Wellness House for LIVING with CANCER

You'll feel better inside.

OCTOBER NOVEMBER DECEMBER 2026

Program Guide



OUR MISSION

Wellness House envisions a community where all people affected by cancer thrive. Offered at no cost, and as a complement to medical treatment, our programs educate, support, and empower participants so they will improve their physical and emotional well-being.

Cancer Support

Provided FREE of Charge

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WELCOME TO WELLNESS HOUSE

We are a team of warm and caring experts ready to help those newly diagnosed, in treatment, and post treatment, as well as caregivers and families. All programs are provided at no cost.

Choose How You Participate

Wellness House offers a variety of classes, groups, and individual appointments in-person and online. Look for the ***In-Person*** icon throughout the guide to indicate in-person programming. Look for the ***Online*** icon throughout the guide to indicate online programming.

Program Registration

Register online at wellnesshouse.org

For Staff Registration, please email or call the staff member listed.

New to Wellness House?

Three easy ways to connect!

#1 Call us at **630.323.5150**

#2 Attend a Welcome to Wellness House Orientation

#3 Register for a program at wellnesshouse.org

HOURS OF OPERATION

Monday - Thursday
Reception Desk: 9:00 am - 7:00 pm
Programs: 7:30 am - 8:30 pm

Friday
Reception Desk: 9:00 am - 5:00 pm
Programs: 7:30 am - 5:00 pm

Saturday
Reception Desk: 9:00 am - 12:00 pm
Programs: 7:30 am - 1:00 pm

Closings:
Wednesday, Nov. 25, closed at 3pm
Thursday, Nov. 26, closed
Friday, Nov. 27, closed
Saturday, Nov. 28, closed
Thursday, Dec. 24, closed
Friday, Dec. 25, closed
Friday, Jan. 1, closed

Saturday, Dec. 26, open 9 am - 1 pm, no programs
Monday, Dec. 28, open 9 am - 5 pm, no programs
Tuesday, Dec. 29, open 9 am - 5 pm, no programs
Wednesday, Dec. 30, open 9 am - 5 pm, no programs
Thursday, Dec. 31, open 9 am - 3 pm, no programs
PROGRAMS RESUME SAT. JAN 2

Welcome to Wellness House Orientation

Registration Required
Join us for an opportunity to learn more about how you can benefit and get started at Wellness house. We'll share an overview of programs, a tour of the house and a chance to meet staff.

Mondays	5:30 - 6:30 pm
Tuesdays	9:00 - 10:00 am
Wednesdays	9:30 - 10:30 am
Thursdays	12:00 - 1:00 pm
Fridays	12:00 - 1:00 pm
Saturdays	9:30 - 10:30 am

Oct. 3, 10, 17, 24 | Nov. 7, 14, 21 | Dec. 5, 12, 19

THANK YOU TO OUR GENEROUS GRANTORS

Anonymous
Guy A. and N. Kay Arboit Charitable Trust
Bears Care
CBOT Foundation
The Coleman Foundation
Community Memorial Foundation
Duly Health and Care Charitable Fund of DuPage Foundation
Elizabeth Morse Genius Charitable Trust
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Illinois Department of Public Health
Gene S. Moss Foundation II Inc.
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Oberweiler Foundation
Edmond & Alice Opler Foundation
Prostate Cancer Foundation of Chicago
Ramon Bueno Cancer Support Foundation
Rolfe Pancreatic Cancer Foundation
Together at Peace
Westlake Health Foundation

OCTOBER NOVEMBER DECEMBER 2026

Unique Boutique



PERSONALIZED SALON AND BODYWORK

A warm and welcoming salon specializing in care for your hair, skin, and body. Experience personalized salon and bodywork offerings tailored specifically for people with cancer.

SALON SERVICES

HAIR CUTTING, SHAVING, & SHAPING
Licensed professional stylists provide haircuts, shaving, shaping, and wig styling to those experiencing hair loss due to treatment.

WIG BOUTIQUE

FITTING & STYLING
Receive personalized recommendations for wig style, color, fit, and care. One free wig is provided to participants experiencing hair loss due to treatment.

WELLNESS TUNE-UPS

MASSAGE THERAPY
Light, fully clothed massage therapy for relaxation.
A physician's medical release is required.

REIKI, HEALING TOUCH
Energy-based therapies help Increase relaxation and inner balance while reducing stress, pain and fatigue.

To schedule an appointment, call 630.654.5110 or email uniqueboutique@wellnesshouse.org
Appointments are limited & provided at no cost.

Unique Boutique in Chicago

Saturday, Dec 5 | 2:30 - 4:30 pm
McKinley Park Public Library 1915 W. 35th St., Chicago
Wig appointments, Reiki healing circle, light refreshments, stress-relieving activities and more!

Glowing Through It

Registration Required
Thursday, Oct. 1 | 10:00 am - 12:00 pm
Monday, Nov. 2 | 10:00 am - 12:00 pm
Monday, Dec. 7 | 10:00 am - 12:00 pm

Eyebrows, scarves, makeup, and more to make you shine.
This beauty class is for participants in active treatment.

All participants will receive a free makeup kit.

Community Acupuncture

Staff Registration Required
Friday, Oct. 16 | 12:00 - 2:30 pm
Friday, Nov. 20 | 12:00 - 2:30 pm
Friday, Dec. 11 12:00 - 2:30 pm
Dr. Jeni Uswajesdadul, DACM, L.Ac
Using various points on the body, acupuncture treats the body, mind and spirit. A community, or shared, space provides a collective relaxation experience, strengthening connection and support with a focus on well-being.
A current medical release for Acupuncture is required.

Energy Healing Circle

Staff Registration Required
Friday, Nov. 13| 1:00 - 2:00 pm
The Energy Healing Circle is a peaceful group experience where participants receive Reiki energy while seated quietly or reclining in zero gravity chairs. During this 45-minute group session, experienced practitioners use light touch to offer gentle comfort and support. Benefits of Reiki energy healing include relaxation, release of stress, and a sense of balance and well-being. All are welcome—no prior experience with energy healing is needed.

To register for these programs, contact Michelle Carnagio at mcarnagio@wellnesshouse.org or 630.560.0336

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Wellness House | Main Location
The Kay & Mike Birck Home of Hope
131 North County Line Road
Hinsdale, Illinois 60521
Phone 630.323.5150 | wellnesshouse.org

Unique Boutique is made possible by the Eisel family in memory of wife and mother, Linda Eisel.



Winter Social

Friday, December 4, 2026 | 4:30 - 6:30 pm

Wellness House | 131 N. County Line Rd, Hinsdale

Our Winter Social is designed to bring families impacted by cancer together for a free, warm, open-house evening filled with music, treats, and moments of connection. Whether you have been with us for years or are new to Wellness House, this gathering is a time to pause, celebrate the season, and enjoy time together.

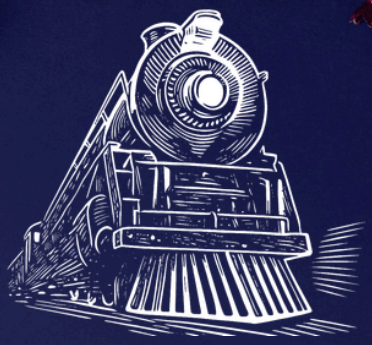
Here is what you can look forward to:

Live music from The Jolly Boys
Hot chocolate bar with cocoa, coffee, tea, and cider
Winter crafts and coloring in the Kids Room
A festive evening with the Wellness House community

Registration required

wellnesshouse.org

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POLAR EXPRESS
Winter Wonderland

TUESDAY, DECEMBER 8 | 5:00 - 7:30 PM

WELLNESS HOUSE, 131 N. COUNTY LINE ROAD, HINSDALE

ALL ABOARD THE POLAR EXPRESS!

