportunity to meet with others experiencing the same type of cancer. The purpose is for connection, emotional support, and to exchange information and strategies for navigating the cancer experience.

Wellness House Unique Boutique in Chicago
Saturday, Dec. 5 | 2:00 - 4:30 pm
Wig appointments: Participants will be fitted for a wig with one of our wig consultants who will then help you find the right style and color wig. Wigs will be ordered and mailed after the event. Please note: wig appointments are prioritized for those currently undergoing cancer treatments leading to hair loss.

Scan for more information or to register

McKinley Park Public Library
1915 W. 35th Street, Chicago IL 60609

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