



# TAKE ON CANCER TOGETHER

JOIN. GIVE. ACT.

2019 CALENDAR  
JULY | AUG | SEPT

Gilda's Club Chicago is a nonprofit organization whose mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community.



## Did You Know?



Cancer Support Community and Gilda's Clubs have formed a partnership with Airbnb to provide free housing for cancer patients and caregivers. If you or a loved one have to travel more than 100 miles from home to receive treatment, please check out this new offer. Call the CSC Airbnb helpline for more details, 877-793-0498, including eligibility requirements.

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# ANNOUNCEMENTS

## **Becoming a Member is Free!**

To become a member of Gilda's Club Chicago, all you have to do is complete a Customized Membership Plan (CMP) with one of our licensed clinical staff members. In less than an hour, they will help you identify activities that are suited to your unique needs and answer questions you may have about fully participating in the Clubhouse. They can also determine if there are additional resources that might be helpful and guide you in accessing them. Call us at (312) 464-9900 today to get started!



### **Join the movement today!**

Help us understand the full impact of cancer. The Cancer Support Community's "Cancer Experience Registry" is a study designed to help us better understand the social and emotional needs of people living with cancer. Findings will help develop new resources that support more than 12 million people impacted by cancer each year. At this time, we are especially looking for people who are caring for someone diagnosed with cancer, or who have cared for someone with cancer in the past.

Share your experience at  
[www.cancerexperienceregistry.org/join/GCChicago](http://www.cancerexperienceregistry.org/join/GCChicago)

## **Make your voice heard: Become an Advocate!**

Help ensure that people impacted by cancer have access to quality, comprehensive cancer care that includes social and emotional support.

Join our grassroots advocacy network to be among the first to hear about important policy issues and also have the opportunity to advocate for quality cancer care. Making your voice heard will impact the decisions made in Washington, D.C. and across the country.

To join, please visit: [www.CSCadvocate.org](http://www.CSCadvocate.org)

## **SPECIAL CLUBHOUSE HOURS**

The Clubhouse will be closed:

Wednesday, July 3 at 3 p.m.

Thursday, July 4

Saturday, July 20

Saturday, August 31 through Monday, September 2

Summer Hours: The Clubhouse will be closed at 3 p.m. on Fridays from Memorial Day weekend through Labor Day weekend.



Open to Options™ supports you as you identify important concerns and questions about your cancer treatment options, based upon your personal needs. Available at no cost, this service will help you:

- Generate a list of questions for your doctor
- Organize your questions to take with you to your appointment
- Communicate clearly with your medical team

To schedule a session with an Open to Options™ Specialist, call Rachel Kennedy, LCPC at 312-464-9900. Appointments are available by phone or we can meet with you at any of our Gilda's Club Chicago locations.



"MyLifeLine.org" connects cancer patients and caregivers to their community of family and friends for social and emotional support, and allows patients and caregivers to share their journey and focus on healing. Since 2007, more than 174,000 people have registered on MyLifeLine globally to either give or receive support and we are excited to offer this service to our members. Contact our program team for more details about this and other programs offered free to our members. <https://www.mylifeline.org/>

## **PARKING**

Free parking is available to members coming for an activity at the Wells Street Clubhouse if they use the Mart Parc Interpark lot located at 401 N. Wells Street. After parking, please show your red member card at the front desk to receive a parking voucher. If you are not already a member of Gilda's Club Chicago, you can sign up for a free Customized Membership Plan (CMP) appointment and learn about all that Gilda's Club Chicago has to offer by calling (312) 464-9900.

## **SAVE THE DATE**

Dream Night at Lincoln Park Zoo: Sunday, September 15 | 5:00 p.m.

Noogiefest: Saturday, October 19 | 12:00 - 2:00 p.m.

GCC@School Professional Seminar: Thursday, October 24 | 5:30 - 7:30 p.m.

Dia de Los Muertos/Day of the Dead: Saturday, October 26 | 12:00 - 2:00 p.m.

Young Adult Retreat with First Descents: Saturday, November 2 - Sunday November 3

Day of Remembrance/Noogie Day of Remembrance: Saturday, November 9 | 12:00 - 2:00 p.m.

Holiday Photos with Santa: Saturday, November 16 | 12:00 - 2:00 p.m.

Holiday Party: Friday, December 6 | 5:30 - 8:00 p.m.

Posada Navideña: Friday, December 13 | 12:00 - 2:00 p.m.

# NOOGIELAND

Programs listed in RED require an RSVP



**Kid Support and Kids Bereavement** are held on ten (10) consecutive Saturdays. A one-time Parent/Guardian Orientation is required for parents prior to the start of the series. Each group is led by a licensed facilitator experienced in working with children, parents and families affected by cancer. Groups for children 4-12 years old and are divided by age. Advanced registration and attendance at each session is required.

**Enrollment is open now for fall groups. Call the Clubhouse at 312-464-9900 to sign up.**

**Kid Support** is for children who are living with cancer themselves or who have a family member or friend living with cancer.

**Kids Bereavement** is for children who have experienced the cancer-related death of a family member or friend.

## SUPERVISED PLAY

Supervised Play is provided for children over the age of 1 whose family members wish to attend a workshop, lecture or group. Infants under 1 year are welcome at the Clubhouse but should remain with a parent. Please call to request Supervised Play at least three days in advance.

For group registration or Supervised Play, please contact Noogieland Program Coordinator, Ashley Carrasco, MSW at 312-464-9900 x116 or [ashleycarrasco@gildasclubchicago.org](mailto:ashleycarrasco@gildasclubchicago.org).

A program for children, teens and families impacted by a cancer diagnosis

## SPECIAL EVENTS

### Teen Summer Excursion Series

**Select Saturdays: July 6, August 17 | 12:30 – 2:30 p.m.**

Teens will go on walking adventures, have picnics in parks, enjoy public art galleries and view "Instagram-worthy" sites in the city! Teens will walk under the supervision of the Noogieland Coordinator, Ashley Carrasco. This activity is for teens ages 13-19 only.

### Hope Rocks!

**Saturday, July 13 | 12:00 - 1:00 p.m.**

Come have a rockin' good time decorating stones with thoughtful messages and art to spread hope! Kids and teens will have the opportunity to tap into their creativity and learn about how a small token of kindness and empathy can help someone. Participants will take their rocks home and pass them on to the person or people of their choice!

### Family Summer Bash with Mane in Heaven

**Saturday, July 27 | 12:00 - 2:00 p.m.**

Gilda's Club Chicago will be transformed into a "summer backyard!" Join us for tasty food and summer fun, including party games and activities for the whole family. Mane In Heaven will be joining us and bringing in their miniature horses! Mane in Heaven provides therapeutic benefits to children and adults through animal-assisted activity and therapy.

### Creative Kids Crafts and Arts

**Select Saturdays: August 3 & 24, September 28 | 12:30 – 2:00 p.m.**

This is a fun-filled Saturday afternoon of arts and crafts! All families, children and teens welcome.

### Pet Therapy with Sherman the Shorkie

**Saturday, August 10 | 12:00 – 1:00 p.m.**

Maximum Capacity: 5 Noogies

Sherman the Shorkie is a registered Animal Assisted Therapy dog and an American Kennel Club Canine Good Citizen®. It's well-known (and scientifically proven) that interaction with a gentle, friendly pet has significant social and emotional benefits.

### Puppy Chow Baking after Pet Therapy

**Saturday, August 10 | 1:00 - 2:00 p.m.**

Join us in baking and eating delicious "Puppy Chow," also known as "Muddy Buddies" - Chex cereal covered in peanut butter, chocolate and powdered sugar. All children and teens are welcome. Please let us know of any peanut allergies, as we will find a peanut butter replacement.

## DROP-IN GROUPS

### Kids Connecting

**Second Saturday each month | 11:00 a.m. – 12:00 p.m.**

This acts as a monthly drop-in group for kids living with cancer themselves or who have a family member or friend living with cancer.

### Red Door Squad

**Select Tuesdays: July 2, August 6 & 20, September 3 & 17 | 5:30 – 7:00 p.m.**

Through a variety of activities and special events, teens serve as members of our "RD Squad" and assist in raising awareness and interest in Gilda's Club Chicago while having a great time! This program provides students with fun activities as well as support, leadership and community service opportunities.

## HEALTHY LIFESTYLE

### Kids Kicking Cancer

**Saturday, August 24 | 11:00 a.m. – 12:00 p.m.**

This evidence-based, innovative program merges modern integrative medicine with traditional martial arts. Specially trained black belt martial artists teach breathing, visualization and relaxation techniques, in addition to traditional martial arts moves, to help empower children and provide them with a sense of power, peace and purpose.

### Fall Festival

**Saturday, September 14 | 12:00 – 2:00 p.m.**

Join us in kicking off National Hispanic Heritage Month! Each year, Americans observe this month from September 15 to October 15 with a celebration of the history and culture of Americans with ancestors from Spain, Mexico, the Caribbean, Central and South America. Entertainment will be provided. Please bring a dish to share with the community. We will also have creative arts, music and educational activities for kids and teens in Noogieland. Don't miss out!

### GCC@School: Cancer Support for the Classroom

**Offers support for students and educators touched by cancer.**

For those diagnosed, this program provides guidance for a smooth transition from treatment back to the classroom and can serve as an outlet for expressing feelings through conversation and art. For those educators looking to enhance their health and wellness curriculum overall, we can also deliver a general presentation geared toward all audiences.

For more information, please contact 312-464-9900 or email [lindsaytynes@gildasclubchicago.org](mailto:lindsaytynes@gildasclubchicago.org).



# WEEKLY SUPPORT GROUPS

All support groups are facilitated by licensed mental health professionals and clinical interns. Groups are not open for observation at any time.

Weekly support groups are offered to members 18 years or older. In order to participate, you will be assigned to a group after completing a Customized Membership Plan (CMP). Please call 312-464-9900 to schedule.

