

Prostate Cancer Support at Wellness House



PROSTATE CANCER SUPPORT PROGRAMS IN PERSON AT WELLNESS HOUSE OR ONLINE

INFORMATION AND EDUCATION

Prostate Cancer Foundation of Chicago Meetings

Wednesday April 1, May 6, June 3 | 5:00 - 6:00 pm

[In Person](#) and [Online](#)

Men diagnosed with prostate cancer, and their family and friends, are invited to discuss treatment options, learn about current research, ask questions, and connect with others. After the meetings, stay for Dinner with the RD from 6:00 - 7:00 pm for a healthy meal and informal Q&A with an oncology dietitian.

In partnership with the Prostate Cancer Foundation of Chicago

- **April 1: Survivors with Sweeney: Survivorship After Prostate Cancer Q&A**

Patrick Sweeney, MD, UChicago Medicine Advent Health

- **May 6: Radiopharmaceuticals**

Alec Harris, MD, Radiation Oncology Consultants

- **June 3: Updates in Medical Oncology: Systemic Therapies for Prostate Cancer**

Syed Ahmed, MD, PhD Northwestern Medicine

NUTRITION

An interactive meal on the role of nutrition in managing prostate cancer side effects, where an oncology dietitian shares insights on how nutrition supports health during treatment and recovery.

Dinner with the RD: Nutrition & Prostate Cancer

Wednesdays, April 1, May 6, June 3 | 6:00 - 7:00 pm

[In Person](#)

Lunch with the RD: Nutrition & Prostate Cancer

Wednesdays, April 15, May 20, June 17 | 11:00 - 11:45 am

[In Person](#)

EXERCISE

Prostate Cancer Exercise

Tuesdays & Thursdays | 8:00 - 8:45 am | [Online](#)

Contact Casey Pantazopoulos at 630.654.7942 or cpantazopoulos@wellnesshouse.org to register. Customized exercises for prostate cancer survivors. This program is suitable for participants at any phase from diagnosis to survivorship.

Stretching Through Prostate Cancer

Wednesdays April 8, 22, May 13, 27, June 10, 24

8:30 - 9:00 am | [Online](#)

Wednesdays April 1, May 6, June 3 | 11:00 - 11:45 am

[In Person](#)

Customized stretches for prostate cancer survivors from diagnosis through survivorship.

SUPPORT GROUPS AND COUNSELING

Diagnosis Specific & Peer Connection Groups: Prostate cancer

April 1, 15, May 6, 20, June 3, 17 | 9:30 - 11:00 am | [In person](#)

April 8, 22, May 13, 27, June 10, 24 | 9:30 - 11:00 am | [Online](#)

Diagnosis Specific & Peer Connection Groups: Metastatic Prostate Cancer

April 21, May 19, June 16 | 3:00 - 4:30 pm | [Online](#)

Learn more or register at wellnesshouse.org