Step into the magic of the season at Wellness House's Polar Express Winter Wonderland, a festive evening of **FREE** holiday fun for families impacted by cancer!

Stop by Wellness House anytime throughout the evening and explore several fun-filled stations throughout the house, where you'll enjoy:

- Winter-themed games
- Cozy treats and festive crafts
- A special visit from Santa
- Storytime with Mrs. Claus
- A gift for every child, thanks to Cal's Angels

Come when you can and stay as long as you like!

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www.wellnesshouse.org

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TOP DOC LECTURES

For Information:
630.654.5197
Kara Niekamp
kniekamp@wellnesshouse.org

FEEL EMPOWERED with current and reliable topics to help you stay informed.

IN PERSON LECTURES | *Registration Required*

Dinner with the Doc: Caring Through Every Stage: Understanding End-of-Life Options



Tuesday, Nov. 10 | 6:00 - 7:30 pm *both in-person and online*
Jaime Lewis, MD, DipABLM, CIAYT
In this seminar Dr. Lewis will describe palliative care, hospice care, and medical aid in dying and how they differ, clarify common misconceptions about palliative care and hospice care and guide you in how to feel more prepared to have conversations with loved ones and your healthcare team about end-of-life care preferences. In-person attendees will have the opportunity to enjoy a light dinner during the program.

Breakthroughs in the Treatment of Pancreatic Cancer



Thursday, Nov. 19 | 6:00 - 7:00 pm
Akhil Chawla, MD, Northwestern Medicine
Learn more about the latest advances in pancreatic cancer treatment, care, and ongoing research.

Advances in the Treatment of Neuroendocrine Tumors



Tuesday, Nov. 24 | 6:00 - 7:30 pm
Andy Liao, MD and Xavier Keutgen, MD, University of Chicago
Explore the latest developments in managing neuroendocrine tumors (NETs). This program will cover emerging therapies, innovative treatment approaches, and advancements in patient care to improve outcomes for those affected by NETs.

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
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.

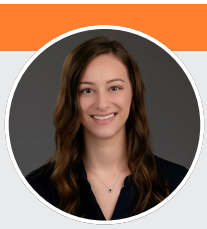
ONLINE LECTURES | *Registration Required*

Life After Treatment: Managing Side Effects to Improve Everyday Life



Thursday, Oct.15 | 6:00 - 7:30 pm
Deborah Manst, MD, MPH, Oncogeneralist, University of Illinois Cancer Center
Learn about managing long-term as well as latent treatment side effects as well as other issues that can come about after treatment with work, finances, relationships, and more.

The Effects of Cancer Treatment on Hearing



Wednesday, Dec. 9 | 6:00 - 7:00 pm
Ayelet Hamburger, AuD, Rush University Medical Center
Hearing changes are a common side effect of some cancer treatments, but there are ways to manage it. This session will explain how treatment can affect hearing and tinnitus, review the basics of hearing health, and provide practical strategies and resources to support communication and improve your quality of life.

TOP DOC LECTURES

OCTOBER NOVEMBER DECEMBER 2026

PROSTATE CANCER FOUNDATION MEETINGS

Men living 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. Registration required.



Wednesday, Oct. 7
5:00 - 6:00 pm
In Person & Online
Michael Kharouta, MD, Advocate Illinois Masonic Hospital, Radiation Oncology Consultants



Wednesday, Nov. 4
5:00 - 6:00 pm
In Person & Online
Alec Harris, MD, Ascension Health, Radiation Oncology Consultants



Wednesday, Dec. 2
5:00 - 6:00 pm
In Person & Online
Patrick Sweeney, MD, UChicago Medicine | Advent Health, Radiation Oncology Consultants

DINNER WITH THE RD

Oct. 7, Nov. 4, Dec. 2 | 6:00 – 7:00 pm
Wellness House

An interactive dinner 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.



Taste of Wellness House Nutrition Fair

Saturday, Oct. 3 | 9:00 am - 2:30 pm

Featuring local vendors, cooking demonstrations, and practical culinary workshops designed to educate and promote a whole food, plant-based, cancer-fighting diet.



Dia de los Muertos

Saturday, Oct. 31 | 10:00 am - 12:30 pm

Wellness House los invita a recordar, celebrar y honrar a nuestros seres queridos que hemos perdido a causa del cáncer. Considere traer una foto de su ser querido (no mayor de 4 x 4 pulgadas) y/o algún objeto especial que lo honre. Si no ha perdido a un ser querido a causa del cáncer, también puede acompañarnos para reconocer y honrar aquello que ha perdido durante su experiencia con el cáncer. Durante este evento se ofrecerán refrescos y botanas.

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INFORMATION & EDUCATION

For Information:
Kara Niekamp
630.654.5197
kniekamp@wellnesshouse.org

FEEL EMPOWERED with current and reliable information to help you to stay informed.

IN PERSON PROGRAMS

DUMPLINGS: CULTURE, CONNECTION & HANDS-ON FUN

Dr. Ying "Lucy" Zhou, President, Hinsdale Multicultural Arts & Education Association (HMAE)

Oct. 6 | 6:00 - 7:30 pm

More than a favorite food, dumplings carry centuries of history, tradition, and meaning in Chinese culture. In this interactive program, participants will explore the origins, shapes, symbolism, and family traditions behind Chinese dumplings, compare them with similar foods from other cultures, and then learn practical techniques through a hands-on dumpling-making experience. The program will conclude with a short Chinese cultural performance, bringing together food, movement, art, and community in a meaningful and enjoyable way, while giving participants ideas they can continue practicing at home.

WHAT NOW: WHAT DO DO IF YOU HAVE OR THINK YOU HAVE LYMPHEDEMA

Janet Benedict, PT, DPT, CLT-LANA, Endeavor Health

Oct. 8 | 5:30 - 6:30 pm

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

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.

PREPARING FOR THE HOLIDAY SEASON

Krystal Kumpula, MSW, LCSW, Support and Counseling Manager, Wellness House

Oct. 13 | 3:30 - 4:30 pm

This program is designed to help cancer patients, caregivers, and their families who have lost a loved one to cancer navigate the upcoming holiday season. The holidays can bring challenges to an already hard time. This program provides practical strategies, emotional support, and resources to help maintain well-being during a time that can be stressful.

WELLNESS HOUSE BOOK CLUB: JOYFUL ANYWAY

Sharon Kelleher, LCSW

Oct. 30, Nov. 6, 13, 20 | 10:30 am - 12:00 pm

Kate Bowler's story explores finding joy after surviving stage-four cancer—not through toxic positivity or fixing life, but by making space for unexpected, meaningful moments of connection, surprise, and gratitude in everyday life.

For questions or more information, please contact **Kara Niekamp at 630.654.5197 or kniekamp@wellnesshouse.org**



SURVIVORSHIP SERIES

REROUTING: CHOOSING YOUR COURSE After Cancer

Thursdays, Oct. 22, 29, Nov. 5, 12, 19 | 6:00 - 7:30 pm

Finishing cancer treatment often elicits a full range of emotions, as well as a new range of physical concerns and questions for both patients and caregivers. Join us for this interactive five-week series that will provide the information you need to create your course after cancer treatment. You will receive the most benefit from attending each week in this series, though it is not required.

CANCER THRIVING & SURVIVING

Thursdays, Nov. 5, 12, 19, Dec. 3, 10, 17
11:00 am - 1:30 pm
Location: Mosaic Counseling and Wellness
215 Harrison St., Oak Park

Cancer Thriving and Surviving is a 6-week interactive workshop for cancer survivors. The sessions are highly participative where mutual support and success builds confidence in your ability to manage your health and maintain an active and fulfilling life. Participants learn skills to help address concerns such as fear of recurrence, fatigue, pain, nutrition and more. The program is open to people with cancer, survivors, family, friends, and caregivers.
To register, contact Marci Goldberg at 630-654-5102 or mgoldberg@wellnesshouse.org.

