

LIVING WITH CANCER? KNOW SOMEONE WHO IS? Come See Gilda's Club at Rush!

This program offered in partnership with the RUSH Cancer Integrative Medicine Program.



GILDA'S CLUB CHICAGO AT RUSH UNIVERSITY MEDICAL CENTER

welcomes patients, family and friends to attend these FREE programs.

We encourage you to RSVP at 312-563-2531

"The goal is to live a full, productive life" -Gilda Radner

FEBRUARY HIGHLIGHTS

GILDA'S CLUB CAN BE FOUND AT RUSH UNIVERSITY MEDICAL CENTER

1725 West Harrison St. Chicago. On the 10th floor of the Professional Building, in the Cancer Integrative Medicine Program Conference Room, Room 1004D.

WEDNESDAYS	FEBRUARY 1 11:00AM–12:00PM Postcard Art 12:00PM–1:00PM Gentle Yoga 1:00PM–2:00PM Women of Color with Cancer 2:00PM–3:00PM Gentle Yoga	FEBRUARY 8 11:00AM–12:00PM Postcard Art 12:00PM–1:00PM Gentle Yoga 1:00PM–2:00PM Young Adults with Cancer 2:00PM–3:00PM Gentle Yoga 4:00PM–5:00PM Polish Networking Group	FEBRUARY 15 11:00AM–12:00PM Postcard Art 12:00PM–1:00PM Gentle Yoga 2:00PM–3:00PM Stress Relief, Yoga & Meditation	FEBRUARY 22 11:00AM–12:00PM Postcard Art 12:00PM–1:30PM Brain Tumor Group 12:00PM–1:00PM Gentle Yoga 1:00PM–2:00PM Young Adults with Cancer 2:00PM–3:00PM Stress Relief, Yoga & Meditation	FEBRUARY 29 11:00AM–12:00PM Postcard Art 12:00PM–1:00PM Gentle Yoga 2:00PM–3:00PM Stress Relief, Yoga & Meditation	
	FEBRUARY 2 10:00AM–11:00AM Postcard Art 11:00AM–12:00PM Cancer Networking Group 12:00PM–2:00PM Art as Relaxation 12:30PM–2:00PM Metastatic Cancer Group 2:00PM–3:00PM Gentle Yoga	FEBRUARY 9 10:00AM–11:00AM Postcard Art 11:00AM–12:00PM Cancer Networking Group 12:00PM–2:00PM Art as Relaxation 2:00PM–3:00PM Gentle Yoga	FEBRUARY 16 10:00AM–11:00AM Postcard Art 11:00AM–12:00PM Talking to Kids About Cancer 12:00PM–2:00PM Art as Relaxation 12:30PM–2:00PM Metastatic Cancer Group 2:00PM–3:00PM Gentle Yoga	FEBRUARY 23 10:00AM–11:00AM Postcard Art 11:00AM–12:00PM Cancer Networking Group 12:00PM–2:00PM Art as Relaxation 12:00PM–2:00PM Throat Cancer Group 2:00PM–3:00PM Gentle Yoga		
	FEBRUARY 3 9:00AM–11:00AM Look Good... Feel Better RSVP Required 312-563-2409	OUR MISSION is to create welcoming communities of free support for everyone living with cancer – men, women, teens and children, 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.				

Gilda's Club Chicago's downtown clubhouse is located at: **537 N. Wells Street Chicago, IL 60654**

For more information on these activities or Gilda's Club Chicago, call Lindsay Slomiany at 312-464-9900 or visit our website at www.gildasclubchicago.org



PROGRAM DESCRIPTIONS

MIND–BODY WORKSHOPS AND ACTIVITIES

POSTCARD ART

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

Facilitator: Lindsay Slomiany, LCSW and Shama Shrestha, RN

Wednesdays, 11:00AM–12:00PM

Thursdays, 10:00AM–11:00AM

RADIATION ART

Patients, family and friends are welcome to join us in creating a variety of fun and relaxing art projects. We will supply all of the art materials and provide you with step-by-step guidance!

Facilitators: Fatima Brunson, MSW intern; and Kendra Kney, MSW intern

Wednesdays

11:00AM–12:00PM

Radiation Oncology, Women’s Auxiliary Board Center

GENTLE YOGA

Give yourself the benefit of deep breathing and a comfortable stretch. This is a gentle yoga which can be done while seated. It’s your chance to try yoga for the first time or to keep up your yoga practice.