**WELLNESS GROUPS** offer people with a cancer diagnosis, who are in active treatment, an opportunity to share thoughts, feelings and information. Together, group participants experience warmth, understanding, support and learn how to manage stress.

#### WELLNESS GROUPS:

Monday 5:30 p.m.  
Tuesday 12:30 p.m.  
Thursday 12:30 p.m.  
Saturday 10:30 a.m.

#### OVARIAN WELLNESS:

Second and Fourth Tuesdays 6:00 p.m.

**FAMILY/FRIENDS GROUPS** offer those supporting a person with cancer the opportunity to discuss common issues. Together, individual family members, friends and caregivers learn new ways to cope with their stress as well as ways to support their loved ones living with cancer.

#### FAMILY/FRIENDS GROUPS:

Monday 5:30 p.m.  
Monday 6:00 p.m.

**BEREAVEMENT GROUPS** are available to any individual family member, friend or caregiver who has lost a loved one to cancer.

#### BEREAVEMENT GROUPS:

Wednesday 6:00 p.m.  
Saturday 10:30 a.m.

# MONTHLY NETWORKING GROUPS

Monthly networking groups are designed for people with similar diagnoses or life situations to meaningfully connect with others and share information helpful on the cancer journey. Friends and family are welcome to attend. All networking groups are facilitated by licensed mental health professionals and clinical interns. A Customized Membership Plan (CMP) is required prior to attending. Please call 312-464-9900 to schedule.

#### BLADDER CANCER

Fourth Wednesday each month | 6:00 – 7:30 p.m.

*This group is held in partnership with the Bladder Cancer Advocacy Network.*



#### LATINO

Second Thursday each month | 10:00 – 11:30 a.m.

#### GRUPO DE APOYO LATINO

Segundo jueves del mes | 10:00 – 11:30 a.m.

Un grupo de apoyo mensual para pacientes Latinos y sus familiares en el cual pueden obtener información, compartir recursos y recibir apoyo emocional.

#### LIVING BEYOND LOSS

Third Tuesday each month | 6:00 – 7:30 p.m.

#### LUNG CANCER \*New Day\*

Fourth Wednesday each month | 6:00 – 7:30 p.m.

#### POST-TREATMENT

Second Wednesday each month | 6:00 – 7:30 p.m.

#### CAREGIVER \*New Day\*

Second Tuesday each month | 6:00 – 7:30 p.m.

#### PROSTATE CANCER

Third Thursday each month | 6:00 – 7:30 p.m.

*This group is part of the UsTOO Prostate Cancer Education & Support Network.*



#### YOUNG WOMEN WITH BREAST CANCER

Second and Fourth Tuesdays each month  
6:00 – 7:30 p.m.

This group is held in partnership with the Young Survival Coalition.



#### METASTATIC BREAST CANCER

**\*New Group\***

First Tuesday each month | 6:00 – 7:30 p.m.

This group is held in partnership with the Young Survival Coalition.



**Community & Faith Drop-In Groups**  
For exact times and locations, visit  
<http://bit.ly/gildascommunity>

#### Chicago Family Health Center

9119 S. Exchange

#### Christ Universal Temple

11901 S. Ashland Ave.

2nd Saturday of the Month

11:00 a.m. - 2:00 p.m.

#### Howard Brown Health Center

4025 N. Sheridan Rd.

#### Mission of Faith Baptist Church

11321 S. Prairie Ave.

4th Saturday of the Month

12:00 p.m. - 3:00 p.m.

#### Amita Health Saints Mary and Elizabeth

2233 W. Division Street

#### Salem House of Hope

10909 S. Cottage Grove

#### Seventh Day Adventist

7000 S. Michigan Ave.

#### Trinity United Church of Christ

400 W. 95th Street

3rd Saturday of the Month

11:00 a.m. - 2:00 p.m.

# LECTURES

Lectures may be eligible for CEU's for licensed social workers and counselors. For additional information or to register for CEUs, please contact Rachel Kennedy, Program Director, at [rachelkennedy@gildasclubchicago.org](mailto:rachelkennedy@gildasclubchicago.org). Light refreshments provided at all lectures unless otherwise noted.

Programs listed in RED require an RSVP

## How to Read Your Pathology Report

Tuesday, July 16 | 6:00 – 7:00 p.m.

This presentation will review all of the details of a pathology report and explain how the pathologist does the work involved in creating the report.

**Presented by:** Carey August, MD, Director of Anatomic and Surgical Pathology Advocate Illinois Masonic Medical Center



## ABC's of Pelvic Health

Tuesday, July 30 | 6:00 – 7:00 p.m.

What is pelvic health? Come learn the basic facts about pelvic health and why your pelvic floor is important to address.

**Presented by:** Gretchen Liska, PT, DPT, CLT Andersonville Physical Therapy



## Frankly Speaking About Cancer: Immunotherapy & Lung Cancer

Wednesday, July 31 | 6:00 – 7:30 p.m.

This workshop will explain how immunotherapy is changing the way we think about and treat lung cancer.

**Presented by:** Christine Bestvina, MD University of Chicago Medicine



*Frankly Speaking About Cancer: Immunotherapy & Lung Cancer is made possible through unrestricted educational grants from Merck. Every step has been taken to assure the highest quality and fair balance of the information presented.*

## Lymphedema: Debunking the Myths and Learning the Truths

Tuesday, August 20 | 6:00 – 7:00 p.m.

Don't let lymphedema be a mystery anymore. Learn about the common myths many people believe and the actual truths behind them.

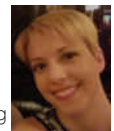
**Presented by:** Gretchen Liska, PT, DPT, CLT Andersonville Physical Therapy



## Self-Care for the Caregiver

Wednesday, August 21 | 6:00 – 7:00 p.m.

Cancer doesn't just affect the patient. It impacts friends and family. Learn ways to identify the signs that you may be getting



overly stressed and effective techniques for coping, managing and even decreasing your stress level.

**Presented by:** Christina Gerwer-Jaafar, LCPC | City Breeze Counseling



## Reiki 101

Thursday, August 22 | 6:00 – 7:00 p.m.

Join Bright Light Founder/Manager and Reiki Master Teacher Alyson Lyon for this lecture on Reiki, a Japanese stress-reduction technique! Reiki is a natural form of healing that helps to bring the body into a state of relaxation to encourage healing. Reiki does not replace traditional medicine, but it is a great accompaniment to any treatment; there are no side effects! Questions are welcome! Bright Light's website: [www.brightlight.love](http://www.brightlight.love).

**Presented by:** Alyson Lyon, Reiki Master Teacher | Bright Light Founder

## Radiotherapy for Brain Tumors and Brain Metastases: Advances in Technology and Biologic Management

Wednesday, September 25 | 6:00 – 7:00 p.m.

Dr. Kruser will speak on radiation therapy and advances in management of brain tumors, as well as other cancers that spread to the brain. He will review topics such as radiosurgery and the role for immunotherapy in tumors that spread to the brain, and novel approaches to these challenging problems.

**Presented by:** Tim Kruser, MD, Assistant Professor, Department of Radiation Oncology | Northwestern Memorial Hospital



## Body Awakening Workshop

Thursday, September 26 | 6:00 – 7:00 p.m.

This program is designed to help participants activate body-mind connection. This class uses rhythm and coordination exercises to bilaterally activate and stimulate the brain's natural ability to form new connections which promote neuroplasticity, creativity, focus and resilience. Additionally, you will learn acupressure protocols for stress management, energy restoration, allergy reduction, etc., as well as relaxation and breathing techniques.

**Presented by:** Mila Apostolovic, Fitness and Wellbeing Coach Chicago Center for Well-Being



## Pharmacy Lecture Series

Select Thursdays: | 6:30 – 7:30 p.m.

Friendly pharmacists will provide practical information on a variety of medication and drug-related topics.

### July 18 – Nausea and Remedies

This session will outline how to prevent and control nausea and vomiting due to chemotherapy in an effort to help make treatment more tolerable.

### August 15 – Side Effects and What to Do

This workshop will help you understand the most common side effects of chemotherapy and tackle strategies to gain better control.

### September 19 – Sleep Aids

Insomnia, or trouble sleeping, is a common problem for patients with cancer. In this workshop, we will talk about the non-pharmacologic and pharmacologic treatment strategies for insomnia.

**Presented by:** Oncology Pharmacy Residents and Sandeep Parsad, PharmD, BCOP, Clinical Pharmacy Manager Director | PGY2 Oncology Pharmacy Residency Program | University of Chicago Medicine



## NUTRITION WORKSHOPS

### Member Spot: Seasonal Cooking with Julie

Third Wednesdays: July 17, August 21, September 18

6:00 – 7:30 p.m.

Join us for this monthly cooking series focused on local, organic and seasonal produce! July will feature Fresh Corn Chowder and Blueberry Watermelon Salad. August will feature Corn Wheat Berry Salad and Grilled Summer Vegetable Tart. September will feature Harvest Soup and Summer Fruit Crisps, Crumbles and Grunts.

**Presented by:** Julie Malec

### Cooking Demonstration: My Private Chef

Tuesday, September 24 | 6:00 – 7:00 p.m.

Join us for a group cooking demonstration in our spacious kitchen featuring Chef Chris Tong. Learn new cooking techniques, sample delicious food and enjoy great conversations with other members.

**Presented by:** Chef Chris Tong | My Private Chef

**Not able to make it in person? You can also participate online via Facebook Live! More details can be found on our website [www.gildasclubchicago.org](http://www.gildasclubchicago.org) and our Facebook page <https://www.facebook.com/GildasClubCHI/>. Please make sure to RSVP and let us know where you'll be participating.**



# LECTURE SERIES & WORKSHOPS

Programs listed in RED require an RSVP

Lectures may be eligible for CEU's for licensed social workers and counselors. For additional information or to register for CEUs, please contact Rachel Kennedy, Program Director, at [rachelkennedy@gildasclubchicago.org](mailto:rachelkennedy@gildasclubchicago.org). Light refreshments provided at all lectures unless otherwise noted.

