

Activities and Workshops

Reservations are required. Sign up by calling 615.329.1124 or via the free MindBody app.

EXPRESSIVE ARTS ACTIVITIES

Abstract Painting with Alicia Thompson. This fun and relaxed class will focus on the basics. Learn how to move easily from representation to abstraction through two short painting projects.

Art Workshop: Acrylics with Jill Mayo. Easy-to-learn techniques and a beautiful painting to take home. No experience required. Whimsical realism style painting on 8/2. Poured acrylics on 8/23.

Art Workshop: Found Poetry (WCo) with Ronnie Shuler. Create your own poem by combining words and phrases from printed sources and decorate the page to complete your masterpiece. All ages welcome.

Art Workshop: Glass Painting with Diane Booth. Relax and enjoy great conversation while painting on glass. No experience required.

Guitar Lessons with Pete Bartels. Learn the basics and begin to play your favorite songs. Beginners welcome. Bring your own instrument, although one may be available to borrow on a short-term basis.

Open Art Class with Jill Mayo. Work in acrylics, watercolors, crayons, alcohol inks or pastels. Most supplies provided - or bring your own.

Relief Art Workshop with Barbara Kane. Join us as we explore relief art using tooling foil. Leave with a finished art piece ready for display.

Healing Art with Marla Faith. Be guided in creating art that is visually rich and personally meaningful. Each class focuses on a different medium. Sign up for one or more. Release pre-conceived ideas and be amazed by what emerges.

Polymer Clay Class: Dragon Eye Art with Jill Mayo. Make a unique piece with simple techniques.

Quilting Club with Diane Booth. Finish that long undone project or start a new one. Fabric and other supplies available to help you get started, or you can bring your own. No experience required.

Watercolors Class with Jill Mayo. We cover watercolor basics, color theory, and have a great time. No experience required.

NUTRITION AND COOKING CLASSES

Delicious Recipes Using Raw Veggies with Chef Jill Mayo. Preparing raw veggies in a variety of ways. Salads, tacos and more. Options for vegan, vegetarian, gluten-, dairy-, egg-free diets.

Food of Life Cooking Class with Katherine Lawrence. Join this certified disease-prevention nutritionist for a delicious and entertaining lesson on cooking for better health. Class includes printed recipes, nutrition information and lots of food to sample!

Fueling Your Body with Healthy Foods (WCo) with Corinne Sterling. Learn strategies for healthy eating, why one way of eating doesn't work for everyone and more. Make small changes in a few things to begin your journey towards healthier choices.

What Feeds You (WCo and Nashville) with Danielle Gilbert, Certified Health Coach. Topics include nutrient dense foods, healing

our gut, and diets vs. healthy habits. As a group, we'll hold each other accountable for making meaningful shifts in the way we nourish ourselves. Commitment to the series required.

MIND-BODY & MOVEMENT WORKSHOPS

Frame Drum Wisdom Sound Circle with Karen Renée Robb. Explore the incredible power of voice, rhythm and sound vibration in a compassionate, connected way. Leave feeling refreshed, rejuvenated and enlivened!

Gentle Yoga with Michelle Wilkerson. Gentle movement to open and restore the body. Breath work and mindfulness are incorporated throughout.

Guided Imagery & Relaxation with Claudia Prange. Shown to be of great help to individuals with stress, anxiety, pain and the discomfort of some cancer treatments.

Guided Relaxation (WCo) with Claudia Prange. Learn and practice techniques that encourage emotional balance, while managing the overwhelm of cancer's impact.

Introduction to Dreamwork with Gayle Prillaman. Learn to work with the images in your dreams to gain insight into your emotional life and relationships; enhance problem solving for meeting life's challenges; and positively influence your life journey.

Introduction to Meditation with Anne Marie Garcia. Regular practice can relieve stress and anxiety, improve sleep and more. In this 4-week series, we will focus on the basics and find what type of practice is right for you. Commitment required. Also meets Sept. 4.

Lifetime Yoga with Liz Trinkler. Open yourself, stretch your muscles and awaken your whole being! Optional props to suit individual needs. Relax and renew with meditation and gentle movement.

Mindfulness Series (WCo) with Dawson Wells, LMSW. Reduce stress and increase well-being. All experience levels welcome. Join us for instruction, practice and discussion. Series currently closed.

