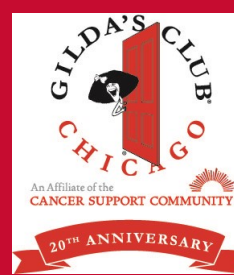


February 2019



 Advocate
Christ Medical Center

 Advocate 
Children's Hospital

Tuesday

Wednesday

Thursday

Saturday

Our Mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community

JOIN, VOLUNTEER or DONATE at www.GildasClubChicago.org

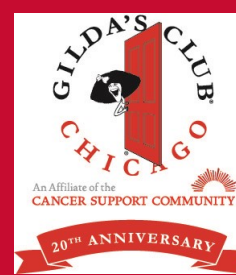
<p>5 9-10am Gentle Yoga 12-1:30pm Restorative Yoga* 5:30-6:30pm Zumba Fitness 6:30-7:30pm Cancer Survivor Boot Camp*</p>	<p>6 11am-12pm Zumba Fitness 12-12:30pm Basic Fitness and Toning 12-1pm Games 1-3pm Art: Jewelry Making</p>	<p>7 1-2pm Chair Yoga 4-5pm Wellness Group* 5:30-6:30pm Music & Meditation 5:30-6:30pm Yoga 6:30-7:30pm Cancer Survivor Boot Camp*</p>	<p>2 9:30-10:30am Drum Circle 9:30-10:15am Zumba Fitness 10:30-11:30am Smoothie Demo* 10:30am-12:30pm Family Open Art 10:45-11:45am Chair Yoga 12-1pm T'ai Chi</p>
<p>12 9-10am Gentle Yoga 5:30-6:30pm Zumba Fitness 5:30-7pm Gynecological Cancer NG* 6-7pm The Benefits of Pelvic Rehabilitation After Prostate Cancer Treatment* 6:30-7:30pm Cancer Survivor Boot Camp*</p>	<p>13 11am-12pm Zumba Fitness 12-12:30pm Basic Fitness and Toning 12-1pm Games 1-3pm Art: Knit & Crochet 6-7:30pm Lung Cancer NG*</p>	<p>14 1-2pm Chair Yoga 2:30-4:30pm GCC Anniversary Celebration* 4-5pm Wellness Group* 5:30-7pm GI Cancer NG* 5:30-6:30pm Music & Meditation 5:30-6:30pm Yoga 6:30-7:30pm Cancer Survivor Boot Camp*</p>	<p>16 FAMILY MORNING! 9:30-10:30am Drum Circle 9:30-10:30am Zumba Fitness 10-11:30am Prostate Cancer NG* 10:30am-12:30pm Family Open Art and Breakfast* 10:45-11:45am Chair Yoga 12-1pm T'ai Chi</p>
<p>19 9-10am Gentle Yoga 10-11am Coping with Cancer* 5:30-6:30pm Zumba Fitness 5:30-7pm Cancer Genetics NG* 6:30-7:30pm Cancer Survivor Boot Camp*</p>	<p>20 11am-12pm Zumba Fitness 12-12:30pm Basic Fitness and Toning 12-1pm Games 1-3pm Art: Painting 6:30-8pm Breast Cancer NG*</p>	<p>21 1-2pm Chair Yoga 4-5pm Wellness Group* 5:30-6:30pm Music & Meditation 5:30-6:30pm Yoga 6:30-7:30pm Cancer Survivor Boot Camp*</p>	<p>23 9:30-10:30am Zumba Fitness 10:30am-12:30pm Family Open Art 10:45-11:45am Chair Yoga 12-1pm T'ai Chi</p>
<p>26 9-10am Gentle Yoga 10-11am Coping with Cancer* 11am-12:30pm Book Club 5:30-6:30pm Zumba Fitness 6:30-7:30pm Cancer Survivor Boot Camp*</p>	<p>27 11am-12pm Zumba Fitness 12-12:30pm Basic Fitness and Toning 12-1pm Games 1-3pm Art: Jewelry Making</p>	<p>28 1-2pm Chair Yoga 4-5pm Wellness Group* 5:30-6:30pm Music & Meditation 5:30-6:30pm Yoga 6-8pm Surviving & Thriving: Acupuncture* 6:30-7:30pm Cancer Survivor Boot Camp*</p>	<p>Clubhouse Hours Tues: 9am-7pm Wed: 9am-8pm Thurs: 9am-8pm Sat: 9am-1pm If there's a *star* please call 708-684-9505 to register</p>

These programs are offered free of charge by Gilda's Club Chicago at Advocate Christ Medical Center, a free cancer support community.

We are located in Advocate Christ Medical Center's Outpatient Pavilion, 4440 W. 95th Street (corner of 95th & Kilbourn), Oak Lawn, IL.

For more information, please call 708-684-9505, or email Rachel Kennedy, LCPC, Hospital Program Manager, at rachelkennedy@gildasclubchicago.org

February 2019 Calendar



Healthy Lifestyle Activities

YOGA: Breathe, stretch your body and mind, develop flexibility and balance
GENTLE YOGA: Features gentle stretches and poses, appropriate for any skill level
CHAIR YOGA: Gentle stretches and poses done in a chair
TAI CHI: Combines physical movement and meditation
ZUMBA FITNESS: Dance-fitness program with Latin music
ART: Get creative and relax together with art
BAKING CLUB: Learn healthy recipes for both sweet and savory treats, and put them to the test in the Gilda's Club Kitchen.
DRUM CIRCLE: Relieve stress and connect with others through music
MUSIC & MEDITATION: Music-guided relaxation
BASIC FITNESS & TONING: Use your own body weight, elastic bands & light weights for a nice overall workout.