## Writing Your Story: An Expressive Writing Workshop (5-Week Series)

Tuesdays: July 30 - August 27 | 2:00 - 3:30 p.m.

Explore your cancer experience through creative writing prompts and put words to your personal story. No experience in creative writing is required. Attendance each week is highly encouraged.

**Facilitated by:** Kerri Morris, writing professor at Governor's State University, blog writer/founder "Cancer Is Not a Gift" at ChicagoNow and a cancer survivor.

## CANNABIS WORKSHOPS

### Nature's Grace and Wellness

Tuesday, July 23 | 6:00 - 7:30 p.m.

This discussion will highlight how this family farm operates and came to fruition plus a general overview of cannabis benefits, products and more on Cannabis Matters advocacy work.

**Presented by:** Patrick O'Hern, Cynthia Guzman and Samara Ruben NatureMed Acupuncture



### Cannabis and Acupuncture

Tuesday, August 13 | 6:00 - 7:30 p.m.

This workshop will include an acupuncture demonstration, along with a discussion surrounding the use of medical marijuana and how the two correlate.

**Presented by:** Andy Polonsky, Glenn Harrison, MD Empower Clinics Oleg Rivkin, MD NatureMed Acupuncture



### Integrating Medical Cannabis into a Holistic Lifestyle

Tuesday, September 10 | 6:00 - 7:00 p.m.

Many patients are finding cannabis to be an effective treatment option, but it doesn't stop there. Diet, nutrition, exercise and other wellness options greatly enhance the body's ability to manage and treat debilitating health conditions. This is an audience-driven discussion to provide real answers to questions surrounding the efficacy and possible treatment protocols with medical cannabis. It will also focus on "How to Integrate Medical Cannabis into a Holistic Lifestyle."

**Presented by:** Chris Zack | NuMed Dispensary



## SURVIVING & THRIVING SERIES

### Sleeping Well with Cancer

Monday, July 22 | 6:00 - 7:00 p.m.

Sleep problems often impact cancer survivors during and beyond treatment. Join us for an interactive workshop to learn more about how you can set up an effective sleep hygiene routine to get back to a good night's sleep.

**Presented by:** Caitlin Smith, MD, MS OTR/L, OTD



### Skin Care Considerations for the Cancer Survivor

Monday, August 26 | 6:00 - 7:00 p.m.

Ever wonder what to expect after radiation? How often should you get a skin check after you've gone through chemo? Are there any skin signs that your cancer is coming back? We'll be happy to answer all of your questions with this interactive presentation!

**Presented by:** Molly Stout, MD Northwestern Medicine, Feinberg School of Medicine



### Return to Wellness: The Benefits of Exercise and Considerations for Starting Your Personalized Exercise Routine

Monday, September 23 | 6:00 - 7:00 p.m.

Explore various exercise guidelines and how you can personalize them to initiate your own meaningful fitness routine. For cancer survivors, exercise has been shown to improve survival rates and is the only intervention supported by research to decrease cancer-related fatigue. This course includes an active component with opportunities to participate in strength and stretching exercises.

**Presented by:** Jessica Curran, PT, DPT, OCS | Shirley Ryan AbilityLab



### Save the Date!

GCC@School Professional Development Seminar

Thursday, October 24 | 5:30 - 7:30 p.m.

This FREE seminar provides school and healthcare professionals with the necessary information to support children, families and friends who have been impacted by cancer or experienced the loss of a loved one. Dinner is included. Location: Gilda's Club Chicago, 537 North Wells Street, Chicago. 2 CEUs will be provided free of charge for counselors and social workers.

**For more information or to register, please contact Hospital Program Coordinator, Lindsay Tynes, LCSW, OSW-C at 312-464-9900 x120 or [lindsaytynes@gildasclubchicago.org](mailto:lindsaytynes@gildasclubchicago.org).**

### Pet Therapy

Sherman the Shorkie is a registered Animal Assisted Therapy dog and an American Kennel Club Canine Good Citizen. Tawny the Labradoodle, is a certified Therapy Dog through Canine Therapy Corps. It's well-known (and scientifically proven) that interaction with a gentle, friendly pet has significant social and emotional benefits. Sherman and Tawny will be available for adults to provide a happy respite from the challenges of their daily lives.

**To schedule your own 15 minute slot, please call (312) 464-9900.**

### Beginner to Team Gilda 5k!

Want to learn how to run a 5K? Never run before or haven't run in a really, really long time? Need some help getting motivated? Well we have the answer for you!



Join us **Tuesday, July 30 at 7:00 p.m.** at the track near Montrose (Wilson Avenue). Workouts will be held each Tuesday evening for ten weeks (lasting approximately one hour). Participants graduate by completing the Bucktown 5K on Saturday, October 6.

Program includes:

- 10 workouts; including gentle physical training sessions and talks about many exercise related subjects
- Weekly coached group sessions and daily training plans
- Technical running T-shirt
- Entry into the 5K (your graduation!) on Saturday, October 6.

Spaces in the program will be limited and allocated on a first come, first served basis. Children and teens, 8 years old and over, are welcome to join with a parent/guardian participating. Sign up today for a truly fun and rewarding experience.

Join Team Gilda for the opportunity to raise funds and take our mission to the streets. All contributions will help ensure that anyone impacted by cancer is empowered by knowledge, strengthened by action and sustained by community.

Please RSVP at [www.GildasClubChicago.org](http://www.GildasClubChicago.org)

Have questions? Contact Cancer Survivor, Team Gilda Member and RRCA Certified Coach Mary at [mary@thecausecoach.net](mailto:mary@thecausecoach.net)



# SOCIAL EVENTS & WORKSHOPS

Programs listed in RED require an RSVP

## ALAS Wings - Mobile Salon

Wednesday, July 10 | 9:00 – 11:00 a.m.

The mobile salon is a special program designed for women with cancer to improve their self-esteem and physical appearance. The salon includes a donation of bras, prosthesis and wigs. Open to any woman living with cancer.

*A limited number of spaces are available – first come, first served basis.*



## Wisdom Circle

Select Thursdays: July 11, August 15 and September 12  
2:30 – 3:30 p.m.

This experiential discussion group will focus on different themes each month.

July: The role of passion in our lives

August: Passing on acquired wisdom

September: Shared aspirations and gifts received as a result

**Presented by:** Beth Conaghan, Certified Sage-ing Leader



## Newcomers Breakfast

Select Saturdays: July 13, August 10, September 14  
9:30 – 10:30 a.m.

All participants who have recently joined any GCC location are cordially invited to get familiar with the Wells Street Clubhouse, meet other new members and enjoy chatting over breakfast provided by GCC volunteers.

## Candle Making Workshop

Select Fridays: July 26, August 16, September 27  
12:30 – 2:00 p.m.

In this class you will learn how to make your very own IgniteHope candle to take home, with inspiring messages hidden throughout the wax as the candle burns. IgniteHope is a nonprofit dedicated to empowering those battling cancer.

*A limited number of spaces are available - first come, first served basis.*

**Presented by:** Jenna Lindman, Founder | IgniteHope



## Young Adult Social at GCC: Sip and Paint!

Wednesday, July 31 | 6:00 – 8:00 p.m.

Join us for a fun night out at our Wells St. Clubhouse for non-alcoholic beverages, wine, appetizers and painting!

**Presented by:** Audra Eisin-Banazek, LCPC

## Canning Workshop

Tuesday, August 6 | 6:00 – 7:30 p.m.

Learn more about what canning is, what supplies are necessary and enjoy an interactive canning demo of classic dill pickles and strawberry jam. Samples will also be provided.

**Presented by:** Camilla Merriweather, MS, LCPC, CRC

## Fall Festival

Saturday, September 14 | 12:00 – 2:00 p.m.

Join us in kicking off National Hispanic Heritage Month! Entertainment will be provided. Please bring a dish to share with the community. We will also have creative and educational activities for kids and teens in Noogieland. Don't miss out!

## Sephora Brave Beauty

Select Sundays: July 14, August 11 | 9:00 – 10:30 a.m.

Sephora presents a free, 90-minute program, Brave Beauty in the Face of Cancer at Sephora, 108 N. State St., Suite 134, for people living with cancer and their loved ones. Learn soothing skincare routines and quick-fix makeup tricks to help restore glow and the appearance of brows and lashes that may be affected by cancer treatments.

*Sephora is located at 108 N. State St., Suite 134. A limited number of spaces are available - first come, first served basis. For more information and to reserve your space, please contact program staff at 312-464-9900.*



## Brunch and Beauty

Friday, September 20 | 11:00 a.m. – 4:00 p.m.

Connect and learn beauty tips that will help to exude strength, positivity and confidence for every day. Members will enjoy a complimentary brunch followed by mini facials and makeovers from Estee Lauder in a private setting at the historic Macy's on State Street.

*Estee Lauder is located in Macy's at 111 N. State St., 7th Floor - Culinary Studio, next to the Walnut Room. A limited number of spaces are available - first come, first served basis. For more information and to reserve your space, please contact program staff at 312-464-9900.*



## Summer Skin and Cosmetic Workshop

Thursday, July 11 | 10:00 – 11:30 a.m.

Join the local Walgreens Beauty Team to learn how to complete the perfect summer skin and cosmetics routine. Work 1:1 with a Beauty Consultant to learn how to achieve your personalized look at home. Participants are welcome to bring their own makeup to use during the workshop.

**Presented by:** Walgreens Beauty Team



## Yoga for Creativity

Saturday, August 10 | 1:00 – 2:00 p.m.