LIVING WITH PROSTATE CANCER

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

HOT TOPICS IN BLOOD CANCERS

Saturday, Nov. 14 | 9:00 am – 2:00 pm
In Person | Wellness House

Join top oncologists, surgeons, and healthcare professionals in the Chicagoland area to learn about the latest updates in the research, treatment and side effect management for blood cancers.

INFORMATION & EDUCATION

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IN PERSON PROGRAMS

REIKI LEVEL I
Jane Van De Velde, DNP, RN, The Reiki Share Project
Oct. 16 | 9:00 - 5:00 pm
In this class, you will learn about working with Reiki energy and how to offer Reiki to yourself every day. Please note: You must attend the full day session for a certificate of completion.

BENEFITS OF MASSAGE FOR SCAR TISSUE AND LYMPHEDEMA
Karen Forslin-Bojnansky, Karen LaFrano, Chuck LaFrano
Oct. 20 | 6:00 - 7:30 pm
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.

THE BODY AFTER TREATMENT: READING ITS SIGNALS & SETTLING THE NERVOUS SYSTEM
Monica Mohanty, C-IAYT, RYT 500, Certified SomaYoga Therapist
Founder, Harmony Within, LLC
Nov. 5 | 6:00 - 7:30 pm
Discover how yoga can support overall health and well-being in everyday life. Participants will learn simple and accessible practices that can be incorporated into daily routines to promote greater wellness, mindfulness, and resilience.

WELLNESS HOUSE DEATH CAFÉ
Michael Williams. Psy.D., Wellness House
Nov. 11 | 11:00 am - 12:30 pm
Death café is a space to openly and respectfully exchange wonderings, worries, beliefs and support around dying and death, often providing participants a sense of connectedness, control and relief.

WELLNESS HOUSE LIFE CAFÉ
Michael Williams. Psy.D., Wellness House
Nov. 12 | 11:00 am - 12:30 pm
Life Cafe allows participants to actively exchange ideas about the work you have done, or want to do, to reliably help you feel good in the midst of a cancer experience.

CANNABIS: UNDERSTANDING SAFETY, POTENTIAL BENEFITS & RISK
Alia Reichert, Nature's Grace & Wellness
Dec. 10 | 6:00 - 7:30 pm
This presentation offers a welcoming, easy-to-understand introduction to cannabis, helping participants learn the fundamentals of safety, responsible use, and how different products may affect the body. It also explores the new Illinois laws affecting hemp sales and the legal market. Through clear educational guidance, the session explores potential wellness benefits alongside important risks and considerations, empowering participants with balanced, practical knowledge to make informed decisions for their health and comfort.

ONLINE PROGRAMS

THRIVING BEYOND TREATMENT: MOVEMENT FOR CANCER SURVIVORS
Brittany McClarey, Oncology Exercise Specialist, Wellness House
Oct. 12 | 1:00 - 2:30 pm
This educational program provides an overview of the role of exercise across all stages of cancer survivorship, from diagnosis and treatment through recovery and long-term survivorship. We'll explore common physical and functional challenges and discuss evidence-based exercise strategies to support strength, mobility, energy, quality of life, and long-term health.

HEALTHY EATING FOR PROSTATE CANCER
Jamie Shifley, MS, RDN, LDN
Oct. 12 | 5:30 - 6:30 pm
Learn how diet can impact your risk of developing prostate cancer, alleviate symptoms of treatment, as well as lower risk of recurrance.

REIKI SHARE
Jane Van De Velde, DNP, RN, The Reiki Share Project
Oct. 22 | 6:00 - 8:00 pm *in-person*
Nov. 18, Dec. 3 | 6:30 - 7:30 pm *online*
This program, sponsored by the Reiki Share Project, is for practitioners of any level who have taken Reiki classes at Wellness House or with other teachers.

WHY GENETIC TESTING MATTERS IN SOLID TUMORS
Cameron Friedman, MS, CGC Oncology Medical Science Liaison , Myriad Genetics
Dec. 2 | 5:30 - 6:30 pm
Learn how genetic and genomic testing can help patients better understand their cancer, explore potential treatment options, and identify inherited risks that may impact family members. This session will empower patients to have informed discussions with their healthcare team about testing and personalized care.

WELLNESS HOUSE SHOWCASE

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.

Wellness House, *131 N. County Line Road, Hinsdale*
Tuesday, Oct. 6 | 6:00 - 7:30 pm
Friday, Nov. 13 | 1:00 - 2:30 pm
Thursday, Dec. 17 | 10:00 - 11:30 am

Archer Heights Branch, Chicago Library *5055 S Archer, Chicago*
Monday, Oct. 12 | 12:30 - 2:00 pm

Oak Park Library, *834 Lake St, Oak Park*
Monday, Oct. 19 | 5:30 - 7:00 pm

Stickney-Forest View Public Library, *6800 43rd St., Stickney*
Thursday, Nov. 5 | 11:30 am - 1:00 pm

Loyola Medical Center, *2160 S. 1st Ave., Maywood*
Thursday, Dec. 3 | 12:00 - 1:30 pm

Mile Square Health Center, *1220 S. Wood St., Chicago*
Thursday, Dec. 10 | 5:30 - 7:00 pm

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STRESS MANAGEMENT

For Information:
630.654.7942
Casey Pantazopoulos
cpantazopoulos@wellnesshouse.org

RELAX with techniques to calm your body, still your mind, and improve quality of life.

IP = In Person class Online class

Mind/Body	IP	Online	October	November	December	Time
Mindfulness for Everyday Living	●		Tuesdays	Tuesdays	Tuesdays	10:30 - 11:30 am
Mindful Movement and Meditation		●	Wednesdays	Wednesdays	Wednesdays	9:30 - 10:15 am
Guided Meditation	●		Thursdays	Thursdays	Thursdays	10:30 - 11:30 am
Sound Baths and Meditation	●		Thursdays	Thursdays	Thursdays	1:30 - 2:30 pm
Meditation for Improved Sleep		●	Fridays	Fridays	Fridays	4:00 - 5:00 pm
Sound Baths and Meditation	●		10	14	12	11:00 am - 12:00 pm
Sound Bowls	●		6	3	15	1:30 - 2:30 pm
Journeying Inward: Deep Relaxation for Stress Relief		●	3	7	5	11:00 am - 12:15 pm
Mindfulness Meditation Circle		●	19	16	21	11:30 am - 12:30 pm
Self-Compassion Practice		●	21	18	16	6:30 - 7:30 pm
Reiki Clinic		●	17	21	19	11:30 am - 12:00 pm
Wellness through Deep Hypnosis		●	17	21	19	10:00 - 11:30 am
Unified Mindfulness	●				7, 14, 21	5:30 - 6:45 pm
Garden Walk - Morton Arboretum	●		20			12:00 - 1:00 pm

Expressive Arts	IP	Online	October	November	December	Time
Flute Circle Live	●		6, 13	3, 10	1, 8	10:00 - 11:00 am
Flute Circle		●	20, 27	17, 24	15, 22	10:00 - 11:00 am
Mixed Media	●		15	19	16	1:00 - 3:00 pm
Watercolors	●		5	9	7	1:30 - 3:00 pm
Charcoal Landscapes		●	12, 19, 26			5:30 - 7:00 pm

PARTNER CLASSES

UI Health Mile Square:
1220 S Wood St, Chicago

Breathwork
Preceeded by Chair Yoga
Oct. 8, 15, 22, 29
5:45 - 6:30 pm

McKinley Park Library:
1915 W 35th St, Chicago

Simple Art for Stress Management
Preceeded by Tai Chi
Nov. 10, 17
Dec. 1, 8, 15, 22
5:15 - 6:00 pm

Oak Park:
Mosaic Counseling and Wellness, 215 Harrison St., Oak Park

Cancer Creative Connections
Oct. 31, Dec. 12
10:30 am - 12:00 pm

Oak Park Library:
834 Lake St., Oak Park

Sound Meditation
Preceeded by Chair Yoga
Oct. 28, Nov. 25, Dec. 9
10:00 - 10:30 am

Countryside Church:
1025 N. Smith St, Palatine

Wellness Through Deep Hypnosis
Oct. 3, Nov. 7, Dec. 5
10:00 - 11:30 am

Reiki Clinic
Oct. 3, Nov. 7, Dec. 5
11:30 am - 12:00 pm

STRESS MANAGEMENT

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IN PERSON — SPECIAL PROGRAMS

WATERCOLORS

Oct. 5, Nov. 9, Dec. 7 | 1:30 - 3:00 pm

Experiment with color, blending, and watercolor techniques to create unique works of art. This class encourages creativity, exploration, and enjoyment of the artistic process.

