

# Activities and Workshops

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

## EXPRESSIVE ARTS ACTIVITIES

**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 9/6. Poured acrylics on 9/27.

**Art Workshop: Drawing the Goddess Within** with Marla Faith. Create a symbolic portrait, where you can be a goddess, incorporating symbols that are personal to you.

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

**Artist Trading Cards (WCo)** with Ronnie Shuler. Miniature works of art are created by using a variety of media, such as paint, marker, and ink. All ages welcome.

**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.

**In Stitches** with Julianne Fitz and Janice Speck. Bring your knitting, crocheting, or needlework project and enjoy visiting with others.

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

**Origami** with Yannan Huang. Come learn origami, the Japanese art of paper folding. All paper and materials provided. The lesson will feature how to make different animals and flowers.

**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.

**Tissue Paper Art** with Barbara Kane. Create an original 5x7 piece using colored tissue paper as your medium. Bring your imagination!

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

## NUTRITION AND COOKING CLASSES

**Fresh Tomatoes the Italian Way** with Chef Jill Mayo. The gardens are full of delicious ripe tomatoes. Dishes include stuffed tomatoes, chilled tomato soup, and light chicken parmigiana in tomato sauce.

**Nutrition Tips and Tricks** with Carly Noe, RD, LDN, CNSC and Holly Darnell, RD, owner of Golden Roots. Come learn the best way to fuel your body. Practical meal and snack ideas and healthy items to sample. Bring your questions about food and nutrition.

**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. Series currently closed to new participants.

## MIND-BODY & MOVEMENT WORKSHOPS

**Frame Drum Wisdom Sound Circle (WCo)** 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.

**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. Commitment to the 3-week series required.

**Movement Class: Nia** with Kim Lane. A holistic fitness practice, done barefooted, that combines dance, martial arts, and mindfulness.

**Pilates** with Amy Butler (**Nashville**) & Lisa Cantwell (**WCo**). Enjoy the balancing effects of this mat class that focuses on gentle strengthening and stretching. You will leave 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.

**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. Series currently closed to new members. Call to add your name to the list for the next series.

**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 Megan Ingram Forshey, LCSW. 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

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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.

**Frankly Speaking about Cancer: Bone Health (WCo)** with Erin Fennell, APRN-BC, AOCNP. Many cancer treatments can increase the risk for poor bone health. Learn more about osteoporosis, bone fracture, pain, and how to best manage your bone health. **Lunch provided. Reservations required by September 7.**

**Survivorship Series (WCo)** with Catherine R. Benson, MSN, AGACNP-BC and Maureen Sanger, PhD. Topic-specific sessions for people who have completed treatment in the last year. Commitment to the series is recommended, but not required.

**Wills, Trusts, and More** with Gail Smith-Bradford, Esq. Get educated about wills, trusts, planning for disability, and assorted changes in the law. Bring your questions.

## SPECIAL/SOCIAL EVENTS

**Kids and Teens Game Night (WCo)** with Leslie Welch, MS, CCLS. Join us for a night of food, fun, and hilarious competition as we play games and enjoy each other in our Williamson County Noogieland.

## SAVE THE DATE

**Frankly Speaking about Cancer: Metastatic Breast Cancer with Julie Means-Powell, MD (WCo)** Tuesday, October 16 from 12-1:30pm at the Williamson Co. location. Lunch provided. Reservations required by Oct. 12.

**Immunotherapy Q&A with Douglas Johnson, MD** Thursday, October 18 from 6-8 pm at the Nashville location. Dinner provided. Reservations required by Oct. 16.

**Frankly Speaking about Cancer: Multiple Myeloma with Jesus Berdeja, MD** Tuesday, November 6 from 6-8pm at the Nashville location. Dinner provided. Reservations required by Nov. 2.

*To sign up: Call either of our locations, email [RSVP@gildasclubmiddletn.org](mailto:RSVP@gildasclubmiddletn.org), or use our online signup 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](mailto:info@gildasclubmiddletn.org) to sign up for this first step.

**Nashville location**      **Williamson County location**  
**615.329.1124**                      **615.905.9633**

**September 6 at 10:30am**    **September 4 at 12:30pm**  
**September 11 at 6pm**        **September 11 at 6pm**  
**September 21 at 11am**      **September 21 at 11am**  
**September 27 at 6pm**        **September 26 at 11am**

## 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 5 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](mailto:info@gildasclubmiddletn.org) to be added to our list.