Experience a centering yoga sequence followed by a time of creative exploration. Whether you enjoy writing, painting or dancing, come prepared to connect with your inner artist.

**Facilitated by:** Stephanie Smith, Yoga Instructor  
Project Maven Experience



## Core and So Much More

Saturday, September 14 | 1:00 - 2:00 p.m.

Find out more about core training exercises and why they are important. You will also learn how to include core training in your own personal exercise program.

**Facilitated by:** Tiffany Owen, 360 Coach | East Bank Club



## Gilda's Improv Team

Select Thursdays: July 11, August 1, September 12  
6:00 – 8:00 p.m.

Gilda's Improv Team is a monthly improv rehearsal for anyone who has taken Gilda's Club Beginner Improv Class. The team will focus on reconnecting with friends, playing long-form improv scenes, deepening improvisation skills and performing at Gilda's Club and in the greater Chicago community.

**Facilitated by:** Kat Bovbjerg



## Level Up Your Improv Comedy Workshop

Thursday, July 25 | 6:00 – 8:00 p.m.

Take your improvisation to the next level! Whether you are a newcomer or have been performing for years, this program will challenge you and help grow your performance confidence. The skills will make you a stronger partner onstage and we will discuss how they can transfer to other areas such as public speaking, team leadership and interpersonal communication.

**Facilitated by:** Jessica Landis



## Improv (6-Week Series)

Thursdays: September 26 – October 31 | 6:00 – 8:00 p.m.

All are welcome to this supportive and fun chance to play pretend and learn a little more about improvisation while having fun and reducing the stresses of cancer. This course is for beginners and alumni. Attendance each week is highly encouraged.

**Facilitated by:** Kat Bovbjerg



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00 a.m. T'ai Chi Chih 11:15 a.m. Chair Yoga 12:30 p.m. Meditation 7:00 p.m. Yoga	10:00 a.m. Gentle Yoga 11:15 a.m. T'ai Chi Chih 5:30 p.m. Red Door Squad 6:00 p.m. Metastatic Breast Cancer NG	10:30 a.m. Gentle Yoga 11:45 a.m. Meditation  Clubhouse closes at 3 p.m.	CLUBHOUSE CLOSED Independence Day	9:30 a.m. Yoga 11:15 a.m. BeMoved®  Clubhouse closes at 3 p.m.	9:15 a.m. Yoga 10:00 a.m. Caring Arts - Mixed Media Expression 11:15 a.m. Restorative Yoga 12:30 p.m. Teen Summer Excursion Series 12:30 p.m. T'ai Chi
	7	8	9	10	11	12
	10:00 a.m. T'ai Chi Chih 11:15 a.m. Chair Yoga 12:30 p.m. Meditation 7:00 p.m. Yoga	10:00 a.m. Gentle Yoga 6:00 p.m. Low- Impact Aerobics 6:00 p.m. Caregiver NG 6:00 p.m. Young Women with Breast Cancer NG	9:00 a.m. ALAS Wings - Mobile Salon 10:30 a.m. Gentle Yoga 11:00 a.m. Jewelry 11:45 a.m. Meditation 6:00 p.m. Post-Treatment NG	10:00 a.m. Summer Skin and Cosmetic Workshop 10:00 a.m. Grupo de Apoyo Latino/ Latino Networking Group 12:00 p.m. Sit in Sound 1:15 p.m. Yoga Nidra: Deep Healing Relaxation Method 2:30 p.m. Wisdom Circle 6:00 p.m. Gilda's Improv Team 6:00 p.m. Grief Yoga	9:30 a.m. Yoga 11:15 a.m. BeMoved® 12:30 p.m. Yoga en Español  Clubhouse closes at 3 p.m.	9:00 a.m. ArtReach Clay Project 9:15 a.m. Yoga 9:30 a.m. Newcomers Breakfast 11:00 a.m. Kids Connecting NG 11:15 a.m. Restorative Yoga 12:00 p.m. Hope Rocks! 12:00 p.m. Circulo de Tejer 12:30 p.m. Dieta Basada en Plantas y La Salud 1:00 p.m. Full Body Workout
	14	15	16	17	18	19
9:00 a.m. Sephora Brave Beauty 108 N. State St., Suite 134	10:00 a.m. T'ai Chi Chih 11:15 a.m. Chair Yoga 12:30 p.m. Meditation 7:00 p.m. Yoga	10:00 a.m. Clase de Joyeria 10:00 a.m. Gentle Yoga 11:15 a.m. T'ai Chi Chih 11:30 a.m. Meditación 6:00 p.m. How to Read Your Pathology Report 6:00 p.m. Living Beyond Loss NG	10:30 a.m. Gentle Yoga 11:00 a.m. Jewelry 11:45 a.m. Meditation 6:00 p.m. Boot Camp Booster 6:00 p.m. Member Spot: Seasonal Cooking with Julie	9:45 a.m. Yoga & Meditation 11:00 a.m. Body Awakening 1:15 p.m. Yoga Nidra: Deep Healing Relaxation Method 6:00 p.m. Grief Yoga 6:00 p.m. Prostate Cancer NG 6:30 p.m. Pharmacy Lecture Series	9:30 a.m. Yoga 11:15 a.m. BeMoved®  Clubhouse closes at 3 p.m.	CLUBHOUSE CLOSED
	21	22	23	24	25	26
	10:00 a.m. T'ai Chi Chih 11:15 a.m. Chair Yoga 12:30 p.m. Meditation 6:00 p.m. Surviving and Thriving Lecture Series - Sleeping Well with Cancer 7:00 p.m. Yoga	10:00 a.m. Gentle Yoga 6:00 p.m. Nature's Grace and Wellness Presentation 6:00 p.m. Young Women with Breast Cancer NG	10:30 a.m. Gentle Yoga 11:00 a.m. Jewelry 11:45 a.m. Meditation 6:00 p.m. Bladder Cancer NG 6:00 p.m. Lung Cancer NG	1:15 p.m. Yoga Nidra: Deep Healing Relaxation Method 6:00 p.m. Grief Yoga 6:00 p.m. Level Up Your Improv Comedy Workshop	9:30 a.m. Yoga 10:00 a.m. Clase de Nutrición 11:15 a.m. BeMoved® 12:30 p.m. Candle Making Workshop  Clubhouse closes at 3 p.m.	9:15 a.m. Yoga 10:00 a.m. Caring Arts 11:15 a.m. Restorative Yoga 12:00 p.m. Summer Bash with Mane in Heaven 12:00 p.m. Circulo de Tejer 12:30 p.m. Lo Que Usted Debe Saber Sobre los Estudios Clínicos
	28	29	30	31	<div style="text-align: center;"> <h1>JULY 2019</h1> <p>■ = RSVP REQUIRED   ■ = NORSPV   ■ = CMP REQUIRED</p> <p><i>Please note that if less than 5 people are registered 24 hours in advance, the program will be cancelled.* Requires attendance at all sessions</i></p> </div> <div style="text-align: right;">  <p>An Affiliate of the CANCER SUPPORT COMMUNITY</p> </div>	