Pilates with Amy Butler (**Nashville**) and Lisa Cantwell (**WCo**). Enjoy the balancing effects of this pilates mat class that focuses on gentle strengthening and stretching. It will leave you feeling refreshed and connected.

Simply Yoga (WCo) with Sally Kuhn, Ashley Ray or PaQuita Pullen. Come as you are to move, breathe and simply be. Gentle stretching paired with movement and breath will help calm your mind. In collaboration with Small World Yoga.

Tai Chi with Chip Forrester or James Schriver. Join us for this moving meditation, where we'll move with awareness and gently re-awaken the life force. Wear comfortable clothes.

SUPPORT AND NETWORKING GROUPS

Been There, Done That with Megan Ingram Forshey, LCSW. Finished with cancer treatment? Back to school? Back to life? If so, this group is for you! Connect with other middle and high schoolers who totally get it.

Activities and Workshops, continued

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Life After Loss with Warren Thompson, PhD. A 6-week series for adults grieving the loss of a loved one who died in the last year. Commitment to the series required.

What Feeds You - Alumni Group with Danielle Gilbert. Open to anyone who has completed the "What Feeds You" series. New topics will be introduced at each session.

Young Adults Grieving the Loss of a Parent with Allison Yonker, LMSW. How do you live after someone you love has died? Join with others for insight and support.

EDUCATION

Road to Resilience (WCo) with Erica Stegner Dale, MMFT. Learn to develop resilience, utilizing your skills to recover from challenges. Open to all adults, but may be especially impactful for those who are post-treatment or nearing the completion of treatment. Commitment to the series required.

Sleep and Cancer (WCo and Nashville) with JB Ward, PdD. Learn about the link between a cancer diagnosis and sleep disturbance, and strategies to help you get a better night's rest.

SPECIAL/SOCIAL EVENTS

Noogieland Dinner and a Movie (WCo) with Leslie Welch, MS, CCLS. Calling all kids and teens! Join us for a casual dinner and cozy movie. Bring your sleeping bag, favorite blanket and/or pillow for comfort.

SAVE THE DATE

Frankly Speaking about Cancer: Bone Health with Erin Fennell, APRN-BC, AOCNP
Tuesday, September 11 from 12-1:30 pm
Williamson County location
Lunch provided. Reservations required by Sept. 7.

Immunotherapy Q&A with Douglas Johnson, MD
Thursday, October 25 from 6-8 pm.
Nashville location.
Dinner provided. Reservations required by Oct. 22.

To sign up: Call either of our locations, email RSVP@gildasclubmiddletn.org, or use our online sign up system.

Did You Know?

Free counseling sessions are available for Gilda's Club members. Six sessions are provided free of charge; a commitment to the full six is required. To get started, contact Felice@GildasClubMiddleTn.org.

Parent consultation services are available to parents of children and teens. For more information, contact Leslie@GildasClubMiddleTn.org.

New to Gilda's Club?

Your FREE membership begins by attending a mandatory Information Session. Call your preferred location or email info@gildasclubmiddletn.org to sign up for this first step.

Nashville location
615.329.1124

August 7 at 11am
August 13 at 6pm
August 21 at 6pm
August 30 at 10:30am

Williamson County location
615.905.9633

August 7 at 11:30am
August 14 at 5:30pm
August 24 at 11am
August 28 at 2pm

Please Don't Forget...

You must register for all activities - and please cancel if you find you can't come. Knowing how many people are coming allows us to purchase supplies in the right quantities - helping save money and allowing us to remain free of charge for you. It also helps us keep our valuable professional volunteer workshop facilitators engaged and happy.

Be punctual. We ask that you do not attend activities if you are more than 10 minutes late. Latecomers are disruptive.

Help prevent the spread of germs. Please don't visit the clubhouse if you are or may be contagious. It can be dangerous to those with compromised immune systems.

Do your part to keep the clubhouse as odor-free as possible. Our members can be incredibly sensitive to smells, so please avoid lingering odors, such as smoke on clothing and perfumes/colognes/body sprays.

Do we have your email address? If you're not already receiving monthly updates from us, email info@gildasclubmiddletn.org to be added to our list.

Follow us on Facebook and Twitter for weather-related closures and other important information.

