



You'll feel better inside.

In 1990, Wellness House, a nonprofit organization, opened with a single purpose to *“better the lives of people living with cancer and the people close to them. “*

### ***Their Approach***

Today, they offer a variety of programs and services — exercise classes, nutrition seminars, support groups and more — all designed to complement the treatment plan from their doctors and specialists. It’s a whole-person approach to healing, and it’s offered at no cost to patients. They also serve the needs of homeless individuals and families in our community. Their mission is to provide emergency overnight shelter, interim & transitional housing, and supportive services to help those in crisis regain stability and independence with the goal of breaking the cycle of homelessness.

### ***How You Can Help the Wellness House***

**“Attend or Host a Fundraising Event”** - Whether you want to walk or donate to the Walk for Wellness House, dance at our annual gala or sponsor one of these events, we’ve got opportunities for everyone! We even provide support if you wish to host your own event to raise funds for Wellness House.

**“Make a Donation”** - Make a gift, recognize someone special with a tribute, choose us as your AmazonSmile charity or shop The Courtyard. See more ways via this link <https://wellnesshouse.org/donate/>

**“Volunteer Your Time”** – Golfview Women’s Club will organize volunteer events where you can directly impact the lives of individuals experiencing homelessness. Your time and compassion can make a significant difference.

**“Spread the Word”** - Help us raise awareness about Beds Plus Charity and our commitment to supporting them. Share their mission with your friends, family, and colleagues.

**For more information on how to get involved** with any of the initiatives, visit WELLNESS HOUSE website for ideas on how to help or contact Bea Wolfe, GHWC Philanthropy Chair, at 630-642-7797.

<https://wellnesshouse.org/>