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

September 2018 Free Cancer Support



An Affiliate of the  
CANCER SUPPORT COMMUNITY

1707 Division Street  
Nashville, TN 37203

ELECTRONIC SERVICE REQUESTED

## 4 Things You Need to Know...

- 1 Gilda's Club Middle Tennessee has two locations:  
Nashville: 1707 Division Street  
615.329.1124  
Williamson County (**WCo**):  
4588 Carothers Pkwy, Suite 250; 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](mailto: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\*  
Life after 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 September:

### Nashville location:

**Pilates**, Now offered every Tuesday

**In Stitches**, September 4

**Movement Class: Nia**, Offered September 4 and 25

**Origami**, Offered on September 12 and 27

**Nutrition Tips and Tricks**, September 18

**Tissue Paper Art**, September 19

**Wills, Trusts, and More**, September 20

**Fresh Tomatoes the Italian Way**, September 24

**Art Workshop: Drawing the Goddess Within**, September 26

### Williamson County location:

**Gynecologic Cancers Group**, September 5

**Frankly Speaking about Cancer: Bone Health**, September 11

**Survivorship Series**, September 11, 18, and 25


**Road to Resilience**, 4-week series starts September 12

**Frame Drum Wisdom Sound Circle**, September 25

**Mindfulness Series**, 3-week series starts September 25

**Kids and Teens Game Night**, September 25

**Artist Trading Cards**, September 28

| MON  | TUE  | WED   | THU  | FRI   |
|--|--|---|--|---|
| 3<br><br><b>Clubhouse Closed</b>   | 4<br>9:30-10:30 Movement Class: Nia<br>10-12 In Stitches<br>10-12 Art Workshop: Glass Painting<br>10:30-11:20 Pilates<br>1-2:30 Guided Imagery & Relaxation<br>4-7 Quilting Club<br>6:30-8 Life After Loss - 4 | 5<br>11-1 Cancer Support Group<br>11-1 Family & Friends Support Group<br>2-4 Guitar Lessons   | 6<br>10-12 What Feeds You - 2<br>10:30-11:30 <b>Information Session</b><br>1:30-4:30 Art Workshop: Acrylics<br>6-8 Cancer Support Group<br>6-8 Family & Friends Support Group<br>6:30-8 Colorectal Cancers Group                           | 7<br>10-11 Tai Chi<br>1-3 Guitar Lessons  |
| 10<br>10:15-11:15 Lifetime Yoga<br>10:30-12:30 Cancer Support Group<br>6-8 Young Adults Living with Cancer<br>6-8 Family & Friends Support Group   | 11<br>10-12 Art Workshop: Glass Painting<br>10:30-11:20 Pilates<br>1-2:30 Guided Imagery & Relaxation<br>4-7 Quilting Club<br>6-7 <b>Information Session</b><br>6:30-8 Life After Loss - 5                     | 12<br>11-12 Gentle Yoga<br>11-1 Cancer Support Group<br>11-1 Family & Friends Support Group<br>1:30-3 Origami<br>2-4 Guitar Lessons                                     | 13<br>1:30-4:30 Watercolors Class<br>6-7:30 Young Adults Grieving the Loss of a Parent<br>6-8 Cancer Support Group<br>6-8 Family & Friends Support Group   | 14<br>10-11 Tai Chi<br>1-3 Guitar Lessons   |
| 17<br>10:15-11:15 Lifetime Yoga<br>10:30-12:30 Cancer Support Group<br>6-7:30 Been There, Done That<br>6-7:30 Early Stage Breast Cancer Group<br>6-8 Family & Friends Support Group  | 18<br>10-12 Art Workshop: Glass Painting<br>10:30-11:20 Pilates<br>1-2:30 Guided Imagery & Relaxation<br>4-7 Quilting Club<br>6-7:30 Nutrition Tips and Tricks<br>6:30-8 Life After Loss - 6                   | 19<br>11-12:30 Multiple Myeloma Group<br>11-1 Cancer Support Group<br>11-1 Family & Friends Support Group<br>1-3 Tissue Paper Art<br>2-4 Guitar Lessons                 | 20<br>10-12 What Feeds You - 3<br>11-12:30 Gynecologic Cancers Group<br>1:30-4:30 Open Art Workshop<br>6-7:30 Wills, Trusts, and More<br>6-8 Cancer Support Group<br>6-8 Family & Friends Support Group<br>6:30-8 Colorectal Cancers Group | 21<br>10-11 Tai Chi<br>11-12 <b>Information Session</b><br>1-3 Guitar Lessons   |
| 24<br>10:15-11:15 Lifetime Yoga<br>10:30-12:30 Cancer Support Group<br>1:30-4:30 Fresh Tomatoes the Italian Way<br>6-7:30 Head and Neck Cancers Group<br>6-8 Young Adults Living with Cancer<br>6-8 Family & Friends Support Group | 25<br>9:30-10:30 Movement Class: Nia<br>10-12 Art Workshop: Glass Painting<br>10:30-11:20 Pilates<br>1-2:30 Guided Imagery & Relaxation<br>4-7 Quilting Club<br>6:30-8 Sisters Network                         | 26<br>11-12 Gentle Yoga<br>11-1 Cancer Support Group<br>11-1 Family & Friends Support Group<br>1:30-3:30 Art Workshop: Drawing the Goddess Within<br>2-4 Guitar Lessons | 27<br>1:30-4:30 Art Workshop: Acrylics (Pouring class)<br>6-7 <b>Information Session</b><br>6-7:30 Origami<br>6-8 Cancer Support Group<br>6-8 Family & Friends Support Group<br>6:30-8 Lung Cancer Group                                   | 28<br>10-11 Tai Chi<br>11-1 What Feeds You - Alumni Group<br>1-3 Guitar Lessons   |
|  |  |   | <p><b>Nashville Clubhouse Hours</b></p> <p><b>Monday, Tuesday, and Thursday, 9am-8pm</b><br/><b>Wednesday and Friday, 9am-4:30pm</b></p>   | <p>You must attend an Information Session before registering for Gilda's Club events. To sign up for this first step, call or email us.</p>  |

