



WELLNESS HOUSE
MIND:BODY
FEST

**In-Person
and Online
Experiences!**

Join us for a festival of activities to add to your self-care toolkit!

Outdoor Festival at Wellness House

131 North County Line Road, Hinsdale, IL 60521

Saturday, August 19, 2023

9:30 – 2:30 p.m.

Join us at Wellness House to immerse yourself in a day of relaxing experiences. You'll have the chance to try a variety of the following offerings:

- **Tai Chi**
- **Yoga**
- **Expressive Arts**
- **Meditation and Breathwork**
- **Forest Therapy**
- **Dance**
- **And more!**

Register at
wellnesshouse.org/mindbodyfest

Presented at no cost to those affected by cancer.

Additional Online Programs

Top Tips for Reducing Stress

Alex Psihogios, Ph.D., of Northwestern University Feinberg School of Medicine

Tuesday, August 22

6:30 – 8:00 p.m.

Mindfulness, Meditation, and Yoga from a Physical Therapist's Perspective

Sarah Oldham, PT, WCS, of Advocate Good Samaritan Health and Wellness Center

Wednesday, August 23

3:00 - 4:30 p.m.


Using Humor as a Coping Tool

Olivia Clarke of Humor Beats Cancer

Thursday, August 24

6:00 – 7:30 p.m.



 **Learn More**