Breast Cancer Support at Wellness House



BREAST CANCER SUPPORT PROGRAMS

INFORMATION AND EDUCATION

What Now: What To Do If You Have Lymphedema
Janet Benedict, PT, DPT, CLT-LANA, Endeavor Health
Oct. 8 | 5:30 - 6:30 pm | In Person
Chronic swelling/lymphedema can occur following cancer treatment or surgery. If left untreated it can cause infections, discomfort or pain, and functional limitations. In this presentation, you will learn what lymphedema is, how to reduce your risk of developing it, how to identify early symptoms, and what treatment of lymphedema includes.

Young Women's Breast Cancer Survivorship Workshop
Kate Pinnick RN, BSN, Dorothy Hoffman MSN, MPH, RN, OCN, Megan Moroney APRN, UChicago Medicine AdventHealth
Oct. 13 | 6:00 - 7:30 pm | In Person
The survivorship workshop will give you tips and tools to help you cope with your diagnosis and common side effects, build confidence and empower you to take charge of your health. Topics are geared to women diagnosed with breast cancer before age 45 and include early menopause and self-care after breast cancer.

Benefits of Massage for Scar Tissue and Lymphedema
Karen Forslin-Bojnansky, Karen LaFrano, Chuck LaFrano
Oct. 20 | 6:00 - 7:30 pm | In Person
Scar tissue due to surgery can have long lasting problems and restrictions, and often persistent pain. Lymphedema problems from surgery, scar tissue, and lymph node dissection can also cause pain and restrictions. Chuck LaFrano will lead a discussion of the ways massage therapy can impact these situations and include concepts and techniques one can use on oneself.

NUTRITION

Snack and Chat with the RD: Nutrition & Breast Cancer
Thursday, Dec. 3 | 1:00 - 1:45 pm | In Person

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

Partner Program
Nutrition Tips for Breast Cancer
Nov. 6 | 10:00 - 11:00 am
In Person | Loyola, 2160 S 1st Ave, Maywood

LOYOLA MEDICINE
A Member of Trinity Health

EXERCISE

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

Breast Cancer Exercise
Mondays | 6:30 - 7:30 pm | In Person
Tuesdays | 11:30 am - 12:30 pm | In Person
Saturdays | 11:30 am - 12:15 pm | Online

Breast Cancer Yoga
Oct. 15, Nov. 19, Dec. 17 | 5:30 - 6:30 pm | In Person

SUPPORT GROUPS AND COUNSELING

Breast Cancer Connections Groups
Oct. 1, 15, Nov.5, 19, Dec. 3, 17 | 2:00 - 3:30 pm | In person
Oct. 12, 26, Nov. 9, 23, Dec. 14 | 6:30 - 8:00 pm | Online

Metastatic Breast Cancer Connections Group
Oct. 5, Nov. 2, Dec. 7 | 6:30 - 8:00 pm | Online

Living with Metastatic Breast Cancer Connections Group
Tuesdays | 10:00 - 11:30 am | Online

Breast Cancer Hormone Therapy Connections Group
Oct. 22, Dec. 17 | 5:14 - 6:15 pm | Online

Young Adults with Breast Cancer Connections
Oct. 26, Nov. 23 | 9:00 - 10:15 am | In Person and Online

CHILD AND FAMILY

Pampering for Hope & Healing: A Family Experience
Thursday, Oct. 1 | 4:30 - 6:00 pm | In Person
Registration Required

In partnership with Simply From The Heart, come celebrate self-care and togetherness. This special event offers spa-inspired activities, crafts, and meaningful connection for cancer survivors, patients, caregivers and families. In honor of Breast Cancer Awareness month, we welcome any kids and families impacted by cancer to enjoy.

Learn more or register at wellnesshouse.org

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

Wellness House | Main Location
The Kay & Mike Birck Home of Hope
131 North County Line Road, Hinsdale, IL 60521
Phone: 630.323.5151 | wellnesshouse.org