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<h1>AUGUST 2019</h1> <p>■ = RSVP REQUIRED ■ = NO RSVP ■ = CMP REQUIRED</p> <p>Please note that if less than 5 people are registered 24 hours in advance, the program will be cancelled.* Requires attendance at all sessions</p>				 <p>GILDA'S CLUB CHICAGO An Affiliate of the CANCER SUPPORT COMMUNITY</p>		<p>9:45 a.m. Yoga &amp; Meditation 11:00 a.m. Body Awakening 12:00 p.m. Sit in Sound 6:00 p.m. Gilda's Improv Team 6:00 p.m. Grief Yoga</p> <p style="text-align: right;">1</p>	<p>9:30 a.m. Yoga 11:15 a.m. BeMoved®</p> <p style="text-align: center;">Clubhouse Closes at 3 p.m.</p> <p style="text-align: right;">2</p>	<p>9:15 a.m. Yoga 10:00 a.m. Caring Arts - Mixed Media Expression 11:15 a.m. Restorative Yoga 12:30 p.m. Creative Kids Crafts &amp; Arts 12:30 p.m. T'ai Chi</p> <p style="text-align: right;">3</p>
<p style="text-align: center;">4</p>	<p>10:00 a.m. T'ai Chi Chih 11:15 a.m. Chair Yoga 12:30 p.m. Meditation 7:00 p.m. Yoga</p> <p style="text-align: center;">5</p>	<p>10:00 a.m. Gentle Yoga 11:15 a.m. T'ai Chi Chih 2:00 p.m. Writing Your Story 5:30 p.m. Red Door Squad 6:00 p.m. Canning Workshop 6:00 p.m. Metastatic Breast Cancer NG</p> <p style="text-align: center;">6</p>	<p>10:30 a.m. Gentle Yoga 11:00 a.m. Jewelry 11:45 a.m. Meditation 6:00 p.m. Laughter Yoga</p> <p style="text-align: center;">7</p>	<p>10:00 a.m. Grupo de Apoyo Latino/ Latino Networking Group 12:00 p.m. Sit in Sound 6:00 p.m. Grief Yoga</p> <p style="text-align: center;">8</p>	<p>9:30 a.m. Yoga 11:15 a.m. BeMoved® 12:30 p.m. Yoga en Español</p> <p style="text-align: center;">Clubhouse Closes at 3 p.m.</p> <p style="text-align: right;">9</p>	<p>9:00 a.m. ArtReach Clay Project 9:15 a.m. Yoga 9:30 a.m. Newcomers Breakfast 11:00 a.m. Kids Connecting NG 11:15 a.m. Restorative Yoga 12:00 p.m. Pet Therapy with Sherman the Shorkie 12:00 p.m. Círculo de Tejer 1:00 p.m. Puppy Chow Baking 1:00 p.m. Yoga for Creativity Workshop</p> <p style="text-align: right;">10</p>		
<p>9:00 a.m. Sephora Brave Beauty 108 N. State St., Suite 134</p> <p style="text-align: center;">11</p>	<p>10:00 a.m. T'ai Chi Chih 11:15 a.m. Chair Yoga 12:30 p.m. Meditation 7:00 p.m. Yoga</p> <p style="text-align: center;">12</p>	<p>10:00 a.m. Gentle Yoga 2:00 p.m. Writing Your Story 6:00 p.m. Low-Impact Aerobics 6:00 p.m. Cannabis and Acupuncture 6:00 p.m. Caregiver NG 6:00 p.m. Young Women with Breast Cancer NG</p> <p style="text-align: center;">13</p>	<p>10:30 a.m. Gentle Yoga 11:00 a.m. Jewelry 11:45 a.m. Meditation 6:00 p.m. Post-Treatment Monthly NG</p> <p style="text-align: center;">14</p>	<p>9:45 a.m. Yoga &amp; Meditation 11:00 a.m. Body Awakening 12:00 p.m. Sit in Sound 1:15 p.m. Yoga Nidra: Deep Healing Relaxation Method 2:30 p.m. Wisdom Circle 6:00 p.m. Grief Yoga 6:00 p.m. Prostate Cancer NG 6:30 p.m. Pharmacy Lecture Series</p> <p style="text-align: right;">15</p>	<p>9:30 a.m. Yoga 11:15 a.m. BeMoved® 12:30 p.m. Candle Making Workshop</p> <p style="text-align: center;">Clubhouse Closes at 3 p.m.</p> <p style="text-align: right;">16</p>	<p>9:15 a.m. Yoga 10:00 a.m. Caring Arts - Mixed Media Expression 11:15 a.m. Restorative Yoga 12:30 p.m. Teen Summer Excursion Series 12:30 p.m. T'ai Chi</p> <p style="text-align: right;">17</p>		
<p style="text-align: center;">18</p>	<p>10:00 a.m. T'ai Chi Chih 11:15 a.m. Chair Yoga 12:30 p.m. Meditation 7:00 p.m. Yoga</p> <p style="text-align: center;">19</p>	<p>10:00 a.m. Clase de Joyería 10:00 a.m. Gentle Yoga 11:15 a.m. T'ai Chi Chih 11:30 a.m. Meditación 2:00 p.m. Writing Your Story 5:30 p.m. Red Door Squad 6:00 p.m. Lymphedema 6:00 p.m. Living Beyond Loss NG</p> <p style="text-align: center;">20</p>	<p>10:30 a.m. Gentle Yoga 11:45 a.m. Meditation 6:00 p.m. Boot Camp Booster 6:00 p.m. Self-Care for the Caregiver 6:00 p.m. Member Spot: Seasonal Cooking with Julie</p> <p style="text-align: center;">21</p>	<p>12:00 p.m. Sit in Sound 1:15 p.m. Yoga Nidra: Deep Healing Relaxation Method 6:00 p.m. Grief Yoga 6:00 p.m. Reiki 101</p> <p style="text-align: center;">22</p>	<p>9:30 a.m. Yoga 10:00 a.m. Clase de Nutrición 11:15 a.m. BeMoved®</p> <p style="text-align: center;">Clubhouse Closes at 3 p.m.</p> <p style="text-align: right;">23</p>	<p>9:15 a.m. Yoga 10:00 a.m. Caring Arts - Mixed Media Expression 11:00 a.m. Kids Kicking Cancer 11:15 a.m. Restorative Yoga 12:00 p.m. Círculo de Tejer 12:30 p.m. Creative Kids Crafts and Arts 1:00 p.m. Full Body Workout</p> <p style="text-align: right;">24</p>		
<p style="text-align: center;">25</p>	<p>10:00 a.m. T'ai Chi Chih 11:15 a.m. Chair Yoga 12:30 p.m. Meditation 6:00 p.m. Surviving and Thriving Series: Skin Care Considerations for the Cancer Survivor 7:00 p.m. Yoga</p> <p style="text-align: center;">26</p>	<p>10:00 a.m. Gentle Yoga 2:00 p.m. Writing Your Story 6:00 p.m. Young Women with Breast Cancer NG</p> <p style="text-align: center;">27</p>	<p>10:30 a.m. Gentle Yoga 11:45 a.m. Meditation 6:00 p.m. Lung Cancer NG 6:00 p.m. Bladder Cancer NG</p> <p style="text-align: center;">28</p>	<p>12:00 p.m. Sit in Sound 1:15 p.m. Yoga Nidra: Deep Healing Relaxation Method 6:00 p.m. Grief Yoga</p> <p style="text-align: center;">29</p>	<p>9:30 a.m. Yoga 11:15 a.m. BeMoved®</p> <p style="text-align: center;">Clubhouse Closes at 3 p.m.</p> <p style="text-align: right;">30</p>	<p style="text-align: center;">CLUBHOUSE CLOSED</p> <p style="text-align: right;">31</p>		

Weekly support groups (not listed on the calendar) are available to patients and loved ones of all cancer diagnoses and prognoses. See "Support Groups" on pg. 4 or call 312-464-9900

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	2 CLUBHOUSE CLOSED	3 10:00 a.m. Gentle Yoga 11:15 a.m. T'ai Chi Chih 5:30 p.m. Red Door Squad 6:00 p.m. Metastatic Breast Cancer NG	4 10:30 a.m. Gentle Yoga 11:45 a.m. Meditation 6:00 p.m. Laughter Yoga	5 9:45 a.m. Yoga & Meditation 11:00 a.m. Body Awakening 12:00 p.m. Sit in Sound 6:00 p.m. Grief Yoga	6 9:30 a.m. Yoga 11:15 a.m. BeMoved®	7 9:15 a.m. Yoga 10:00 a.m. Caring Arts - Mixed Media Expression 11:15 a.m. Restorative Yoga 12:30 p.m. T'ai Chi	
8	9 10:00 a.m. T'ai Chi Chih 11:15 a.m. Chair Yoga 12:30 p.m. Meditation 7:00 p.m. Yoga	10 10:00 a.m. Gentle Yoga 6:00 p.m. Low-Impact Aerobics 6:00 p.m. Integrating Medical Cannabis into a Holistic Lifestyle 6:00 p.m. Caregiver NG 6:00 p.m. Young Women with Breast Cancer NG	11 10:30 a.m. Gentle Yoga 11:45 a.m. Meditation 6:00 p.m. Post-Treatment Monthly NG	12 10:00 a.m. Grupo de Apoyo Latino/ Latino Networking Group 12:00 p.m. Sit in Sound 1:15 p.m. Yoga Nidra: Deep Healing Relaxation Method 2:30 p.m. Wisdom Circle 6:00 p.m. Gilda's Improv Team 6:00 p.m. Grief Yoga	13 9:30 a.m. Yoga 11:15 a.m. BeMoved® 12:30 p.m. Yoga en Español	14 9:00 a.m. ArtReach Clay Project 9:15 a.m. Yoga 9:30 a.m. Newcomers Breakfast 11:00 a.m. Kids Connecting NG 11:15 a.m. Restorative Yoga 12:00 p.m. Fall Festival 12:00 p.m. Círculo de Tejer 1:00 p.m. Core and So Much More	
15	16 10:00 a.m. T'ai Chi Chih 11:15 a.m. Chair Yoga 12:30 p.m. Meditation 7:00 p.m. Yoga	17 10:00 a.m. Clase de Joyeria 10:00 a.m. Gentle Yoga 11:15 a.m. T'ai Chi Chih 11:30 a.m. Meditación 5:30 p.m. Red Door Squad 6:00 p.m. Living Beyond Loss NG	18 10:30 a.m. Gentle Yoga 11:45 a.m. Meditation 6:00 p.m. Boot Camp Booster 6:00 p.m. Member Spot: Seasonal Cooking with Julie	19 9:45 a.m. Yoga & Meditation 11:00 a.m. Body Awakening 12:00 p.m. Sit in Sound 1:15 p.m. Yoga Nidra: Deep Healing Relaxation Method 6:00 p.m. Grief Yoga 6:00 p.m. Prostate Cancer NG 6:30 p.m. Pharmacy Lecture Series	20 9:30 a.m. Yoga 11:00 a.m. Brunch and Beauty 111 N. State St., 7th Floor 11:15 a.m. BeMoved®	21 9:15 a.m. Yoga 10:00 a.m. Caring Arts - Mixed Media Expression 11:15 a.m. Restorative Yoga 12:30 p.m. T'ai Chi	
22	23 10:00 a.m. T'ai Chi Chih 11:15 a.m. Chair Yoga 12:30 p.m. Meditation 6:00 p.m. Surviving & Thriving Lecture Series—Return to Wellness: The Benefits of Exercise and Considerations for Starting Your Personalized Exercise Routine 7:00 p.m. Yoga	24 10:00 a.m. Gentle Yoga 6:00 p.m. Cooking Demo: My Private Chef 6:00 p.m. Young Women with Breast Cancer NG	25 10:30 a.m. Gentle Yoga 11:45 a.m. Meditation 6:00 p.m. Radiotherapy for Brain Tumors and Brain Metastases 6:00 p.m. Lung Cancer NG 6:00 p.m. Bladder Cancer NG	26 12:00 p.m. Sit in Sound 1:15 p.m. Yoga Nidra: Deep Healing Relaxation Method 6:00 p.m. Improv Series 6:00 p.m. Body Awakening Workshop 6:00 p.m. Grief Yoga	27 9:30 a.m. Yoga 10:00 a.m. Clase de Nutrición 11:15 a.m. BeMoved® 12:30 p.m. Candle Making Workshop	28 9:15 a.m. Yoga 10:00 a.m. Caring Arts - Mixed Media Expression 11:15 a.m. Restorative Yoga 12:00 p.m. Círculo de Tejer 12:30 p.m. Creative Kids Crafts & Arts 1:00 p.m. Full Body Workout	
29	30 11:15 a.m. Chair Yoga 12:30 p.m. Meditation 7:00 p.m. Yoga	<h1>SEPTEMBER 2019</h1> <p>■ = RSVP REQUIRED ■ = NO RSVP ■ = CMP REQUIRED</p> <p>Please note that if less than 5 people are registered 24 hours in advance, the program will be cancelled. * Requires attendance at all sessions</p>					 <p>An Affiliate of the CANCER SUPPORT COMMUNITY</p>

# HEALTHY LIFESTYLE PROGRAMS

## MIND/BODY/SPIRIT CLASSES

**Please note:** Wear comfortable clothing and arrive promptly for the following classes at the designated start times. Movements and poses can be modified to accommodate all ability levels, let the instructor know prior to the start of class if you have any concerns. Talk with your doctor prior to starting an exercise program.

