



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

Essentials for Spirit

Wellness House

However you define spirit and faith, we will discuss the importance of making room for the ways you practice and express it during your time with cancer. We will address barriers to spirit like stress and depression and how to manage them.

Tuesday, September 1, 7:00-8:30pm

Life Over Cancer

Keith Block, MD, *Medical Director, Block Center for Integrative Cancer Treatment, Director of Integrative Medical Education at the University of Illinois College of Medicine.*

Dr. Block will share his center's strategies for individually-tailored cancer care to help patients boost their biology and enhance treatment effectiveness while reducing side effects. He will also discuss his newly published book *Life Over Cancer*.

Thursday, September 17, 7:00-8:30pm

Coping with Caregiver Stress

Paula Pohlhammer, MSMFT, LCPC, *The Family Institute of Northwestern*

Calling all family caregivers! Come learn how family members and close friends can balance their own needs amidst the cancer experience in order to provide the best help to their loved one with cancer.

Thursday, September 24, 7:00-8:30pm

Tax Law Facts: Get Current!

Robert Cosentino, *Attorney at Law*

Come learn the specifics of how changes to tax legislation will affect estate planning in the current era.

Saturday, September 26, 10:00-11:30am

Introduction to Interventional Oncology

Michael Sichelau, MD, *Vascular and Interventional Radiology*

Learn about the emerging field of Interventional Oncology that uses imaging technology to treat localized cancers in ways that are minimally or non-invasive. Join Dr. Sichelau as he explains how these targeted treatments are utilized in cancer care.

Tuesday, September 29, 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.