## July 2019

<table>
<thead>
<tr>
<th>Tuesdays</th>
<th>Wednesdays</th>
<th>Thursdays</th>
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<tbody>
<tr>
<td><strong>Galter 21st Floor = G21</strong> 675 N. St. Clair 21st Floor Conference Room</td>
<td><strong>Wednesdays</strong></td>
<td><strong>Thursdays</strong></td>
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| 2  
Yoga 9:30-10:30am G21  
Jewelry Making 10:30am-12pm G21  
Postcard Art 10:30am-12pm G21  
Crafts 10:30am-12pm G21 | 3  
T’ai Chi Chih 9:30-10:30am G21  
Jewelry Making 10:30am-12pm G21  
Become a Member 12-1pm G21by request | 4  
CLOSED IN HONOR OF INDEPENDENCE DAY |
| **Prentice 4th Floor = P4** Prentice Women’s Hospital 250 E. Superior Conference Room (CR) or Waiting Area (WA) | 9  
Yoga 9:30-10:30am G21  
Jewelry Making 10:30am-12pm G21  
Postcard Art 10:30am-12pm G21  
Crafts 10:30am-12pm G21  
Music Tuesdays 12-1pm G21 | 10  
T’ai Chi Chih 9:30-10:30am G21  
Jewelry Making 10:30am-12pm G21 | 11  
Jewelry Making 9-10:30am P4WA  
Chair Yoga 10-11am P4CR  
Journaling 11-12pm P4CR |
| 16  
Yoga 9:30-10:30am G21  
Jewelry Making 10:30am-12pm G21  
Postcard Art 10:30am-12pm G21  
Crafts 10:30am-12pm G21 | 17  
T’ai Chi Chih 9:30-10:30am G21  
Jewelry Making 10:30am-12pm G21  
10 Minute Meditation 12-12:30pm G21  
Become a Member 12-1pm G21by request | 18  
Jewelry Making 9-10:30am P4WA  
Chair Yoga 10-11am P4CR  
Journaling 11-12pm P4CR  
Afternoon with Music 12-2pm P4WA |
| 23  
Yoga 9:30-10:30am G21  
Jewelry Making 10:30am-12pm G21  
Postcard Art 10:30am-12pm G21  
Crafts 10:30am-12pm G21  
Music Tuesdays 12-1pm G21 | 24  
T’ai Chi Chih 9:30-10:30am G21  
Jewelry Making 10:30am-12pm G21  
Become a Member 12-1pm G21by request | 25  
Jewelry Making 9-10:30am P4WA  
Chair Yoga 10-11am P4CR  
Journaling 11am-12pm P4CR |
| 30  
Yoga 9:30-10:30am G21  
Jewelry Making 10:30am-12pm G21  
Postcard Art 10:30am-12pm G21  
Crafts 10:30am-12pm G21 | 31  
T’ai Chi Chih 9:30-10:30am G21  
Jewelry Making 10:30am-12pm G21  
Become a Member 12-1pm G21by request |  |

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**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

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All programs are free and open to anyone living with cancer, their family, and friends. For more information about Gilda’s Club Chicago at Lurie Cancer Center at Northwestern University, or to register for a program, contact Kathleen Boss, Director of Special Initiatives at 312-464-9900 or kathleenboss@gildasclubchicago.org
**Galter Pavilion: 675 N. St. Clair**

**YOGA:** 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: Lindsey McNeil, Certified Yoga Instructor*

Tuesdays, 9:30-10:30am

**JEWELRY MAKING:** Here you will learn ways to create original accessories like earrings, necklaces, bracelets and more! The classes will offer an atmosphere of learning and support for those seeking to be creative. No previous experience necessary.

*Facilitator: Lisa Kolodziej, MA*

Tuesdays & Wednesdays, 10:30am-12pm

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

*Facilitator: Lindsey McNeil, BFA | Tuesdays, 10:30am-12pm*

**CRAFTS:** Relax by engaging in a crafty project. Activities include beading, tracing and painting. Supplies provided. All skill levels are welcome.

*Facilitator: Lindsey McNeil, BFA | Tuesdays, 10:30am-12pm*

**T’AI CHI CHIH:** 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 conditions. No special clothing required.

*Facilitator: Deb Sitron, Licensed LMT Board Certified NCBTMB*

Wednesdays, 9:30-10:30am

**10 MINUTE MEDITATION:** Learn powerful, simple and effective meditation techniques to relax and refresh.

*Facilitator: Gosha Thornton, AM, LSW*

Third Wednesday of the month, 12-12:30pm

**AFTERNOON WITH MUSIC:** Free music concert offered by Caring Arts musicians.

*First Thursday of the month @ 12-2pm, Galter 21*

Third Thursday of the month @ 12-2pm, Prentice 4

**MUSIC TUESDAYS:** Relax and heal by listening to calming live music offered by Northwestern University medical students and their friends.

*Second Tuesday of each month @ 1:30-2pm by Music Matters, G21*

Fourth Tuesday of each month @ 12-1pm by Music Matters, G21

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**Prentice Women’s Hospital: 250 E. Superior**

**JEWELRY MAKING:** Here you will learn ways to create original accessories like earrings, necklaces, bracelets and more! The classes will offer an atmosphere of learning and support for those seeking to be creative. No previous experience necessary.

*Facilitator: Lisa Kolodziej, MA*

Thursdays, 9-10:30am | P4 Waiting Area

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

*Facilitator: Era Pawlowski, MS, MA, Certified Yoga Instructor*

Thursdays, 10-11am | P4 Conference Room

**JOURNAL WRITING:** Journaling can be a form of meditation and stress relief, while also allowing the individuals to express themselves. This class incorporates drawing, mark making, collage and creative writing techniques to give participants the tools and inspiration to explore their creative side.

*Facilitator: Audra Eisbin-Banazek, LCPC, ATR*

Thursdays, 11am-12pm | P4 Conference Room

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**Lurie Cancer Support and Networking Groups**

Groups are opportunities to share information and support, and are open to patients, survivors, caregivers, family, and friends, unless otherwise noted.

**Myeloma Patient and Caregiver Support Group:** Feinberg Pavilion, 3rd Floor, Conference Room D. Call 312-695-4523. First Monday of the month 3:30 – 5:00pm

**Northwestern Brain Tumor Support Group:** Location varies. Call 312-926-5351. Facilitators: Chris Balmaceda, LCSW; Mary Ellen Maher, APN; and Meg Schwartz, APN. Third Monday of the month: 5:00 – 6:30pm

**Living Well with Metastatic Breast Cancer:** Open support group for women with metastatic breast cancer. Galter Pavilion, 675 N. St. Clair, 21st floor @ Conference Room. Facilitators: Gina Utke, PA; and Patty Morena, PhD. Call 312-472-5820. Third Tuesday of the month 4—5:30pm

**Monthly Group for Young Adults with Cancer:** Join the group dedicated to young adults 18-39 years old. Call 312-695-0766 for more information. First Wednesday of the month from 6:00–7:30pm G21