### Yoga

**Mondays | 7:00 – 8:15 p.m. • Fridays | 9:30 – 11:00 a.m. • Saturdays | 9:15 – 10:45 a.m.**

Mat yoga class including stretching, deep breathing, balancing, functional strength and relaxation. Stretch your body and mind.

*\*Programming will be cancelled on the following dates: 7/20, 8/31 and 9/2.*

### Chair Yoga

**Mondays | 11:15 a.m. – 12:15 p.m.**

Yoga practiced sitting in a chair or using a chair for support. Many of the poses are adapted from mat yoga.

*\*Programming will be cancelled on the following date: 9/2.*

### Gentle Yoga

**Tuesdays | 10:00 – 11:00 a.m. • Wednesdays | 10:30 – 11:30 a.m.**

This class features gentle stretches and poses using resistance to help develop strength.

### Laughter Yoga

**First Wednesdays: August 7, September 4 | 6:00 – 7:00 p.m.**

Please join us to learn a little more about laughter wellness (also known as laughter yoga). Tap into your inner child and get laughing again! No experience needed and open to all levels.

*\*Programming will be cancelled on the following date: 7/3.*

### Restorative Yoga

**Saturdays | 11:15 a.m. – 12:15 p.m.**

This relaxing class uses props and chairs as needed for support in comfortable lying and standing positions. Ideal for beginners and people with limited mobility to refresh the mind and body.

*\*Programming will be cancelled on the following dates: 7/20 and 8/31.*

### Grief Yoga **\*New Program\***

**Thursdays | 6:00 – 7:00 p.m.**

Class focuses on giving those grieving loss a safe, supportive space to practice yoga techniques to help recapture a sense of well-being. Appropriate for all levels.

*\*Programming will be cancelled on the following date: 7/4.*

### Yoga & Meditation **\*New Program\***

**First and Third Thursdays: July 18, August 1 & 15, September 5 & 19  
9:45 – 10:45 a.m.**

Explore yoga asana to become aware of the body, then gently shift to guided meditation. Move through yoga poses at your own pace. All levels welcome.  
*\*Programming will be cancelled on the following date: 7/4.*

### Yoga Nidra: Deep Healing Relaxation Method

**Select Thursdays: July 11, 18, 25, August 15, 22, 29, September 12, 19, 26 | 1:15 – 2:15 p.m.**

This healing, active meditation, lying down on props, leads to a deep state of relaxation that bolsters the body's natural healing capacities to rejuvenate and energize on physical, mental and emotional levels.

### BeMoved®

**Fridays | 11:15 a.m. – 12:15 p.m.**

BeMoved® shares the joy of dance with people of all movement abilities and believes that movement, expressed through dance and music, has a transformative power that enriches a person's well-being.

### Body Awakening

**First and Third Thursdays: July 18, August 1 & 15, September 5 & 19  
11:00 a.m. – 12:00 p.m.**

Body Awakening helps participants improve body-mind connection, resilience, balance, focus and stress management. This unique program uses coordination exercises and various stretching and posture exercises.

*\*Programming will be cancelled on the following date: 7/4.*

### T'ai Chi

**First and Third Saturdays: July 6, August 3 & 17, September 7 & 21  
12:30 – 1:30 p.m.**

An ancient Chinese exercise combining physical movement and meditation.  
*\*Programming will be cancelled on the following date: 7/20.*

### T'ai Chi Chih®

**Select Mondays: July 1, 8, 15, 22, 29, August 5, 12, 19, 26  
September 9, 16, 23 | 10:00 – 11:00 a.m.**

**Select Tuesdays: July 2, 16, 30, August 6 & 20, September 3 & 17  
11:15 a.m. – 12:15 p.m.**

Based on Ancient Chinese wisdom, T'ai Chi Chih is 19 simple, slow, gentle movements that circulate and balance energy. It is a "moving meditation" that brings serenity and a greater sense of well being. Movements can be done standing, seated or through visualization.

### Meditation

**Mondays | 12:30 – 1:30 p.m. • Wednesdays | 11:45 a.m. – 12:45 p.m.**

This class will teach you basic relaxation, breath meditation and visualization.  
*\*Programming will be cancelled on the following date: 9/2.*

### Sit in Sound **\*New Program\***

**Thursdays | 12:00 – 1:00 p.m.**

Re-harmonize your body and release stress with the help of crystal singing bowls. No previous experience necessary.

*\*This class will be cancelled on the following dates: 7/4, 7/18 and 7/25.*

### Full Body Workout **\*New Program\***

**Select Saturdays: July 13, August 24, September 28 | 1:00 – 2:00 p.m.**

In this class we will focus on building your strength and endurance. This will be a full body workout that includes strength training exercises combined with cardio, flexibility and balance.

### Low-Impact Aerobics **\*New Program\***

**Second Tuesdays: | 6:00 – 7:00 p.m.**

The class is open to beginners and experts alike. Please wear gym shoes and comfortable clothing.

### Boot Camp Booster **\*New Program\***

**Third Wednesdays: | 6:00 – 7:00 p.m.**

This exercise class will boost your Boot Camp exercise practice by teaching you simple exercises to increase your strength and endurance. All experience levels welcome.

## EXPRESSIVE ARTS ACTIVITIES

These creative programs use different methods to help individuals express themselves artistically. No prior artistic skills are required. All materials are provided.

### Caring Arts – Mixed Media Expression

**Select Saturdays: July 6 & 27, August 3, 17, 24, September 7, 21, 28  
10:00 a.m. – 2:00 p.m.**

An exciting program facilitated by the Caring Arts Foundation, each session guides you on a journey to explore and develop your own creative center for the purpose of healing.

### ArtReach Clay Project

**Select Saturdays: July 13, August 10, September 14  
9:00 a.m. – 12:00 p.m.**

ArtReach seeks to transform individuals and their communities through high-quality and innovative art instruction using clay as a means of expression.

### Jewelry

**Select Wednesdays: July 10, 17, 24, August 7 & 14  
11:00 a.m. – 1:00 p.m.**

Learn how to create your own accessories such as earrings, necklaces and bracelets in a supportive environment with others who are looking to be creative.





# PROGRAMA LATINO DE GILDA'S CLUB CHICAGO

(JULIO-  
SEPTIEMBRE  
2019)

**NUESTRA MISIÓN** Lograr que todas las personas afectadas por el cáncer adquieran el poder del conocimiento, la fuerza de la acción y el respaldo de la comunidad.

## ACTIVIDADES DE ARTE Y DE BIENESTAR

*Los programas con títulos en letra roja requieren de una reservación de antemano*

### Círculo de Tejer

segundo y cuarto sábado del mes | 12:00 – 2:00 p.m.

Únase a otros participantes para tejer o hacer punto de cruz. No es necesario experiencia previa.

### Clase de Arte (Caring Arts)

sábados: 6 y 27 de julio; 3, 17, y 24 de agosto, 7, 21 y 28 de septiembre | 10:00 a.m. – 2:00 p.m.

Facilitado por la fundación Caring Arts, cada sesión se enfoca en explorar y desarrollar su propio centro creativo con el propósito de sanarse. Se proporcionan diversos temas de inicio de ideas y materiales artísticos para cada sesión. No se requieren habilidades artísticas previas, solo el deseo de expresarte.

### Clase de Joyería

tercer martes del mes: 16 de julio, 20 de agosto y 17 de septiembre | 10:00 – 11:30 a.m.

Aprenda como crear tus propios collares, aretes y esclavas.

### Clase de Nutrición

viernes, 26 de julio, 23 de agosto y 27 de septiembre | 10:00 a.m. – 12:00 p.m.

Esta clase de nutrición dirigido por la Universidad de Illinois para familias. El programa es diseñado para ayudar a familias aprender cómo hacer decisiones de nutrición que mejore la dieta y salud de la familia.

### Clase de Barro (ArtReach)

segundo sábado del mes: 13 de julio, 10 de agosto y 14 de septiembre | 9:00 a.m. – 12:00 p.m.

Expresa su creatividad usando barro para crear sus propias obras de arte.

### Desayuno para Nuevos Participantes (Newcomers Breakfast)

sábado, 13 de julio, 10 de agosto y 14 de septiembre | 9:30 – 10:30 a.m.

Acompañe otros miembros del club en un desayuno en donde se le dará la bienvenida a nuestro club.

### Meditación, Relajación, y el Control del Estrés

tercer martes del mes: 16 de julio, 20 de agosto y 17 de septiembre | 11:30 a.m. – 12:30 p.m.

Se ha comprobado que el controlar el estrés crónico tiene efecto positivo en la manera que las personas reaccionan ante el cáncer y la vida. En este taller usted experimentará los beneficios de estas prácticas, como un descanso profundo o más energía, y exploraremos como utilizarlas en su vida diaria.

### Yoga en Español

segundo viernes del mes: 12 de julio, 9 de agosto y 13 de septiembre | 12:30 – 1:30 p.m.