AUGUST 2018 Free Cancer Support



1707 Division Street
Nashville, TN 37203

ELECTRONIC SERVICE REQUESTED


4 Things You Need to Know...

- 1 Gilda's Club Middle Tennessee has two locations:
 - 1707 Division Street, Nashville, 37203
615.329.1124
 - 4588 Carothers Pkwy, Suite 250, Franklin, 37067
Inside the Provision CARES Proton Center
615.905.9633
- 2 Thanks to the support of our generous donors and workshop volunteers, our social and emotional support program is always FREE to anyone impacted by cancer, including those diagnosed and their families and friends.
- 3 **Reservations are required for all Gilda's Club activities, and signing up is EASY.** Call one of our office locations, email RSVP@gildasclubmiddletn.org, or use the free MINDBODY app, available via the app store.
- 4 Gilda's Club offers several ongoing, weekly support groups, as well as networking groups, such as:
 - Cancer Support Group*
 - Friends and Family Support Group*
 - Living with Loss Support Group*
 - Gynecologic Cancers Group
 - Multiple Myeloma Group
 - Head and Neck Cancer Group
 - Young Adults Living with Cancer
 - Colorectal Cancers Group
 - Sisters Network
 - Been There, Done That
 - Young Adults Grieving the Loss of a Parent
 - Early Stage Breast Cancer Group
 - Lung Cancer Group

* Commitment required. For more information, call 615.329.1124.

What's New in August:

- **Road to Resilience (WCo)** 4-week series begins Aug. 1
- **Noogieland Dinner and a Movie (WCo)**, Aug. 1
- **Food of Life Cooking Class**, Aug. 2 and 3
- **Pilates (WCo)**, Aug. 3, 10 and 17
- **Healing Art**, Aug. 6, 13 and 20
- **Introduction to Dreamwork**, Aug 8 and 22
- **Sleep and Cancer**, Aug. 10 (**Nashville**) and Aug. 22 (**WCo**)
- **Introduction to Meditation**, 4-week series begins Aug. 14
- **Life after Loss**, 6-week series starts Aug. 14
- **Art Workshop: Found Poetry (WCo)**, Aug. 15
- **Abstract Painting**, Aug. 17
- **Early Stage Breast Cancer Group**, Aug. 20
- **Polymer Clay Class: Dragon Eye Art**, Aug. 22
- **What Feeds You**, 6-week series starts Aug. 23 (**Nashville**) and Aug. 29 (**WCo**)
- **Delicious Recipes Using Raw Veggies**, Aug. 27
- **Relief Art Workshop**, Aug. 29
- **Lung Cancer Group**, Aug. 30

