



FREE CANCER SUPPORT

Offering more than 300 free activities per month to those impacted by cancer and their families.

[View full calendar](#)



TUESDAYS

Northwestern Medicine Connections Support Group	1st & 3rd Tuesdays	10:00 AM - 11:00 AM	Virtual
Somatic Stress Reduction	1st Tuesday	12:00 PM - 1:00 PM	Galter, 17th Floor
Wellness Walk	2nd Tuesday	12:45 PM - 2:00 PM	Prentice, Lobby
Stitchcraft	Weekly	3:00 PM - 4:00 PM	Prentice, 3rd Floor

WEDNESDAYS

Wonderful World of Watercolor	Weekly	10:00 AM - 12:00 PM	Galter, 17th Floor
Creative Collage	Weekly	12:00 PM - 2:00 PM	Galter, 17th Floor
Music with Sharing Notes	2nd & 4th Wednesdays	1:30 PM - 2:30 PM	Galter, 21st Floor

THURSDAYS

Chair Yoga	Weekly	10:00 AM - 11:00 AM	Prentice, 4th Floor
Beyond the Red Door Orientation	3rd Thursdays	11:00 AM - 12:00 PM	Prentice, 4th Floor

NORTHWESTERN MEDICINE

Prentice Women's Hospital 250 E. Superior Street	Arkes Pavilion 676 N. St. Clair Street	Olson Pavilion 710 N. Fairbanks Court	Galter Pavilion 675 N St. Clair Street
--	--	---	--



Join us at Saturday LIVE!

Stop by the Downtown Clubhouse (537 N Wells) every other month for **FREE** family friendly activities including art and movement, light breakfast, and meet fellow community members.

Sound Healing	10:30 AM - 11:30 AM
Caring Arts	11:00 AM - 1:00 PM
Embodyed Yoga	12:00 PM - 1:00 PM

2026 Dates: February 14, April 11, June 13, August 8, October 10, December 12

Gilda's Club Chicago is a place where anyone whose life has been impacted by any type of cancer, as well as their families and friends, can feel they are part of a welcoming community of support. We are proud to partner with Northwestern Medicine and the Lurie Comprehensive Cancer Center to provide free programs for those living with cancer, supporting someone who is, or have lost a loved one to cancer.

Not a member of Gilda's Club Chicago?

Join us today at gildasclubchicago.org/membership.

Inpatient & Infusion Individual Activities

TUESDAYS

Art Therapy	Weekly	Malnati Brain Tumor Institute Galter Pavilion
Inpatient Reiki	1st & 3rd Tuesdays	Prentice Women's Hospital
Virtual Music Visits with Sharing Notes	4th Tuesday	Prentice Women's Hospital

WEDNESDAYS

Art Therapy	Weekly	Prentice Women's Hospital
	1st Wednesday	Olson Pavilion
Massage for Caregivers	2nd Wednesday	Prentice Women's Hospital
	3rd Wednesday	Arkes Pavilion
	4th Wednesday	Galter Pavilion

THURSDAYS

Art Therapy	Weekly	Prentice Women's Hospital Olson Pavilion
Minutes to Relaxation	Weekly	Prentice Women's Hospital
Bedside Relaxation	Weekly	Prentice Women's Hospital

SATURDAYS

Inpatient Yoga	1st & 4th Saturdays	Prentice Women's Hospital
----------------	---------------------	---------------------------

To reserve your individual activity with a Gilda's Club Chicago facilitator, email alivernasco@gildasclubchicago.org or talk to your healthcare provider during treatment.