



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

Essentials for Mind

Wellness House

Learn the best sources for information about your diagnosis, treatment, and experimental trials; insurance issues; and strategies to get the best care from your medical team. You will also learn about strategies involving your mind to help you manage stress during the challenges of cancer.

Tuesday, July 7, 7:00-8:30pm

Managing the Side Effects of Chemotherapy

Amaryllis Gil, MD and Gina Chorley, NP, Elmhurst Memorial Healthcare

Join Dr. Gil and Gina Chorley for a discussion about the common side effects of chemotherapy and strategies to effectively manage them.

Tuesday, July 14, 7:00-8:30pm

Bach Flower Essences

Terry Moro, LMT, NCTMB, Wellness and Massage Training Institute

How are flower extracts used in the art of healing? Beyond their beauty, Terry will teach us about the homeopathic practice of promoting well being through flower power.

Thursday, July 16, 7:00-8:30pm

Cancer Survivors: Key Advocates for a Better Future

Julia Rowland, PhD, Director, Office of Cancer Survivorship of the National Cancer Institute

Advances in early detection, treatment, and supportive care have turned cancer into a curable illness for more of those diagnosed, and a chronic illness for many. As their numbers have increased, cancer survivors and their caregivers have played a key role in raising awareness about the human cost of illness. This presentation will review some of the key contributions patients and advocates have made in changing the landscape of cancer survivorship, as well as the challenges we yet face to enhance not just the length, but also the quality of life and care of those living with, through, and beyond cancer.

Thursday, July 30, 7:00-8:30pm

The Role of Individual and Marital Counseling in Cancer Care

Mekhala Samsi, PhD, Health Psychology Fellow, Loyola University Medical Center

Join psychologist Mekhala Samsi in understanding the available counseling therapies that may boost recovery for the person diagnosed as well as family members affected by a loved one's cancer.

Tuesday, July 21, 7:00-8:30pm

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.