



FEBRUARY 2012

GILDA'S CLUB CHICAGO AT THE LURIE CANCER CENTER

Cancer Support for the Whole Family,
the Whole Time.™

	TUESDAY	WEDNESDAY	THURSDAY
<p>Location Guide:</p> <p>G21 Galter Pavilion 675 N. St. Clair 21st floor Conference Room</p>	<p>FEBRUARY IS GILDA'S CLUB CHICAGO'S 14TH ANNIVERSARY!!</p> 	<p>2</p> <p>ART AS RELAXATION 9:30AM-11:00AM—G21</p> <p>POSTCARD PROJECT 12:00PM-1:30PM—GLC</p> <p>T'AI CHI CHIH 2:00PM-3:00PM—P5</p>	<p>3</p> <p>ART AS RELAXATION 9:30AM-11:00AM—GLC</p> <p>BECOME A MEMBER! 10:00AM-11:00AM—P5 (AVAILABLE BY REQUEST)</p> <p>GOOD VIBRATIONS 11:15AM-12:15PM—P3</p>
<p>GLC Galter Pavilion 675 N. St. Clair Lower Concourse Radiation Oncology Waiting Room</p>	<p>7</p> <p>"COME AS YOU ARE" YOGA 9:30AM-10:30AM—G21</p> <p>CRAFTS 11:00AM-12:30PM—G21</p>	<p>8</p> <p>ART AS RELAXATION 9:30AM-11:00AM—G21</p> <p>POSTCARD PROJECT 12:00PM-1:30PM—GLC</p> <p>T'AI CHI CHIH 2:00PM-3:00PM—P5</p>	<p>9</p> <p>ART AS RELAXATION 9:30AM-11:00AM—GLC</p> <p>BECOME A MEMBER! 10:00AM-11:00AM—P5 (AVAILABLE BY REQUEST)</p> <p>GOOD VIBRATIONS 11:15AM-12:15PM—P3</p>
<p>P3 Prentice Women's Hospital 250 E. Superior 3rd Floor—Chapel</p>	<p>14</p> <p>"COME AS YOU ARE" YOGA 9:30AM-10:30AM—G21</p> <p>CRAFTS 11:00AM-12:30PM—G21</p> <p>LEARN TO BE STRESS FREE! 2:30-3:30PM—GLC</p>	<p>15</p> <p>ART AS RELAXATION 9:30AM-11:00AM—G21</p> <p>POSTCARD PROJECT 12:00PM-1:30PM—GLC</p> <p>T'AI CHI CHIH 2:00PM-3:00PM—P5</p>	<p>16</p> <p>ART AS RELAXATION 9:30AM-11:00AM—GLC</p> <p>BECOME A MEMBER! 10:00AM-11:00AM—P5 (AVAILABLE BY REQUEST)</p> <p>GOOD VIBRATIONS 11:15AM-12:15PM—P3</p>
<p>P5 Prentice Women's Hospital 250 E. Superior 5th Floor Maggie Daley Center for Women's Cancer Care</p>	<p>21</p> <p>"COME AS YOU ARE" YOGA 9:30AM-10:30AM—G21</p> <p>CRAFTS 11:00AM-12:30PM—G21</p>	<p>22</p> <p>ART AS RELAXATION 9:30AM-11:00AM—G21</p> <p>POSTCARD PROJECT 12:00PM-1:30PM—GLC</p> <p>T'AI CHI CHIH 2:00PM-3:00PM—P5</p>	<p>23</p> <p>ART AS RELAXATION 9:30AM-11:00AM—GLC</p> <p>BECOME A MEMBER! 10:00AM-11:00AM—P5 (AVAILABLE BY REQUEST)</p> <p>GOOD VIBRATIONS 11:15AM-12:15PM—P3</p>
	<p>28</p> <p>"COME AS YOU ARE" YOGA 9:30AM-10:30AM—G21</p> <p>CRAFTS 11:00AM-12:30PM—G21</p>	<p>29</p> <p>ART AS RELAXATION 9:30AM-11:00AM—G21</p> <p>POSTCARD PROJECT 12:00PM-1:30PM—GLC</p> <p>T'AI CHI CHIH 2:00PM-3:00PM—P5</p>	 <p>LOOK GOOD... FEEL BETTER®</p> <p>MONDAY, JAN 27TH 10:00AM-12:00PM—P5 TO REGISTER FOR THIS ACS EVENT PLEASE CONTACT DIANE GIULIANI 312-926-4282</p>

Gilda's Club Chicago

Our mission is to create welcoming communities of free support for everyone living with cancer, along with their families and friends. Our innovative program is an essential complement to medical care, providing networking and support groups, workshops, education, and social activities.

Visit us at www.gildasclubchicago.org or call (312)464-9900

ALL GILDA'S CLUB ACTIVITIES ARE FREE OF CHARGE!

Galter Pavilion 675 N. St Clair

"COME AS YOU ARE" YOGA

TUESDAYS 11:00AM-10:30AM Galter Pavilion 21st Floor

This class, led by a certified yoga instructor, is designed for beginners and those with physical challenges, or for those who just want a gentle stretching class. This activity may be done seated in a chair or standing.