Support Groups*

Weekly support groups offer an opportunity to share experiences and understanding with others in a similar situation. To be assigned to a group, schedule a Customized Membership Plan (CMP) appointment at 708-684-9505.

WELLNESS GROUP: For individuals diagnosed with cancer

FAMILY GROUP: For those supporting a loved one with cancer

COPING WITH CANCER: For those adjusting to life post-diagnosis

Networking Groups (NG)*

These educational and supportive networking groups are open to those who themselves have cancer and those supporting a loved one with cancer.

Please call 708-684-9505 to RSVP.
BREAST CANCER NG: Facilitated by Patrice Stephens, MSN, APN & Lindsay Tynes, LCSW, OSW-C
FAMILY & FRIEND NG: Facilitated by Kimberly DeJong, MA, LCPC
GASTROINTESTINAL CANCER NG: For those impacted by colorectal, gastric, liver, pancreas, cholangio-carcinoma, gallbladder, and other GI cancers. Facilitated by Kelly Baker, RN, MSN, OCN & Stephanie Beckner, LPC
GYNECOLOGICAL CANCER NG: Facilitated by Kathleen Boss
LIVING BEYOND LOSS NG: For those who have lost a loved one to cancer. Facilitated by Carolyn Stypka, LCSW
LUNG CANCER NG: Facilitated by Diane Murphy, RN, BSN, OCN & Lindsay Tynes, LCSW, OSW-C
PROSTATE CANCER NG: Facilitated by Mary Ann Andrade-Bekker, Psy. D, LCPC

Noogieland: Children & Teen Program

A program for children, teens and families impacted by a cancer diagnosis. **Please call to RSVP.**

KID SUPPORT: A series of 10 weekly peer support groups for children ages 4-12 with cancer themselves or who have a loved one living with cancer.

KIDS BEREAVEMENT: Peer support groups for children who have experienced a cancer related death of a loved one.

TEEN GROUP: A monthly support group for teens with cancer themselves or who have a loved one with cancer.

PARENT NETWORKING GROUP: A monthly networking group designed to support parents who have a cancer diagnosis themselves, a partner or child living with cancer, or are parenting through the death of a loved one.

Lectures and Special Events

SMOOTHIE DEMO*: Learn how to make healthy smoothies and cool off after Zumba.

Facilitated by Kim Bennett

Saturday, February 2 | 10:30 - 11:30 a.m. Please RSVP.

CANCER SURVIVOR BOOT CAMP*: Join our exercise and fitness program. *Facilitated by Kathy Turney*

Tuesdays & Thursdays, January 22 - March 28

6:30 - 7:30 p.m. Please call 708-684-9505 to sign up.

RESTORATIVE YOGA*: This relaxing class uses props and chairs as needed to refresh the mind and body.

Facilitated by Joan Zigulich, Certified Yoga Instructor

Tuesday, February 5 | 12:00 - 1:30 p.m.

Space is limited, so please RSVP!

THE BENEFITS OF PELVIC REHABILITATION AFTER PROSTATE CANCER TREATMENT*: Prostate cancer treatment may affect bowel, bladder and sexual function.

Join us to learn ways that pelvic rehabilitation can improve function by addressing sexual satisfaction, pain, scars, incontinence, constipation or difficulty voiding.

Presented by Lauren Mansell, PT, DPT, PRPC, CLT, CYT

Tuesday, February 12 | 6:00 - 7:00 p.m. Please RSVP.

GCC ANNIVERSARY CELEBRATION*: Please join for a screening of the documentary *Love, Gilda* to celebrate the 21st Anniversary of Gilda's Club Chicago.

Snacks will be provided.

Thursday, February 14 | 2:30 - 4:30 p.m. Please RSVP.

CANCER GENETICS*: This networking group offers an opportunity to share information and experiences for anyone with a genetic mutation or family history that increases their risk of cancer.

Facilitated by Deborah Oleskowitz, MS, CGC & Cristina Ruiz, MS, CGC

Tuesday, February 19 | 5:30 - 7:00 p.m. Please RSVP.

BOOK CLUB: Join us for a member-led discussion of the novel *Secrets of a Charmed Life* by Susan Meissner.

Tuesday, February 26 | 11:00 a.m.—12:30 p.m.

BOOK CLUB: Join us for a member-led discussion of the novel *Secrets of a Charmed Life* by Susan Meissner.

Tuesday, February 26 | 11:00 a.m.—12:30 p.m.

SURVIVING & THRIVING: Acupuncture*: Acupuncture is a wellness-focused, time-tested and safe treatment strategy for the mind, body and spirit. Join us to discover how you can use acupuncture to support you during your cancer journey.

Facilitated by Sarah Bedell, Licensed Acupuncturist, Dipl.OM, DACM

Thursday, February 28 | 6:00 - 8:00 p.m. Please RSVP.

We're also in the Inpatient Units on 3 South!

*Meditation with Joap - Tuesdays, 10:15-11:15 a.m. & Thursdays, 4:15-5:15 p.m.
Music with Christine - Tuesdays, 5-6:30 p.m.; Art with Sophie - Wednesdays, 3-5 p.m.*