



August 2009
Educational Programs
for Cancer Survivors, Family & Friends
You're invited!

Consider the Source! Healthy Food Sources

Chef Paul Virant, *Vie Restaurant, Western Springs*

Restaurant owner and award-winning chef Paul Virant will introduce us to his philosophy about food and consumer-supported agriculture, a new way of choosing healthy food sources for our own cooking and dining.

Saturday, August 1, 10:00-11:30am

Essentials For Body

Wellness House

A great deal of research has been conducted about nutrition. We will discuss the fundamentals that research has taught us as well as strategies you can use if your usual ways of eating are interrupted by treatment. We will also discuss physical activity and exercise as one of the most potent ways you can support yourself during cancer and beyond.

Tuesday, August 4, 7:00-8:30pm

Update on Vitamin D

Julie Fulton, RD, LDN, NSCA-CPT, *Mint Condition Wellness and Training Center*

Research has recently proliferated on the wonders of this special vitamin. Nutritionist Julie Fulton will update us on findings that shed light on the essential role of Vitamin D in overall health and cancer.

Tuesday, August 18, 7:00-8:30pm

Advances in Colorectal Cancer Treatment

Gerry Bohac, MD, *Assistant Professor, Gastrointestinal Oncology, Rush University Medical Center*

GI oncology specialist Dr. Bohac will share the latest research and treatment information available for colorectal cancer.

Thursday, August 27, 7:00-8:30pm

Survival Skills in the Healthcare System

Joan Cantwell, RN, MA, CJEA

Recently diagnosed? New patients and family members, come and empower yourself with a primer on how to successfully navigate the healthcare system to your best advantage.

Saturday, August 29, 10:00-11:30am

Please register in advance by calling 630-323-5150

Wellness House 131 N. County Line Road, Hinsdale, IL 60521
www.wellnesshouse.org

Challenging Cancer. Creating Community. Changing Lives.