We use a psychosocial* approach addressing the whole person.

Who we are:
We envision 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.

“Patients do better during treatment and afterwards when they connect with Wellness House.”
Dr. Amit Patel

Everything we do is to prepare and empower people to fully live life with cancer and beyond.

36,000
Total number of visits to Wellness House in fiscal year 2019

41,000
Number of people served since we opened our doors in 1990

In 2019:
17,008 hours of exercise services provided
6,770 hours of support and networking groups

470 Programs offered each month

97% Rated a high likelihood of recommending Wellness House to another

12% Increase in visits to offsite partner locations

445 Oncologists and surgeons who refer their patients to Wellness House

Within the last 5 years:
49% increase in individuals who use Wellness House programs
43% increase in people visiting for the first time
89% increase in visits to Information and Education programs

Information & Education
Classes, workshops and invited speakers address the various effects of cancer and how to manage all the changes cancer commonly brings.

Exercise & Nutrition
Exercise is not only safe during cancer treatment, it improves physical functioning and quality of life. Nutritional support during treatment leads to fewer symptoms and better food choices.

Stress Management
Learning and practicing stress management techniques helps individuals feel less anxious and more in control of their lives.

Child & Family Programs
Families who are able to support one another and communicate openly often forge stronger bonds even during times of stress.

Support Groups & Counseling
Social support leads to fewer depressed feelings and improved health outcomes for people with cancer.

* A psychosocial approach addresses the social, emotional, physical, spiritual and psychological aspects of an individual
“Wellness House helps bring people together. I would have felt isolated without the community I found in the young adult group.”

Lauren

“Talking with other people and helping other people is the best thing about Wellness House. Everyone is going through cancer together — some people are just starting it, and some already went through it.”

Fleet

“The bottom fell out when I was diagnosed with Stage 4 Hodgkins Lymphoma. We came to Welcome to Wellness House and literally opened the program guide and started going to things.”

Johnna

Wellness House exists because of the generosity of people who support our mission.

All programs are offered at no cost!

Wellness House | Main Location
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