



WELLNESS HOUSE
MIND : BODY
FEST

In-Person
and Online
Experiences!

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

In-Person

Outdoor Festival

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:

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

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

Register at

wellnesshouse.org/mindbodyfest

Presented at no cost to those affected by cancer.

Online

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

Using Humor as a Coping Tool

Olivia Clarke of Humor Beats Cancer

Thursday, August 24

| 6:00 – 7:30 p.m.



Learn More

Wellness House for LIVING with CANCER

You'll feel better inside.