BREATHWORK

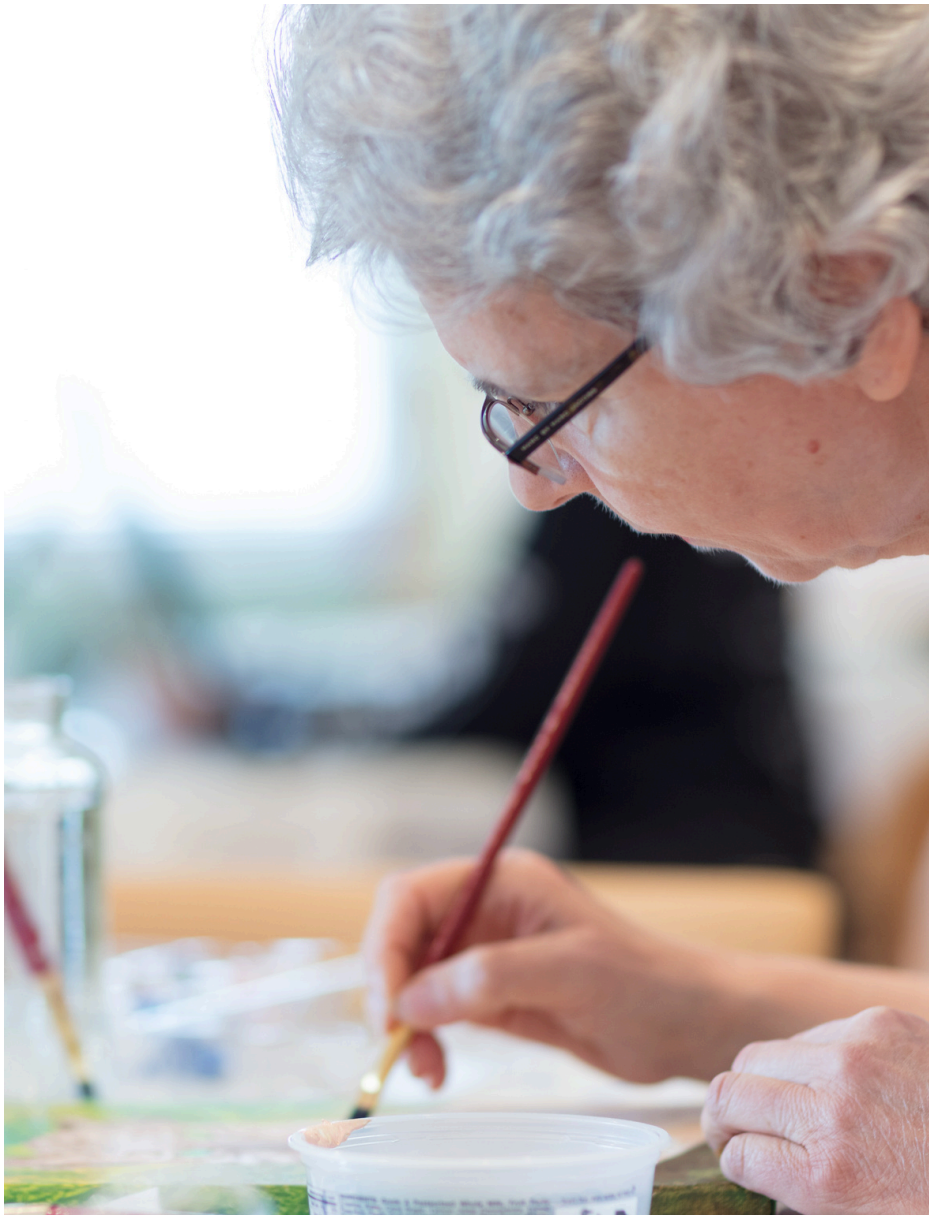
Oct. 27, Nov. 24, Dec. 22
5:30 - 6:00 pm

Join us for a 30-minute breathwork session immediately following Restorative Yoga. By consciously altering how we breathe—whether by deepening, lengthening, or controlling the rhythm of breath—it can influence the nervous system, increase oxygen intake, and promote a sense of balance or calm.

MINDFULNESS & MEDITATION SERIES

Dec. 11 & 18 | 2:00 - 3:00 pm

This calming series introduces simple, accessible practices to help you feel more grounded, centered, and connected. Each session blends gentle mindfulness exercises with guided meditation to support relaxation, clarity, and emotional balance. Whether you're new to meditation or looking to deepen your practice, this series offers a supportive space to slow down, breathe, and cultivate inner peace.



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NUTRITION

For Information:
Jamie Shifley, MS, RDN, LDN
630.654.5196
jshifley@wellnesshouse.org

ENERGIZE with healthy eating tips to reduce cancer-related side effects.

IP = In Person class Online class

Learn about the latest in cancer nutrition while you learn how to prepare cancer-fighting, plant centered recipes. Samples provided.

Cooking Demonstrations	IP	Online	October	November	December	Time
Antioxidant Favorites	●		17			9:30 - 11:00 am
Familiar Favorites		●			5	9:30 - 11:00 am
Cooking Strategies for Cancer Treatments	●		15	19	17	10:30 am - 12:00 pm
Snack and Learn	●		13	10	1	11:30 am - 12:00 pm
Transitioning to a Cancer Fighting Diet	●		10	21	12	10:30 am - 12:00 pm
Meatless Mondays		●	5	9	7	6:00 - 7:00 pm
Nutrition Topics with the Dietitian		●	16			11:00 am - 12:00 pm

BEREAVEMENT KITCHEN
Mondays, Oct. 19, Nov. 16, Dec. 21
6:30 - 7:45 pm

Food and cooking can play a powerful role in healing from loss and processing grief. Cook with us and experience the power of cooking as connection to those we have lost. This class is open to all who have lost a loved one to cancer.

COOKING FOR ONE
Thursdays, Oct. 8, Nov. 12
11:45 am - 1:15 pm

This program teaches individuals cooking for one how to adjust recipes for smaller portions, scale ingredients, modify cooking times, and preserve flavors without food waste.

DATE NIGHT COUPLES COOKING
Mondays, Oct 8, Nov. 9, Dec. 14
5:30 - 7:00 pm
Staff Registration Required

Bring a spouse, friend, or family for a memorable night of cooking, laughter, and connection. You'll prepare delicious, nourishing recipes that are fun to make and eat together.