| MON                              | TUE   | WED  | THU  | FRI  |
|----------------------------------|---|--|--|--|
| 3<br><br><b>Clubhouse Closed</b> | 4<br>10-11 Simply Yoga<br>10-11:30 Guided Relaxation<br>12:30-1:30 <b>Information Session</b><br>6:15-7:15 Simply Yoga  | 5<br>10:30-12 Cancer Support Group*<br>11-12:30 Gynecologic Cancers Group  | 6  | 7<br>10-11 Pilates   |
| 10                               | 11<br>10-11 Simply Yoga<br>10-11:30 Guided Relaxation<br>12-1:30 Frankly Speaking about Cancer: Bone Health<br>5:30-7 Survivorship Series: <i>What Is Survivorship?</i><br>6-7 <b>Information Session</b><br>6:15-7:15 Simply Yoga                      | 12<br>10-12 What Feeds You- 2<br>10:30-12 Cancer Support Group*<br>11-12:30 Road to Resilience - 1                                     | 13   | 14<br>10-11 Pilates  |
| 17                               | 18<br>10-11 Simply Yoga<br>10-11:30 Guided Relaxation<br>5:30-7 Survivorship Series: <i>The Emotional Impact</i><br>6:15-7:15 Simply Yoga   | 19<br>10:30-12 Cancer Support Group*<br>11-12:30 Road to Resilience - 2  | 20   | 21<br>11-12 <b>Information Session</b>   |
| 24                               | 25<br>10-11 Simply Yoga<br>10-11:30 Guided Relaxation<br>1-2:30 Frame Drum<br>Wisdom Sound Circle<br>5:30-7 Kids & Teens Game Night<br>5:30-7 Mindfulness Series -1<br>5:30-7 Survivorship Series: <i>Ask the Health Coach</i><br>6:15-7:15 Simply Yoga | 26<br>10-12 What Feeds You- 3<br>10:30-12 Cancer Support Group*<br><b>11-12 Information Session</b><br>11-12:30 Road to Resilience - 3 | 27   | 28<br>10-12 Artist Trading Cards   |
|                                  |   | <p>To sign up for a weekly Cancer Support Group, contact Felice at Felice@gildasclubmiddletn.org.</p>                                  | <p><b>Williamson County Clubhouse Hours</b></p> <p><b>Tuesday 9:30am-7:30pm</b><br/><b>Wednesday and Friday 9:30am-3pm</b></p> | <p>You must attend an Information Session before registering for Gilda's Club events. To sign up for this first step, call or email info@gildasclubmiddletn.org.</p> |