MON	TUE	WED	THU	FRI
<p>You must attend an Information Session before registering for Gilda's Club events. Call or email info@gildasclubmiddletn.org to sign up for this first step.</p> 	<p>Nashville Clubhouse Hours Monday, Tuesday, and Thursday, 9am-8pm Wednesday and Friday, 9am-4:30pm</p>	<p>1 11-1 Cancer Support Group 11-1 Family & Friends Support Group</p>	<p>2 1:30-4:30 Art Workshop: Acrylics 5:30-7:30 Food of Life Cooking Class 6-8 Cancer Support Group 6-8 Family & Friends Support Group</p>	<p>3 10-11 Tai Chi 11-1 Food of Life Cooking Class</p>
<p>6 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 2-4 Healing Art: Drawing 6-7:30 Been There, Done That 6-8 Family & Friends Support Group</p>	<p>7 10-12 Art Workshop: Glass Painting 11-12 Information Session 4-7 Quilting Club</p>	<p>8 10:30-12:30 Introduction to Dreamwork 11-12 Gentle Yoga 11-1 Cancer Support Group 11-1 Family & Friends Support Group 2-4 Guitar Lessons</p>	<p>9 1:30-4:30 Watercolors Class 6-7:30 Young Adults Grieving the Loss of a Parent 6-8 Cancer Support Group 6-8 Family & Friends Support Group 6:30-8 Colorectal Cancers Group</p>	<p>10 10-11 Tai Chi 1-3 Guitar Lessons</p>
<p>13 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 2-4 Healing Art: Painting 6-7 Information Session 6-8 Family & Friends Support Group 6-8 Young Adults Living with Cancer</p>	<p>14 10-11 Introduction to Meditation- 1 10-12 Art Workshop: Glass Painting 10:30-11:20 Pilates 4-7 Quilting Club 6:30-8 Life After Loss - 1</p>	<p>15 11-12:30 Multiple Myeloma Group 11-1 Cancer Support Group 11-1 Family & Friends Support Group 2-4 Guitar Lessons</p>	<p>16 10-11 Sleep and Cancer 11-12:30 Gynecologic Cancers Group 1:30-4:30 Open Art Class 6-8 Cancer Support Group 6-8 Family & Friends Support Group</p>	<p>17 10-11 Tai Chi 10-1 Abstract Painting 1-3 Guitar Lessons</p>
<p>20 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 2-4 Healing Art: Mandalas 6-7:30 Been There, Done That 6-7:30 Early Stage Breast Cancer Group 6-8 Family & Friends Support Group</p>	<p>21 10-11 Introduction to Meditation- 2 10-12 Art Workshop: Glass Painting 1-2:30 Guided Imagery & Relaxation 4-7 Quilting Club 6-7 Information Session 6:30-8 Life After Loss - 2</p>	<p>22 10:30-12:30 Introduction to Dreamwork 11-12 Gentle Yoga 11-1 Cancer Support Group 11-1 Family & Friends Support Group 1:30-4:30 Polymer Clay Class: Dragon Eye Art 2-4 Guitar Lessons</p>	<p>23 10-12 What Feeds You- 1 1:30-4:30 Art Workshop: Acrylics 6-8 Cancer Support Group 6-8 Family & Friends Support Group 6:30-8 Colorectal Cancers Group</p>	<p>24 10-11 Tai Chi 11-1 What Feeds You - Alumni Group 1-3 Guitar Lessons</p>
<p>27 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 1:30-4:30 Delicious Recipes Using Raw Veggies 6-7:30 Head and Neck Cancers Group 6-8 Family & Friends Support Group 6-8 Young Adults Living with Cancer</p>	<p>28 10-11 Introduction to Meditation- 3 10-11:30 Frame Drum Wisdom Sound Circle 10:30-11:20 Pilates 1-2:30 Guided Imagery & Relaxation 4-7 Quilting Club 6:30-8 Life After Loss - 3 6:30-8 Sisters Network</p>	<p>29 11-1 Cancer Support Group 11-1 Family & Friends Support Group 1-3 Relief Art Workshop 2-4 Guitar Lessons</p>	<p>30 10:30-11:30 Information Session 6-8 Cancer Support Group 6-8 Family & Friends Support Group 6:30-8 Lung Cancer Group</p>	<p>31 Clubhouse Closed</p>

MON	TUE	WED	THU	FRI
<p>You must attend an Information Session before registering for Gilda's Club events. Call or email info@gildasclubmiddletn.org to sign up for this first step.</p>	<p>Williamson County Clubhouse Hours Tuesday 9:30am-7:30pm Wednesday and Friday 9:30am-3pm</p>	<p>1 11-12:30 Road to Resilience- 1 4:30-8 Noogieland Dinner and a Movie</p>	<p>2</p>	<p>3 10-11 Pilates</p>
<p>6</p>	<p>7 10-11 Simply Yoga 10-11:30 Guided Relaxation 11:30-12:30 Information Session 5:30-7 Mindfulness Series -3 6:15-7:15 Simply Yoga</p>	<p>8 11-12:30 Road to Resilience- 2</p>	<p>9</p>	<p>10 10-11 Pilates</p>
<p>13</p>	<p>14 10-11 Simply Yoga 10-11:30 Guided Relaxation 5:30-6:30 Information Session 6:15-7:15 Simply Yoga</p>	<p>15 10-12 Art Workshop: Found Poetry 11-12:30 Road to Resilience- 3</p>	<p>16</p>	<p>17 10-11 Pilates</p>
<p>20</p>	<p>21 10-11 Simply Yoga 10-11:30 Guided Relaxation 6:15-7:15 Simply Yoga</p>	<p>22 10:30-11:30 Sleep and Cancer 11-12:30 Road to Resilience- 4</p>	<p>23</p>	<p>24 10:30-12 Fueling Your Body with Healthy Foods 11-12 Information Session</p>
<p>27</p>	<p>28 10-11 Simply Yoga 10-11:30 Guided Relaxation 2-3 Information Session 6:15-7:15 Simply Yoga</p>	<p>29 10-12 What Feeds You- 1 10:30-12 Cancer Support Group*</p> <p><i>*Contact Felice to sign up for a weekly Cancer Support Group</i></p>	<p>30</p>	<p>31 Clubhouse Closed</p>