Recipes in cooking classes may contain common food allergens

PARTNER SITE GROUPS

Advocate Good Samaritan Bhorade Cancer Center:
3745 Highland Ave, Downers Grove

Cooking for Cancer
Oct. 8, Nov. 12, Dec. 10
10:30 am - 12:00 pm

Lemons of Love:
406 W Central Road, Mount Prospect

Cooking for Cancer:
Cooking demonstration with samples
Oct. 28, Nov. 18, Dec. 16
6:00 - 7:30 pm

Loyola:
2160 S 1st Ave, Maywood

Nutrition Tips for GI Cancers
Oct. 22, Dec. 3
11:00 am - 12:00 pm

Nutrition Tips for Breast Cancer
Nov. 6
10:00 - 11:00 am

UI Health Mile Square Health Center:
1220 S Wood St, Chicago, Room 1051

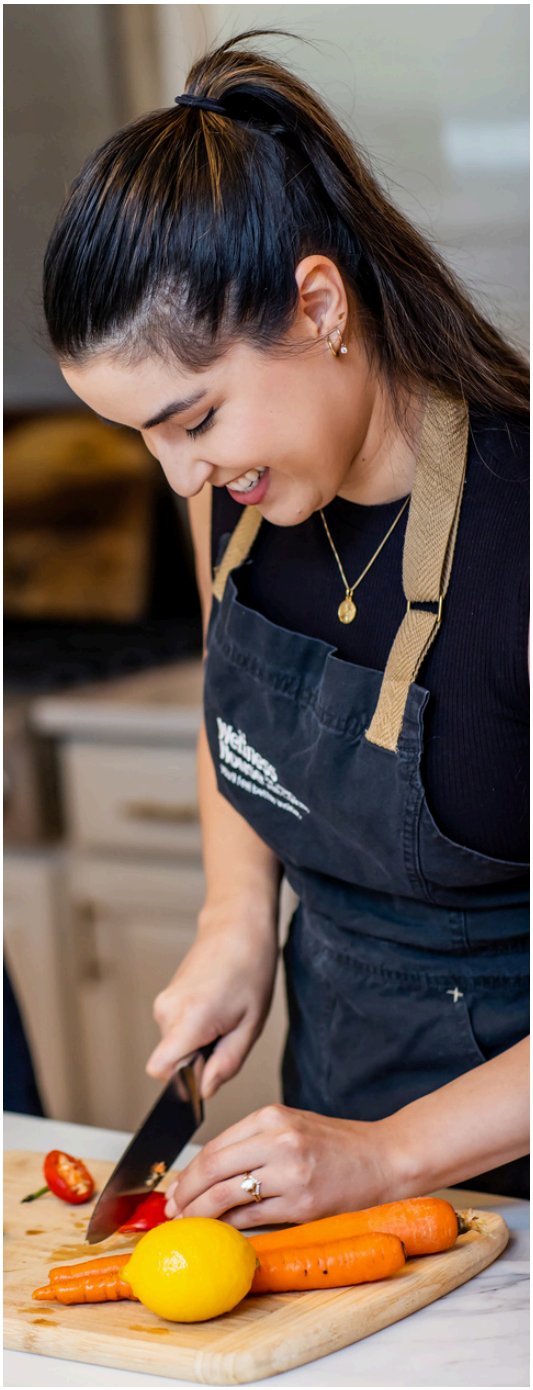
Cooking for Cancer:
Cooking demonstration with samples
Oct. 21, Nov. 11, Dec. 9
5:30 - 7:00 pm

NUTRITION

OCTOBER NOVEMBER DECEMBER 2026

Nutrition Presentations & Discussions

Feel empowered, gain confidence, and increase knowledge while learning current, evidence-based cancer nutrition with oncology dietitians.



MANAGING CANCER SIDE EFFECTS

Mondays | 12:00 - 1:00 pm | Online *no class Dec. 28*
Wednesdays | 3:30 - 4:30 pm | In Person *no class Nov. 25, Dec. 30*
Join us to learn dietary strategies to help combat these common cancer-related side effects.

- Fatigue
- GI Issues: nausea, vomiting, constipation, diarrhea
- Low blood cell counts
- Poor appetite
- Taste changes: food tastes metallic, too sweet, bitter, or like cardboard

WALK & BRUNCH

Wednesdays, Oct. 28, Nov. 11 | 10:00 - 11:30 am
Start your morning off right by taking a walk with exercise staff followed by a catered breakfast. Participants will gather in the kitchen immediately after the walk.

DINNER WITH THE RD: NUTRITION & PROSTATE CANCER

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

LUNCH WITH THE RD: NUTRITION & PROSTATE CANCER

Wednesdays, Oct. 21, Nov. 18, Dec. 16 | 11:00 am - 12:00 pm
An interactive lunch on the role of nutrition in managing breast & prostate cancer side effects, where an oncology dietitian shares insights on how nutrition supports health during treatment and recovery.

YOUNG ADULT MOCKTAILS WITH THE DIETITIAN

Monday, Nov. 2 | 6:30 - 7:00 pm
Jamie Shifley, RD, Oncology Nutrition Manager
Join us to for mocktails and light refreshments and enjoy a relaxed discussion about nutrition with one of our dietitians.

SNACK AND CHAT WITH THE RD: NUTRITION & BREAST CANCER

Thursday, Dec. 3 | 1:00 - 1:45 pm
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.

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, Illinois 60521
Phone 630.323.5150 | wellnesshouse.org

For questions or to schedule an individual consultation, contact **Jamie Shifley, MS, RDN, LDN** at **630.654.5196** or **jshifley@wellnesshouse.org**



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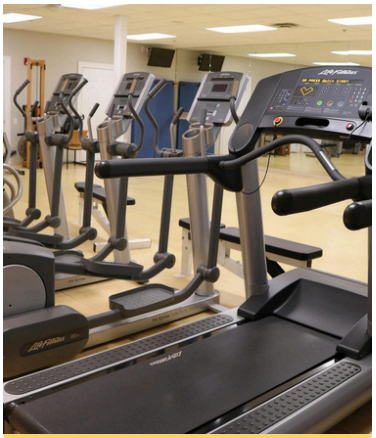
EXERCISE

For Information:
Brittany McClarey
630.654.7941
bmcclarey@wellnesshouse.org

STAY ACTIVE with safe, recommended exercises before, during, and after cancer.

IP = In Person class Online class

Monday	IP	Online	Time	Medical release required*
Bodyweight Exercise for Strength & Balance		●	8:00 - 8:45 am	
Exercise After Cancer Treatment I	●		9:00 - 10:00 am	●
Beginner Mat Yoga		●	10:00 - 11:00 am	
Stretching through Cancer	●		10:00 - 10:45 am	
Exercise During Cancer Treatment II	●		10:30 - 11:30 am	●
Exercise During Cancer Treatment I	●		11:30 am - 12:30 pm	●
Chair Yoga	●		12:30 - 1:15 pm	
Exercise After Cancer Treatment II	●		4:30 - 5:30 pm	●
Exercise After Cancer Treatment I	●		5:30- 6:30 pm	●
Breast Cancer Exercise	●		6:30 - 7:30 pm	●
Beginner Mat Yoga	●		6:30 - 7:30 pm	
Somatic Yoga - 2nd and 4th Mondays		●	1:30 - 2:30 pm	
Tuesday				
Exercise After Cancer Treatment II	●		7:30 - 8:30 am	●
Prostate Cancer Exercise		●	8:00 - 8:45 am	●
Exercise After Cancer Treatment I	●		8:30 - 9:30 am	●
Nia	●		9:00 - 10:00 am	●
Restore Your Core after Cancer	●	●	9:45 - 10:30 am	
Exercise During Cancer Treatment II	●		10:30 - 11:30 am	●
Breast Cancer Exercise	●		11:30 am - 12:30 pm	●
Chair Yoga		●	11:45 am - 12:30 pm	
Stretching through Cancer		●	4:30 - 5:15 pm	
Beginner Mat Yoga		●	6:00 - 7:00 pm	
Tai Chi	●		6:00 - 7:00 pm	
Wednesday				
Bodyweight Exercise for Strength & Balance		●	8:00 - 8:45 am	
Stretching through Prostate 2nd and 4th Wednesdays		●	8:30 - 9:00 am	
Exercise After Cancer Treatment I	●		9:00 - 10:00 am	●
Exercise After Cancer Treatment I	●		10:00 - 11:00 am	●
Exercise During Cancer Treatment II	●		11:00 am - 12:00 pm	●
Chair Yoga	●		11:30 am - 12:15 pm	
Stretching through Cancer		●	4:00 - 4:45 pm	
Beginner Mat Yoga	●		5:30 - 6:30 pm	



OPEN GYM

Mondays: 1:15 - 4:30 pm
Tuesdays: 12:30 - 4:30 pm
Wednesdays: 3:00 - 5:00 pm
Thursdays: 3:00-5:00 pm
Fridays: 12:30 - 3:00 pm

WALK & BRUNCH

Wednesdays, Oct. 28, Nov. 11
10:00 - 11:30 am
Registration Required
Start your morning off right by taking a walk with exercise staff followed by a catered breakfast. Participants will gather in the kitchen immediately after the walk.