Esta clase será totalmente en Español. Respire, estire su cuerpo y mente, desarrolle flexibilidad y balance. Use ropa cómoda.

### BeMoved®

viernes | 11:15 a.m. – 12:15 p.m.

BeMoved® es una clase de movimiento que comparte la alegría de bailar con personas de todas las habilidades y cree que el movimiento, expresado a través del baile y la música, tiene un poder transformador que enriquece el bienestar de una persona.

### Yoga

lunes | 7:00 – 8:15 p.m.; viernes | 9:30 – 11:00 a.m.; sábados | 9:15 – 10:45 a.m.

Clase de yoga que incluye estiramiento, respiración profunda, equilibrio, fuerza funcional y relajación. Estira tu cuerpo y tu mente. Desarrolla flexibilidad y equilibrio.

### Yoga Restaurativa

martes | 10:00 – 11:00 a.m.; miércoles | 10:30 – 11:30 a.m.; sábados | 11:15 a.m. – 12:15 p.m.

Una clase relajante que utiliza accesorios y sillas según sea necesario para apoyar en posiciones cómodas acostada y de pie. Es ideal para principiantes y personas con movilidad limitada.

### T'ai Chi

primer y tercer sábado del mes: 6 de julio, 3 y 17 de agosto, 7 y 21 de septiembre | 12:30 – 1:30 p.m.

Una antigua forma de ejercicio chino que combina el ejercicio físico con la meditación.

### T'ai Chi Chih

lunes: 1, 8, 15, 22 y 29 de julio; 5, 12, 19 y 26 de agosto; 9, 16 y 23 de septiembre | 10:00 – 11:00 a.m.

martes: 2, 16 y 30 de julio; 6 y 20 de agosto, 3 y 17 de septiembre | 11:15 a.m. – 12:15 p.m.

Basada en la sabiduría china antigua y que consta de 19 movimientos simples y suaves y lentos. T'ai Chi Chih es una mezcla de la meditación y el movimiento que se ha demostrado para reducir el estrés y se puede hacer mientras se está sentado o de pie.

¿Se aproxima su cita con el doctor?

¿Abrumado por tanta información?

¿No sabes qué preguntar?

**NOSOTROS PODEMOS AYUDAR**



Open to Options™ (Abierto a Opciones) le apoya a manera que usted identifique preguntas importantes sobre sus opciones y de tratamiento de cáncer basadas en sus necesidades personales. Disponible sin costo alguno, este servicio le ayudará a:

- Generar una lista de preguntas para su médico,
- Organizar sus preguntas para llevarlas a su cita
- Comunicarse claramente con su equipo médico.

Para hacer una cita para una sesión de Open to Options™ (Abierto a Opciones), por favor llame a Gilda's Club Chicago al 312-464-9900, extensión 112. Pregunte por Jasmine Carrasco. Podemos hacer una cita por teléfono o en persona.

## EVENTOS ESPECIALES

Todos estos programas requieren reservación

### ALAS - El Salón Móvil™

miércoles, 10 de julio | 9:00 - 11:00am

Un programa diseñado especialmente para mujeres con cáncer para mejorar su autoestima y apariencia. Se donan sostenes, prótesis y pelucas.

### Dieta Basada en Plantas y La Salud

sábado, 13 de julio | 12:30 - 2:00 p.m.

Este taller interactivo sería sobre elementos ambiental que tienen influencia en la salud de la comunidad Latino. También sería sobre la correlación entre una dieta basada en plantas y la salud. Además, una demostración en como empezar la transición a una dieta basada en plantas y la implementación en la vida diario.

### Lo Que Usted Debe Saber Sobre los Estudios Clínicos

sábado, 27 de julio | 12:30 - 2:00 p.m.

La meta de este taller es crear conciencia sobre los ensayos clínicos. Acompañenos para aprender cómo se estructuran estos ensayos y cómo fomentar un diálogo abierto con su equipo de atención médica sobre la elegibilidad y la viabilidad de los ensayos clínicos como opción de tratamiento. Además, aprenderán sobre la importancia de tomar decisiones en conjunto y se les presentarán recursos para ayudar a facilitar estas conversaciones. **Almuerzo Incluido, Facilitado por: Jeanette Santana González**

### Festival de Otoño

sábado, 14 de septiembre | 12:00 - 2:00 p.m.

Cada año, los estadounidenses observan el Mes Nacional de la Herencia Hispana del 15 de septiembre al 15 de octubre con la celebración de las historias, culturas y contribuciones de los ciudadanos estadounidenses cuyos antepasados vinieron de España, México, el Caribe, Centro y Sur América. Participa en la celebración de la cultura hispana en Gilda's Club Chicago. Se proporcionará entretenimiento. Favor de traer un plato de comida para compartir con los demás miembros del club. *Habrà arte, música y actividades educativas para los niños.*

## GRUPO DE APOYO

### Grupo de Apoyo Latino

segundo jueves del mes: 11 de julio, 8 de agosto y 12 de septiembre | 10:00 - 11:30 a.m.

Un grupo de apoyo mensual para pacientes Latinos y sus familiares en el cual pueden obtener información, compartir recursos y recibir apoyo emocional.

# NOOGIELAND: PROGRAMA PARA NIÑOS Y JÓVENES

Este programa es diseñado especialmente para niños y jóvenes con un diagnóstico de cáncer, que tengan a un ser querido viviendo con cáncer, o que han perdido a un ser querido debido al cáncer.

## GRUPOS DE APOYO PARA NIÑOS

Para más información, llame a Jasmine Carrazco al 312-464-9900 o envíe un correo electrónico a [jasminecarrazco@gildasclubchicago.org](mailto:jasminecarrazco@gildasclubchicago.org)

### Kid Support (en inglés) -- Grupo de Apoyo para Niños

Este grupo de apoyo es para niños de 4 a 12 años que tienen cáncer, o que tienen a un familiar que ha sido diagnosticado con cáncer. Este grupo dura 10 semanas y les ofrece a los niños la oportunidad de hacer amistades y aprender destrezas que les ayudarán a vivir con el estrés de esta enfermedad. **La inscripción está abierta para el otoño.**

### Grupo de Duelo (en inglés)

Este grupo de apoyo es para niños de edades de 4 a 12 años de edad que han perdido a un ser querido a causa del cáncer. Los niños desarrollarán un mejor entendimiento acerca de la muerte y el sentimiento de pérdida debido a la muerte de un ser querido. Esta es una oportunidad de compartir sentimientos y aprender nuevos métodos para lidiar con la vida y con los cambios familiares. **La inscripción está abierta para el otoño.**

### Conectando Niños (en inglés)

segundo sábado del mes | 11:00 a.m. - 12:00 p.m.

Este grupo de apoyo es para niños de 4 a 12 años que tienen cáncer, o que tienen a un familiar que ha sido diagnosticado con cáncer. Este grupo les ofrece a los niños la oportunidad de hacer amistades y compartir sentimientos con otros niños en situaciones similares.

### Internet Básico

Este taller es presentado en Español y cubre los puntos básicos sobre el internet, como el uso de las máquinas de búsqueda, cómo descargar y subir archivos, y el uso del correo electrónico, que incluye como crear una cuenta y cómo responder y reenviar correo. También aprenderá como crear una cuenta en la red social en Twitter y Facebook. *Para hacer una cita individual, llame a Jasmine Carrazco al 312-464-9900.*

### ESTACIONAMIENTO GRATUITO

Disponible para los miembros que vienen para una actividad en el club de la Avenida Wells Street:

**Mart Parc Interpark en el 401 N. Wells Street.**

Muestre su tarjeta de membresía roja en la recepción para recibir un cupón de estacionamiento. Si aún no es miembro de Gilda's Club Chicago, haga una cita gratuita para conocer todo sobre nuestro programa llamando al (312) 464-9900.

## ACTIVIDADES DE NOOGIELAND

Todos estos programas requieren reservación

### Manualidades Creativos para Niños

cuarto sábado del mes, 3 & 24 de agosto y 28 de septiembre  
12:30 - 2:00 p.m.

Programa que ofrece artes manuales para la familia.

### "Red Door Squad"

martes, 2 de julio, 6 & 20 de agosto y 3 & 17 de septiembre |  
5:30 - 7:00 p.m.

A través de una variedad de actividades, estudiantes de la secundaria, asisten en crear conciencia sobre Gilda's Club Chicago.

### Celebración del Verano Familiar con Mane in Heaven sábado, 27 de julio | 12:00 - 2:00 p.m.

¡Gilda's Club Chicago se va a transformarse a una yarda del verano! Acompañanos para comida, juegos y actividades para toda la familia. ¡Mane in Heaven va a traer sus caballos miniaturas!

### Hornear Puppy Chow

sábado, 10 de agosto | 1:00 - 2:00 p.m.

Después de terapia con nuestra mascota, Sherman, acompañanos a hornear Puppy Chow- cereal Chex cubierta en mantequilla de cacahuate, chocolate y azúcar glas. Por favor, nos avisa si tienen alergia a los cacahuates.

**Juego Supervisado** Esto se proporciona para los niños mayores de 1 año de edad, cuyos familiares deseen asistir a un taller, conferencia, o grupo. Los bebés menores de 1 año son bienvenidos, pero deben permanecer con sus padres. Por favor llame por lo menos 3 días de anticipación de su asistencia a un programa. Llame a Jasmine, 312-464-9900 o por correo electrónico a [jasminecarrazco@gildasclubchicago.org](mailto:jasminecarrazco@gildasclubchicago.org)

### DÍAS FESTIVOS/CLUB CERRADO:

A partir de viernes, 24 de mayo, el club cerrará a las 3:00 p.m. cada viernes hasta el 6 de septiembre. El club estará cerrado el jueves, 4 de julio por motivo del Día de la Independencia y estará cerrado el sábado 19 de julio. El club cerrará a las 3:00 p.m. el sábado, 31 de agosto y seguirá cerrado hasta el lunes, 2 de septiembre por motivo del Día Laboral.