Facilitator: Jody Butterbach

CRAFTS

TUESDAYS 11:00AM-12:30PM Galter Pavilion 21st Floor

Relax by engaging in a crafty project! Supplies are provided.

Facilitator: Emily Wiss

ART AS RELAXATION

WEDNESDAYS 9:30AM-11:00PM Galter Pavilion 21st Floor

THURSDAYS 9:30AM-11:00PM Galter Lower Concourse

Learn origami and be surprised by the sense of accomplishment after making your first paper crane. Other art projects may also be featured.

Facilitator: Warner Saunders, Jr

POSTCARD PROJECT

WEDNESDAYS 12:00PM-1:30PM Galter Lower Concourse

Make someone you care about a personal art postcard. Join us as we create a personalized mixed-media postcard to mail or keep. Bring your favorite memories. We will supply all materials and steps for success.

Facilitator: Rebecca Fritz, LCSW

LEARN TO BE STRESS FREE!

THIRD TUESDAYS 2:30PM-3:30PM Galter Lower Concourse

Come participate in relaxation training and learn about using biofeedback and guided imagery meditation to help cope in healthier ways with stress related to illness.

Facilitator: Debbie Vyskocil

Stop by and
say Hello!



Prentice Women's Hospital 250 E. Superior

T'AI CHI CHIH®

WEDNESDAYS 2:00PM-3:00PM Prentice 5th Floor

T'ai Chi Chih promotes Joy through movement. Modern technique based on Ancient Chinese wisdom; 19 simple slow gentle movements. T'ai Chi Chih is a mix of meditation and movement that has been shown to reduce stress. It can be done while sitting or standing and is fun to learn!

For all ages and physical condition, no special clothing required.

Facilitator: Deb Siron

GOOD VIBRATIONS

THURSDAYS 12:15PM-12:45PM Prentice 3rd Floor Chapel

A weekly space for patients, families, and staff to enjoy 30 minutes of music, meditation, or inspirational literary works. Each Thursday holds something special and be sure not to miss the second Thursday of the month when we feature something extra-special! Stop by to rejuvenate, relax, and restore!

Facilitator: Barbara Zeman

BECOME A MEMBER!

Become a member of Gilda's Club Chicago to be a part of our community of support. Our free membership is available to any adult or child whose life has been touched by cancer.

Facilitator: Rebecca Fritz, LCSW

Available by Request 312-464-9900, Thursdays 10:00AM-11:00AM

PARENTING THROUGH CANCER

A networking group for parents of children under 18 designed to help parents who have cancer themselves, a spouse or child with cancer or are parenting through the death of a loved one.

Facilitator: Jamie Mazer, LCPC

Presented by Request—Please contact Jamie at 312-464-9900 ext 31.

STARTING A FAMILY AFTER CANCER: INFORMATION, OPTIONS, SUPPORT, AND HOPE

A networking group designed for women or men to gather and share questions, concerns and get information about options for starting a family after cancer.

This group is being presented in collaboration with The Lurie Cancer Center and the Oncofertility Consortium. Light refreshments will be provided.

Please note: This group takes place at 537 N. Wells Street

Facilitators: Kristen Smith and Rebecca Fritz

Tuesday, January 3rd 5:30PM - 6:30PM

Please Register for this group with Gilda's Club Chicago 312-464-9900

GCC INPATIENT ACTIVITIES @ PRENTICE WOMEN'S HOSPITAL

CUPCAKE PARTY!

FOURTH THURSDAYS 2:00PM-3:00PM 16th Floor Family Room

FOURTH THURSDAYS 3:00PM-4:00PM 15th Floor Patient Education Room

Patients, families and staff are invited to stop by for a cupcake and hear what Gilda's Club is all about!

ART AS RELAXATION

FOURTH THURSDAYS 4:00PM-5:00PM 15th Floor Patient Education Room

Learn origami and be surprised by the sense of accomplishment after making your first paper crane. Other art projects may also be featured.

NORTHWESTERN MEMORIAL HOSPITAL EVENTS

To learn more about these events and other educational resources please call the Health Learning Center at (312) 926-7377 or visit: <http://www.cancer.northwestern.edu/>

CANCER CONNECTION DAYS

Cancer Connections is an opportunity for patients and families to meet informally with representatives from local support organizations.

Saturdays: March 24, July 21, and November 17th 10:00AM-2:00PM Prentice Women's Hospital, 3rd Floor Conference Room

MYELOMA PATIENT AND CAREGIVER SUPPORT GROUP

This group provides patients with information about the disease, nutrition, pain management, insurance and billing.

First Monday of the Month, 3:30PM-5:00PM Feinberg Pavilion, 3rd Floor, Conference Room D

NORTHWESTERN BRAIN TUMOR SUPPORT GROUP

This is a networking group for patients/survivors, families and caregivers to obtain information regarding brain tumors and receive support.

Third Monday of the Month, 5:00PM-6:30PM Galter Pavilion, 21st Floor Conference Room