YOUNG ADULT NEIGHBORHOOD WALK

Monday, Oct. 5
6:00 - 6:30 pm
Registration Required
Take an evening stroll with us to get your steps in and partake in evening mindfulness.

EXERCISE

OCTOBER NOVEMBER DECEMBER 2026

LIMITED SERIES

QIGONG SERIES
Dec. 2, 9, 16
11:00 - 11:45 am

BREAST CANCER YOGA
Oct. 15, Nov. 19, Dec. 17
5:30 - 6:30 pm

RESTORATIVE YOGA
Oct. 27, Nov. 24, Dec. 22
4:30 - 5:30 pm

SOMATIC YOGA
Oct. 12, 26, Nov. 9, 23, Dec. 14
4:30 - 5:30 pm

IP = In Person class Online class

Thursday	IP	Online	Time	Medical release required*
Exercise After Cancer Treatment II	●		7:30 - 8:30 am	●
Prostate Cancer Exercise		●	8:00 - 8:45 am	●
Exercise After Cancer Treatment I	●		8:30 - 9:30 am	●
Pilates	●		8:30 - 9:30 am	●
Exercise After Cancer Treatment I	●		9:30 - 10:30 am	●
Exercise During Cancer Treatment II	●		10:30 - 11:30 am	●
Exercise During Cancer Treatment I	●		11:30 am - 12:30 pm	●
Chair Yoga	●		12:30 - 1:15 pm	
Restore Your Core After Cancer		●	2:00 - 2:45 pm	
Friday				
Bodyweight Exercise for Strength & Balance		●	8:00 - 8:45 am	
Exercise After Cancer Treatment II	●		9:00 - 10:00 am	●
Qigong	●		9:00 - 10:00 am	
Beginner Chair Yoga		●	10:00 - 11:00 am	
Beginner Mat Yoga	●		10:30 - 11:30 am	
Exercise During Cancer Tx II	●		11:30 am - 12:30 pm	●
Saturday				
Exercise After Cancer Treatment II	●		7:30 - 8:30 am	●
Exercise After Cancer Treatment I	●		8:30 - 9:30 am	●
Pilates		●	8:30 - 9:15 am	●
Exercise After Cancer Treatment I	●		9:30 - 10:30 am	●
Exercise During Cancer Treatment II	●		10:30 - 11:30 am	●
Breast Cancer Exercise		●	11:30 am - 12:15 pm	●
Chair Yoga	●		12:30 - 1:15 pm	

**Staff-Registration classes require a Medical Release, Health History and an exercise consultation prior to registration.*

PARTNER CLASSES

Lemons of Love
406 W. Central, Mount Prospect

Beginner Mat Yoga
Wednesdays | 10:00 - 11:00 am

Loyola
2160 S 1st Ave, Maywood

Exercise for Balance
Oct. 8, 22, Nov. 11, Dec 10
10:00 - 11:00 am

McKinley Park Library
1915 W 35th St., Chicago

Tai Chi
Nov. 10, 17, Dec. 1, 8, 15, 22
4:30 - 5:15 pm

Oak Park Library
834 Lake St., Oak Park

Chair Yoga
Oct. 28, Nov. 25, Dec. 9
9:30 - 10:00 am

PAV YMCA
2947 Oak Park Ave., Berwyn

Stretching through Cancer
Wednesdays | 5:00 - 6:00 pm

UI Health Mile Square
1220 S. Wood St., Chicago

Chair Yoga
Oct. 8, 15, 22, 29 | 5:00 - 5:45 pm

Prostate Cancer Exercise
Nov. 5, 12, 19 | 5:30 - 6:30 pm

Wellness House for LIVING with CANCER
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Wellness House | Main Location
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131 North County Line Road
Hinsdale, Illinois 60521
Phone 630.323.5150 | wellnesshouse.org

For questions or to schedule an individual consultation, contact **Brittany McClarey** at **630.654.7941** or **bmcclarey@wellnesshouse.org**



Wellness House for LIVING with CANCER
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SUPPORT GROUPS & COUNSELING

For Information:
630.323.5150
Nevada Bennett, LCPC, NCC
nbennett@wellnesshouse.org

CONNECT with others who understand what you're going through.

IP = In Person class Online class

Support Groups	IP	Online	Time	Day
Cancer Support Group	●		3:00 - 4:30 pm	Wednesdays
Caregiver Support Group	●		3:00 - 4:30 pm	Wednesdays
Cancer Support Group		●	7:00 - 8:30 pm	Wednesdays
Caregiver Support Group		●	6:30 - 8:00 pm	Wednesdays
Living with Metastatic Breast Cancer		●	10:00 - 11:30 am	Tuesdays
Living with Recurrent or Metastatic Cancer		●	10:00 - 11:30 am	Fridays
Men's Support Group		●	12:00 - 1:30 pm	Tuesdays
Women's Support Group		●	2:00 - 3:30 pm	Tuesdays

Bereavement Groups	IP	Online	Time	Day
Bereavement Support Group	●		5:00 - 6:30 pm	Mondays
Bereavement Support Group		●	5:00 - 6:30 pm	Tuesdays
Young Adults Bereavement	●	●	9:30 - 11:00 am	Oct 3, Nov 7, Dec 5
Connections for Those Who Have Lost a Parent		●	6:30 - 8:00 pm	Oct. 1, Nov. 5, Dec. 3
Bereaved Solo Parents with Young Childen/Teens	●		7:00 - 8:30 pm	Oct. 13, Nov. 10, Dec. 8
Transitions Group for Spouses	●			Wednesdays, twice monthly
Transitions Alumni	●		5:00 - 6:30 pm	Oct. 27, Nov. 24, Dec. 22

MEMORIAL SLOAN KETTERING'S MEANING CENTERED PSYCHOTHERAPY

Thursdays, Oct. 22 - Dec. 17 | 1:00 - 2:30 pm
Meaning-Centered Psychotherapy is an 8-week course designed by Memorial Sloan Kettering Cancer Center to strengthen meaning in the face of cancer by helping people create and sustain meaning. This is a committed in-person group open to anyone who has had a cancer diagnosis or is tending to a loved one with a cancer diagnosis. Staff Registration Required.
Staff Registration Required. Please contact Michael Williams at mwilliams@wellnesshouse.org or 630.654.5117.

PARTNER SITE GROUPS

Oak Park Library:
834 Lake St, Oak Park

Cancer Support Group
Mondays
5:30 - 7:00 pm

OSF Little Company of Mary:
2800 W 95th St, Evergreen Park,
Cancer Center Library Room S1145

Women's Support Group
Oct. 20, Nov. 17, Dec. 15 | 4:00 - 5:15 pm

Caregiver Support Group
Oct. 20, Nov. 17, Dec. 15 | 5:30 - 6:45 pm

UI Health Mile Square Health Center:
1220 S Wood St, Chicago, Room 1051

Women of Color Connections Group
Oct. 20, Nov. 17, Dec. 15
11:00 am - 12:30 pm

SUPPORT GROUPS & COUNSELING

OCTOBER NOVEMBER DECEMBER 2026

IP = In Person class Online class

Groups that have red dots in both in person and online are offered in a hybrid fashion.

