

We are now offering a wide range of programs online! [Learn More](#)



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Our Programs

There's a lot to think about when you're living with cancer — whether you're diagnosed or close to someone who is. Get support, build knowledge, and connect with others through classes, lectures, social events, and supportive groups led by our experts. All services and programs are at no cost to you.

Programs that meet your needs

Get support, tools and information to help you feel better.



Free for everyone

The generous support of our donors, sponsors and grantors means our programs are provided at no cost to you.



For the whole you

We look beyond medical diagnosis to support your social, emotional, physical, spiritual and psychological needs.



Whatever you need

Whether you're looking for counseling, nutrition, exercise, stress management, family support or information, there's a program for you.



No matter how you're affected

Whether you've been diagnosed, have a family member living with cancer or are a caregiver, you are welcome here.



Wherever you are

With locations across metro Chicago and online and on-demand programs, participation is not limited by where you live or where you're receiving your medical care.



Led by experts

Our oncology experts, healthcare partners and professional volunteers lead evidence-based programs that are reliable, relatable and current.

[Learn more](#)

Take advantage of diverse programming

From introductory sessions and special program events to online programs and in-person classes, get the types of programs you need to take care of the whole you.



New to Wellness House?

We're glad you're here. We're here for those who are newly diagnosed, in treatment and post-treatment, plus caregivers and families. To help you familiarize yourself with Wellness House's vast programming, join us for an orientation session. You'll get an overview of programs and an opportunity to learn more about the ways to benefit from Wellness House.

[Attend our orientation](#)



Attend a live or virtual program

We offer access to a variety of in-person and virtual classes that can help you heal. Offered at no cost, and as a complement to medical treatment, our programs educate, support, and empower you to improve your physical and emotional well-being.

Select from more than 485 classes to find something that interests you.

[See program categories](#)



Try an on-demand program

Choose from a variety of on-demand sessions across all program categories available whenever, and wherever you are. [Online videos](#) are added regularly in order to meet your wellness needs, while remaining flexible with your schedule. Wellness House also hosts [Special Program Events](#) each month, addressing key topics and providing unique opportunities to connect.

[View webinars & videos](#)

Upcoming Special Program Events

Join us to discuss hot topics and hear from featured guests.





[Wellness Evolving – Creative Arts for Self-Care – Featuring Twist Out Cancer](#)

From cognitive and emotional to social and physical benefits, the good that comes from time outdoors is vast. Learn about how nature delivers these effects, and ways to connect with it from wherever you are.



[Jodi-Ann Burey – What I Learned from Talking to People of Color About Cancer](#)

Join us for a conversation with sought-after speaker and writer, Jodi-Ann Burey. Jodi-Ann works at the intersections of race, culture, and health equity on a mission to disrupt “business as usual” to achieve social change. She is the creator and host of Black Cancer, a podcast about the nuances of the lives of people of color told through their cancer journeys. Jodi-Ann holds a Master’s in Public Health from the University of Michigan. She prides herself on being a cool auntie, a twist-out queen, health advocate, adventurer and reluctant dog owner.



[Hot Topics in Lung Cancer](#)

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 lung cancer.

All program events

Types of programs



Information and Education

Access to current and reliable information on topics like new treatments, managing side effects, and coping with cancer can help you feel empowered and stay informed.

- Feel empowered with reliable information
- Learn about options



Nutrition

Healthy eating can increase energy and reduce cancer-related side effects.

- Improve food choices
- Discover new nutrient-dense foods and delicious recipes

- Gain new skills

We Offer

Top Doc Lectures, Classes, Workshops, Webinars and On-Demand Videos

[View information and education programs](#)

- Reduce side effects such as poor appetite, nausea, diarrhea/constipation

We Offer

Cooking Classes, Side Effect Management, Kitchen Skills, Individual Nutrition Consultations

[View nutrition programs](#)



Exercise

Exercise is safe and recommended before, during, and after cancer treatment. No experience is required.

- Increase energy
- Improve quality of life
- Reduce side effects such as fatigue, neuropathy, lymphedema, osteoporosis and nausea

We Offer

Exercise, Yoga, Mind/Body Movement and Individual Consultations

[View exercise programs](#)



Stress Management

Experience relaxation and learn stress management techniques to relax your body, still your mind, engage your spirit and improve your quality of life.

- Learn to manage stress
- Improve coping skills
- Increase your sense of well-being

We Offer

Meditation, Mindfulness, Expressive Arts, Distant Reiki and Healing Touch

[View stress management programs](#)



Child and Family

Our family programs give kids, teens, and parents a place to learn, express how they're feeling and heal. Families of all traditions are welcome.

- Navigate cancer together as individuals and families
- Improve communication
- Feel understood

We Offer

Kids and Teens Groups, Counseling for Children, Teens, Couples and Families, Fun Family Events

[View child and family programs](#)



Support Groups and Counseling

Connecting with others who understand what you're going through is important, whether you have cancer or are close to someone who does.

- Manage the emotions of the cancer journey
- Share and connect with supportive peers
- Improve health outcomes by reducing isolation

We Offer

Support Groups, Caregivers Groups, Diagnosis-Specific Networking, Individual Counseling, Bereavement

[View support groups and counseling programs](#)

Programas de apoyo para el cáncer en español

Get the support you need today

Access a variety of no-cost exercise and nutrition classes, support groups and stress management techniques that can help you heal and complement your medical treatment.

Let's find what works for you

Download our program guides

Follow Wellness House



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

The Kay & Mike Birck Home of Hope

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