



WELLNESS HOUSE
MIND : BODY
FEST

Join us for a stress-less day!

This event is for people affected by cancer.

September 7, 2019

9:30 AM - 2:30 PM

- **Yoga, Tai Chi & Qi Gong**
- **Mindfulness & Meditation**
- **Expressive Arts**
- **Wellness Tune-Ups**
- **Sound Meditation**
- **And More!**

Provided at no cost.

Experience mini-sessions designed to reduce stress, increase relaxation and improve your overall sense of well-being.

Choose from a variety of Wellness House stress management programs and learn techniques to add to your self-care tool box.

Wellness House is here for anyone affected by cancer:

Just diagnosed, in treatment, survivorship, caregivers and family and friends.

Register at wellnesshouse.org

Located at Wellness House, 131 North County Line Road, Hinsdale, IL 60521

Wellness House for LIVING with CANCER

You'll feel better inside.