Diagnosis Specific & Peer Connection Groups	IP	Online	October	November	December	Time
Bladder Cancer	●	●	27	24	22	3:00 - 4:30 pm
Brain Tumor		●	22		10	3:00 - 4:30 pm
Breast Cancer	●		1, 15	5, 19	3, 17	2:00 - 3:30 pm
Breast Cancer		●	12, 26	9, 23	14	6:30 - 8:00 pm
Breast Cancer Hormone Therapy		●	22		17	5:15 - 6:15 pm
Colon/Rectal Cancer	●	●	19	16	21	7:00 - 8:30 pm
Gynecologic Cancers		●	8	12	10	6:30 - 8:00 pm
Head, Neck & Thyroid Cancer		●	20	17	15	7:00 - 8:30 pm
LGBTQ+ Cancer Connections	●	●	6	3	1	3:00 - 4:30 pm
Lung Cancer		●	19	16	21	3:00 - 4:30 pm
Lymphoma & Leukemia		●	8	12	10	7:00 - 8:30 pm
Melanoma		●	27	24	22	7:00 - 8:30 pm
Metastatic Breast Cancer	●		5	2	7	6:30 - 8:00pm
Metastatic Prostate Cancer		●	20	17	15	3:00 - 4:30 pm
Multiple Myeloma		●	15	19	17	6:30 - 8:00 pm
Neuroendocrine Tumors (NET)	●	●	10	14	12	10:30 am - 12:30 pm
Pancreatic Cancer		●	5, 19	2, 16	7, 21	1:00 - 2:15 pm
Prostate Cancer		●	14, 28	11, 25	9, 23	9:30 - 11:00 am
Prostate Cancer	●		7, 21	4, 18	2, 16	9:30 - 11:00 am
Sarcoma Cancers		●	17	21	19	11:00 am - 12:30 pm
Death Café Alumni		●	6	3	1	5:00 - 6:30 pm
Meaning-Centered Psychotherapy Alumni		●	13	10	8	3:00 - 4:30 pm
Soul Chat: Cancer + Spirituality Group for Black, Indigenous, & People of Color, UIH MSHC partnership		●	19	16	21	6:30 - 8:00 pm
Spiritual Side of Cancer	●		13	12	8	5:00 - 6:30 pm
Survivorship	●		8	12	10	5:15 -6:15 pm
Young Adults with Breast Cancer Connections	●	●	26	23		9:00 - 10:15 am
Young Adults with Cancer Connections	●		5	2	7	7:00 - 8:30 pm

New Group Highlight

SLEEP SUPPORT GROUP

Thursdays, Oct. 1, Nov. 5, Dec. 3 | 11:00 am - 12:30 pm

Join us for a monthly support group centered around science-based strategies and tip-sharing to improve your sleep. Everyone diagnosed with cancer and all caregivers are encouraged to attend and bring their best sleep strategies to share.

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Wellness House | Main Location
The Kay & Mike Birck Home of Hope
131 North County Line Road
Hinsdale, Illinois 60521
Phone 630.323.5150 | wellnesshouse.org

Individual consultations and short-term counseling are available. To schedule an appointment, contact **Nevada Bennett** at **630.323.5150** or **nbennett@wellnesshouse.org**



Wellness House for LIVING with CANCER
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CHILD & FAMILY

For Information:
Contact
abarber@wellnesshouse.org
or 630.654.5115.

BUILD UNDERSTANDING with programs that create a place to learn, express feelings, and heal.

IN PERSON GROUPS

Support Groups

Groups for children, teens and parents to receive peer support and explore their feelings as they navigate a cancer diagnosis.

Toddler Talk: Parent & Tot Connections	Oct. 7, Nov. 4, Dec. 2	10:00 - 10:45 am	Ages 2-5
Teen Group *For those with a loved one diagnosed*	Oct. 14, 28, Nov. 11, Dec. 9, 23	5:15 - 6:45 pm	Ages 12-18
Kids Group *For those with a loved one diagnosed*	Wednesdays	4:30 - 6:00 pm	Ages 6-11
Kids Group Parents	Oct. 14, Nov. 11, Dec. 9	4:30 - 5:30 pm	Parents
Brave Teens, Fridays *For diagnosed teens*	Oct. 9, Nov. 13, Dec. 11	4:00 - 5:00 pm	Ages 12-18
Tuesdays *For diagnosed teens*	Oct. 27, Nov. 24, Dec. 22	7:00 - 8:00 pm	Ages 12-18
Brave Kids *For diagnosed kids*	Oct. 7, Nov. 4, 18, Dec. 2, 16	5:15 - 6:45 pm	Ages 6-11

Bereavement

Supportive peer groups for children, teens, and parents who are grieving the loss of a loved one due to cancer.

Turtles	Mondays	5:30 - 6:30 pm	Ages 6-12
Teen Turtles	Oct. 19, Nov. 16, Dec. 21	4:30 - 5:30 pm	Ages 13-19
Tiny Turtles	Oct. 12, 26, Nov. 9, 23, Dec. 14	4:30 - 5:30 pm	Ages 3-6
Bereaved Solo Parents with Young Children/Teens	Oct. 13, Nov. 10, Dec. 8	7:00 - 8:30 pm	Parents

Wellness Classes

STRESS MANAGEMENT & EXERCISE

KIDS ART
Oct. 7, Nov. 4, Dec. 2 | 5:30 - 6:15 pm

STRESS FREE SATURDAY FOR KIDS
Oct. 10, Nov. 14, Dec. 12 | 9:30 - 10:30 am

NORTHERN LIGHTS SOUND JOURNEY: SOUND BATH FOR PARENTS & GRANDPARENTS
Oct. 10, Nov. 14, Dec. 12 | 9:30 - 10:30 am

KIDS YOGA
Oct. 28, Nov. 25, Dec. 23 | 5:30 - 6:15 pm

KIDS CROCHET
Oct 24 | 11:30 am - 1:00 pm

DATE NIGHT: COUPLES COOKING CLASS
Monday, Oct. 8, Nov. 9, Dec. 14 | 5:30 - 7:00 pm
Bring a spouse, friend, or family member for a memorable night of cooking, laughter, and connection! You'll prepare nourishing, delicious recipes, bond with your loved one, and connect with others!
To register, contact Jamie Shifley at 630.654.5196 or jshifley@wellnesshouse.org.

CALM KIDS & COFFEE CHATS
Dec. 5 | 10:00 - 11:30 am
Kids learn mindfulness and stress-management skills while parents enjoy coffee, donuts, and have time to connect with one another.

FAMILY NUTRITION & EXERCISE
Monday, Dec. 21 | 12:30 - 2:00 pm
Bring the family together for a unique blend of creativity and movement! You'll experience movement activities, creativity, and family bonding time.

CHILD & FAMILY

OCTOBER NOVEMBER DECEMBER 2026

SPECIAL EVENTS



Pampering for Hope & Healing: A Family Experience

Thursday, Oct. 1 | 4:30 - 6:00 pm
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.



Spooky Spectacular

Wednesday, Oct. 21 | 4:00 - 7:00 pm
Registration Required

Join us at Wellness House for an evening of spooky fun for the whole family! Come dressed in your Halloween best and we'll supply the tricks and treats for a spooktacular good time.



Painting Wishes, Creating Wellness

Tuesday, Nov. 17 | 5:00 - 7:00 pm
Registration Required

Join us for for this collaboration with Make-A-Wish to about wellness through art. Enjoy an art project, time with peers and snacks.