# MEMBERS GIVING BACK

## VOLUNTEER SPOTLIGHT

KAREN HALL AND PAT HENDERSON



Please meet Karen Hall and Pat Henderson. Karen and Pat are two close friends whose lives have been impacted by cancer. Pat explained that she needed a support system where she could interact with people who were going through similar life events. Pat first learned about Gilda's Club Chicago's downtown location and shortly thereafter learned that another Clubhouse opened in 2014 at Advocate Christ Medical Center located in south suburban Oak Lawn. Pat told Karen about the location and they both quickly got involved with the array of programming activities at the new Clubhouse including Zumba and jewelry making. Pat added that "we had so much fun at the APMC Clubhouse!"

The two friends got involved with volunteering for GCC almost immediately after becoming members. Karen first started volunteering at APMC's Clubhouse and soon got involved with doing outreach for GCC at various local events. Karen and Pat enjoy sharing with others what GCC has done for them. Pat explains that the activities which she participated in at GCC helped to keep her positive, adding that she is so thankful for GCC. As a two-time cancer survivor, Karen said she was searching for her new norm. When she participated in programming at GCC, she was surrounded by people who understood what she was going through as they were also going through it. Both ladies have a passion for cancer advocacy and survivorship and they enjoy educating community members about the wonderful programming which is offered at GCC. They have been providing outreach for GCC for almost five years. Gilda's Club Chicago is very grateful for Karen and Pat's outreach volunteer efforts!

## MAKE AN IMPACT

Gilda's Club Chicago relies on the generosity of the community to support our programming. Every donation demonstrates our shared commitment to ensure that no one faces cancer alone. Please consider making a gift of any size today. We also invite you to consider including Gilda's Club Chicago in your estate planning. All legacy gifts are welcome. Ensure the sustainability of Gilda's Club Chicago in a way that makes your core values known to others. Your support of our mission will be long remembered and serve as an inspiration to others. For more information, contact our Director of Development, Bradford Newquist, at 312-464-9900 x135 or [bradfordnewquist@gildasclubchicago.org](mailto:bradfordnewquist@gildasclubchicago.org).

### Honor Someone Today

A gift to Gilda's Club Chicago in honor or in memory of a loved one is a meaningful way to recognize those who have made a special impact on our lives. When you make a memorial or tribute donation, we will also send a card to the individual(s) being honored or a family member of the loved one who has passed, informing them of your gift. For more information about tribute gifts, please contact Nadia Haeflinger, Development Manager, at [nadiahaeflinger@gildasclubchicago.org](mailto:nadiahaeflinger@gildasclubchicago.org) or 312-464-9900.

### Associate Board

The Associate Board of Gilda's Club Chicago is a group of dedicated individuals formed to support Gilda's Club Chicago's mission through fundraising, public relations and outreach. The Associate Board is comprised of a highly energized and dedicated team of individuals who lend their expertise, contacts and enthusiasm to the Board, participating in a variety of ways, including organizing and executing successful fundraising events, securing publicity, promoting awareness of the organization and ongoing development of the Associate Board. For more information about the Associate Board or to join, please contact Nadia Haeflinger, Development Manager, at 312-464-9900 or [nadiahaeflinger@gildasclubchicago.org](mailto:nadiahaeflinger@gildasclubchicago.org)

### Workplace Giving

If your company participates in annual workplace giving campaigns such as United Way, Community Shares of Illinois or Network for Good, you can choose Gilda's Club Chicago to receive a donation.

To direct your annual workplace gift to Gilda's Club Chicago, request a designation form from your employer and write in Gilda's Club Chicago EIN 36-4115144.

### Marathon Cheer Station

Sunday, October 7, 2019

Come out and cheer on Team Gilda as they race through the city at the Bank of America Chicago Marathon. Team Gilda runners have dedicated all summer to training, fundraising and creating awareness of Gilda's Club Chicago's mission. Our Clubhouse is located mid-way on the course. For more information please contact Debbie Slowinski, Volunteer and Outreach Coordinator, [debbieslowinski@gildasclubchicago.org](mailto:debbieslowinski@gildasclubchicago.org)



# HOSPITAL PROGRAMS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKENDS
<b>Advocate Christ Medical Center</b> Outpatient Pavilion, Ground Floor 4440 W. 95th Street Oak Lawn, IL	<b>Clubhouse Closed</b>	Book Club Boot Camp Coping with Cancer Gentle Yoga Lectures Networking Groups Restorative Yoga Zumba	Art (3 South & Infusion) Baking Class Games Lectures Networking Groups Zumba Basic Fitness & Toning Music & Meditation	Boot Camp Chair Yoga Lectures Meditation (3 South) Music & Meditation Networking Groups Surviving & Thriving Wellness Group Yoga	<b>Clubhouse Closed</b>	<b>Open Saturdays 9:00 a.m. - 1:00 p.m.</b> Drum Circle Family Art Chair Yoga Networking Groups T'ai Chi Zumba Fitness
<b>Mount Sinai Hospital</b> 1501 S. California 6th floor, Oling-Sang Building Oncology Department		Art as Relaxation Chair Yoga Connect Four Guided Relaxation Jewelry Making Let's Get to Walking Puzzles	Art as Relaxation Crafts Connect Four Jewelry Making Lets Get to Walking Puzzles TIC-TAC-TOE	Art as Relaxation Albums of Hope Bilingual Group (Spanish-English) Bingo Chair Yoga Guided Relaxation Women of Color Group		
<b>Robert H. Lurie Comprehensive Cancer Center of Northwestern University</b> Galter Pavilion, 21st floor Conference Room 675 N. St. Clair		Crafts Postcard Art Yoga Music Tuesdays Jewelry Making	Art as Relaxation Jewelry Making Knitting T'ai Chi Chih Caregiver Support Group Mindful Meditation	Afternoon with Music		
Galter 21, Infusion Suite			Art as Relaxation	Art as Relaxation		
Prentice Women's Hospital Maggie Daley Center 4th Floor 250 E. Superior				Jewelry Making Journaling Yoga Afternoon with Music		
Prentice 4, Infusion Suite			Art as Relaxation			
Prentice, Inpatient 14, 15, 16		Artist in Residence Caregiver Support Group		Artist in Residence		Mindful Meditation
Arkes Pavilion 21st Floor, Infusion Suite 676 N. St. Clair		Art as Relaxation				
<b>Amita Health Saints Mary and Elizabeth Medical Center</b> 2216 West Thomas Street, Cancer Center Conference Room		Lectures Support Groups Yoga T'ai Chi				
<b>Jesse Brown VA Medical Center</b> 820 S Damen Avenue, Damen 6 Hematology/Oncology Clinic	Art as Relaxation					

This is an overview of activities. For more information or to view the current program calendar for the Clubhouse and hospital locations, visit [www.gildasclubchicago.org](http://www.gildasclubchicago.org) or call 312-464-9900.

## HOSPITAL PROGRAM COORDINATORS FOR EACH SITE:

**Advocate Christ Medical Center - Oak Lawn**  
 Ross Alexander, LCSW  
 (708) 684-9505  
[rossalexander@gildasclubchicago.org](mailto:rossalexander@gildasclubchicago.org)

**Ann & Robert H. Lurie Children's Hospital of Chicago**  
 Lindsay Tynes, LCSW, OSW-C  
 (312) 464-9900, ext. 120  
[lindsaytynes@gildasclubchicago.org](mailto:lindsaytynes@gildasclubchicago.org)

**Mount Sinai Hospital**  
 Kassandra Billups, MA  
 (312) 464-9900, ext. 133  
[kassandrabilups@gildasclubchicago.org](mailto:kassandrabilups@gildasclubchicago.org)

**Robert H. Lurie Comprehensive Cancer Center of Northwestern University**  
 Goshia Thornton, AM, LSW  
 (312) 464-9900, ext. 122  
[goshathornton@gildasclubchicago.org](mailto:goshathornton@gildasclubchicago.org)

**Amita Health Saints Mary and Elizabeth Medical Center**  
 Kathleen Boss  
 (708) 684-9505, ext. 118  
[kathleenboss@gildasclubchicago.org](mailto:kathleenboss@gildasclubchicago.org)



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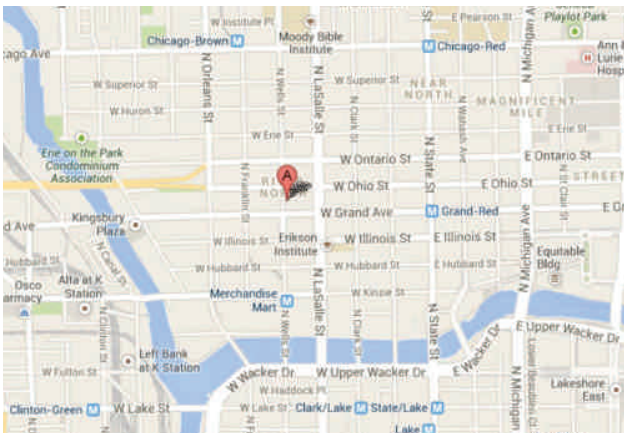
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## Free cancer support for the whole family, the whole time




At Gilda's Club Chicago, our mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community. Our innovative program, including more than 300 free activities each month, is an essential complement to medical care and includes healthy lifestyle workshops, educational lectures, social opportunities, support and networking groups and resource referrals. Gilda's Club Chicago is a 501(c)(3) nonprofit organization and is funded through donations from individuals, businesses, foundations and special events.

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## We're easy to find!



Join, volunteer or donate.  
[www.gildasclubchicago.org](http://www.gildasclubchicago.org)

   @gildasclubchi #TakeOnCancerTogether