Facilitators: Anjali Shah & Nicole Thompson, Certified Yoga Instructors

Wednesdays, 12:00PM–1:00PM

Thursdays, 2:00PM–3:00PM

STRESS RELIEF, YOGA AND MEDITATION

Join us to explore simple ways to relax and relieve stress. Learn the power of proper breathing, gentle stretching and the art of bringing peaceful thoughts and energy to the mind.

Facilitator: Vishnu Jorge Espinel, Certified Yoga Instructor

Wednesdays, 2:00PM–3:00PM

ART AS RELAXATION

Learn origami and be surprised by the sense of accomplishment after making your first paper crane. Other art projects may also be featured. No Artistic skills required!

Facilitator: Warner Saunders, Jr, BA

Thursdays, 12:00PM–2:00PM

NETWORKING GROUPS

An opportunity to share information and experiences relating to a specific diagnosis or life situation. Most groups are open to those who themselves have cancer or are supporting a loved one with cancer.

WOMEN OF COLOR WITH CANCER

This monthly group for an opportunity for women of color to share their experiences and advice about living lives touched by cancer.

Facilitator: Eva Smith, RN

1st Wednesday of the month

1:00PM–2:00PM

YOUNG ADULTS WITH CANCER

A bi-monthly group that offers an opportunity for discussion among young adult cancer patients.

Facilitator: Lindsay Slomiany, LCSW

2nd and 4th Wednesday of the month

1:00PM–2:00PM

POLISH NETWORKING GROUP

Attend this group and enjoy a discussion among Polish speaking individuals who have been affected by a cancer diagnosis.

Facilitator: Gosha Thornton, MSW

Wednesday February 8

4:00PM–5:00PM

BRAIN TUMOR GROUP

Facilitator: Susie Ryan, Brain Tumor Patient/ Survivor, Ashley Braun, MA and Laura Zuckerman, APN–BC, RN

4th Wednesday of the month

12:00PM–1:30PM

CANCER NETWORKING GROUP

Come and join us for a discussion among cancer patients, caregivers, family and friends.

Facilitator: Lindsay Slomiany, LCSW

Thursdays, 11:00AM–12:00PM

METASTATIC CANCER GROUP

Facilitator: Daniel McFarland, DO and Lindsay Slomiany, LCSW

1st and 3rd Thursdays of the month

12:30PM–2:00PM

THROAT CANCER GROUP

This monthly group will consist of discussions, question and answer periods, and education.

Facilitator: Lewis Trammell, Throat Cancer Survivor, Janelle Reske, CCC–SLP and Lindsay Slomiany, LCSW

4th Thursday of the Month

12:00PM–2:00PM

LECTURES

TALKING TO KIDS ABOUT CANCER

Explaining a cancer diagnosis to children and teens can often be very upsetting and anxiety-provoking for adults. The goal of this presentation is to explain both the importance of sharing this information with children and how to do so in a way that is age-appropriate and nonthreatening.

Facilitator: Jamie Mazer–Wiener, LCPC

Thursday, February 16th

11:00AM–12:00PM

GILDA’S CAN ALSO BE FOUND IN THE TOWER BUILDING

	WEDNESDAYS	THURSDAYS	SATURDAYS
in 14 East	3:30PM–4:30PM Stress Relief, Yoga and Meditation Room 14226	2:30PM–4:00PM Art as Relaxation Room 14327 5:00PM–6:00PM Music	FEB. 4 1:00PM–3:00PM Art in the Afternoon RM 14327 FEB. 11 12:00PM–1:00PM Art in the Afternoon RM 14327 FEB. 18 3:00PM–4:00PM Music 4:00PM–5:00PM Art in the Afternoon
on 14 West	4:00PM–5:00PM Caregiver Support Group Room 14527	3:30PM–5:00PM Art Therapy Room 14526	FEB. 11 1:00PM–2:00PM Music 2:00PM–3:00PM Art in the Afternoon RM 14526 FEB. 25 3:00PM–5:00PM Art in the Afternoon RM 14526

AND IN THE RADIATION ONCOLOGY DEPARTMENT In the Patient Navigator office

Wednesdays 11:00AM–12:00PM Radiation Games & Art

AND IN THE KELLOGG BUILDING In 934N. Atrium

Thursday Feb. 16th 3:00PM–4:00PM Caregiver Support Group

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