Polar Express

Tuesday, Dec. 8 | 5:00 - 7:00 pm
Registration Required

Wellness House families are invited to experience our Polar Express Winter Wonderland featuring fun activities and games, plus special surprises from Santa! Families with kids of all ages are welcome.

PARTNER PROGRAMS

Family Art & Exercise Fun

Monday, Oct. 26 | 5:30 - 6:30 pm
Bring the whole family together for a unique blend of creativity and movement! You'll experience movement activities, creativity, and family bonding time.
Location: UIH Mile Square, 1220 S. Wood St., Chicago

Craft & Connect with Kesem

Saturday, Nov. 14 | 10:30 am - 12:30 pm
Join Wellness House + the Kesem Together chapter of University of Chicago for connection, fall-themed art, and interactive games. We welcome parents/caregivers to attend in community, while kids and teens will be lead through meaningful activites with one another. Snacks will be provided.
Location: Blue Door Neighborhood Center
756 E 111th St., Chicago

Family Yoga and Sound Under the Stars

Monday, Nov. 16 | 5:30 - 6:30 pm
Drift into calm with this relaxing family yoga and sound meditation experience where we use our imaginations to float through the stars while listening to magical peaceful sounds.
Location: Archer Heights Library
5055 S. Archer Ave., Chicago

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Hinsdale, Illinois 60521
Phone 630.323.5150 | wellnesshouse.org

Parent, Child, Teen and Family Consultations
Consultations and short-term counseling are available to assist parents, children, teens, families, family caregivers and couples in addressing concerns about cancer and developing positive coping strategies.
For more information or to schedule an appointment, please contact Lexie Barber at abarber@wellnesshouse.org or 630-654-5115.



Wellness House for LIVING with CANCER
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APOYO GRATUITO PARA EL CÁNCER

Para obtener más información, comuníquese por correo electrónico o por teléfono.



Contáctenos

Para obtener más información, llame al 630.654.7217 o igarciaperez@wellnesshouse.org

Consulta de Consejero

Home of Hope or online

Para programar una cita de terapia, llame a Ima Garcia Perez 630-654-7217. Wellness House ofrece sesiones de terapia para personas afectadas por el cáncer, como las personas diagnosticadas con cáncer, los cuidadores o los miembros de la familia.

Consulta de Pelucas

Home of Hope

Para programar una cita de peluca de Wellness House llame a Sofia Herron Geller a 630-560-0335, sherrongeller@wellnesshouse.org. Recomendaciones personalizadas para el estilo, color, ajuste y cuidado de la peluca con uno de nuestros expertos. Reciba una peluca sin alguno costo si tiene pérdida de cabello debido a su tratamiento de cáncer.

Consultas de ejercicio

Para programar una consulta, comuníquese con Ima Garcia Perez.

Consultas de nutricion

Para programar una consulta, comuníquese con Everly Inzunza, einzunza@wellnesshouse.org o 630-654-5194.

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Obtenga más información sobre Wellness House

Apoyo

Grupo de apoyo para personas viviendo con cáncer

Cada miércoles | 5:00 - 6:15 pm | *En persona y en línea*

Este grupo de apoyo está diseñado para abordar los desafíos emocionales que vienen con un diagnóstico de cáncer al brindar un espacio seguro para que las personas diagnosticadas se reúnan para compartir experiencias, lidiar con la ansiedad y la preocupación y para apoyarse mutuamente. Este grupo tocara diferente temas de cáncer en diferente secciones.

Ejercicio

Yoga en español

Sábado | 10:00 - 11:00 am | *en línea | En asociación con ALAS-Wings*

ALAS Wings x Posturas de yoga para principiantes y restaurativas basadas en colchonetas y de pie, instruidas en español.

Yoga en español

Jueves | 6:00 - 7:00 pm | *en línea*

Posturas de yoga para principiantes y restaurativas basadas en colchonetas y de pie, instruidas en español.

Yoga en español

Martes Octubre 13, Noviembre 17, Diciembre 8 | 5:00 - 6:00 pm | *En persona*

Stickney Library, 6800 43rd St, Stickney, IL

Posturas de yoga para principiantes y restaurativas basadas en colchonetas y de pie, instruidas en español.

Nutrición

Cocinar para el cáncer

Sábado, Octubre 10, Noviembre 14, Diciembre 5 | 10:30 am - 12:00 pm en línea

Esta demostración de cocina contará con recetas fáciles y saludables para ayudarle a incorporar deliciosamente los alimentos que combaten el cáncer en su dieta.

Temas de nutrición con la Dietista

Miercoles, Octubre 14 | 6:15 - 7:00 pm | en línea

En esta clase abordaremos diversos temas relacionados con la nutrición. Analizaremos a fondo los hábitos, alimentos y nutrientes que, según las investigaciones, aumentan o disminuyen el riesgo de cáncer, así como la manera de incorporar estas recomendaciones a una dieta equilibrada.

Cocinar para el cáncer

Martes Octubre 13, Noviembre 17, Deciembre 8 | 6:00 -7:00 pm | *En persona*

Stickney Library, 6800 43rd St, Stickney, IL

Esta demostración de clase de cocina contará con recetas fáciles y saludables para ayudarle a incorporar deliciosamente los alimentos que combaten el cáncer en su dieta.

Feria de Nutrición

Sábado, Octubre 3 | 9:00 am – 2:30 pm

Acompáñenos en un día de comida, aprendizaje y diversión. Descubra formas prácticas de incorporar una alimentación basada en alimentos integrales de origen vegetal a través de presentaciones de expertos, demostraciones culinarias, talleres prácticos y la presencia de vendedores locales.

Dia de los Muertos

Sábado, Octubre 31
10:00 am - 12:30 pm

Wellness House los invita a recordar, celebrar y honrar a nuestros seres queridos que hemos perdido a causa del cáncer. Considere traer una foto de su ser querido y/o algún objeto especial que lo honre. Durante este evento se ofrecerán refrescos y botanas.

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

WELLNESS HOUSE **PARTNER NETWORK**

Wellness House offers programs onsite at our partner locations throughout metro Chicago. We offer classes and events on nutrition, exercise, support and counseling, information, and educational programs that best serve the people in the immediate community.



Mile Square Health Center
1220 S Wood St., Chicago, IL 60608

To view all classes at Mile Square Health Center, visit **wellnesshouse.org/uihealth**



Loyola Medicine
Cardinal Bernardin Cancer Center
2160 S. 1st Ave., Maywood, IL 60153

To view all classes at Loyola Medicine, visit **wellnesshouse.org/Loyola**



OSF Little Company of Mary
Cancer Center Library, Room S1145
2800 West 95th Street,
Evergreen Park, IL 60805

To view all classes at OSF Little Company of Mary, visit **Wellnesshouse.org/osflittlecompanyofmary**

UI Health MILE SQUARE HEALTH CENTER · UIC
Prostate Cancer Foundation of Chicago
Lemons of Hope
OSF HealthCare Little Company of Mary Medical Center
ALAS WINGS
Advocates for Community Wellness
YAS Young and a Survivor / Joven y Sobreviviente
Wellness House for LIVING with CANCER
Advocate Good Samaritan Hospital
RUSH
RUSH Oak Park Hospital
MacNeal Hospital
West Suburban Medical Center
LOYOLA MEDICINE
A Member of Trinity Health
Hope and Healing Cancer Services
UChicago Medicine
AdventHealth
COOK COUNTY HEALTH

Hope and Healing Cancer Clinic and Advocates for Community Wellness

Visit one of our other partners throughout the Chicagoland area

Partnership programs are listed throughout the guide and are held at many of the sites listed below. Please note that participants need not be patients of these hospitals in order to attend the groups and classes.

To schedule an appointment for Unique Boutique services at our main location in Hinsdale, call 630.654.5110 or email uniqueboutique@wellnesshouse.org.

Appointments are limited provided at no cost.