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 recurrance.

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

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

Prostate Cancer Foundation of Chicago

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