

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. Simple techniques to create a beautiful painting to take home. No experience required. Whimsical realism-style painting on 6/6. Poured acrylics on 6/27.

Community Art Project (WCo) with Ronnie Shuler. Create a collage, inspired by a Gilda Radner quote, to incorporate into a piece that will hang in the Williamson County clubhouse.

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 short-term.

Handmade Jewelry: Polymer Clay Jewelry with Jill Mayo. Make a unique jewelry piece. No experience required. All abilities welcome.

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.

Watercolor Painting with Jill Mayo (**Nashville**) and Ronnie Shuler (**WCo**). Learn watercolor basics, color theory, and have a great time. Leave with a beautiful piece. No experience required.

Weathered Wood Creations with Julie Strand. Hand-painted vintage signs. Choose from a variety of words to paint on your piece, using colors and a font that suits your style. Everyone can do this!

NUTRITION AND COOKING CLASSES

Anti-Inflammatory Breakfast Ideas with Laura Rodriguez, Creme Catering. Come prepare and sample vegetable quinoa “fried rice,” breakfast taco bowls, and gluten/dairy/sugar-free French toast with homemade chicken sausage.

Stocking a Healthy Pantry with Chef Aaliyah of the Heimerdinger Foundation. Learn key tips and tricks for stocking a healthy pantry, giving you the knowledge you need to create a pantry that will help you feel fresh, full and fabulous!

Summer Salads with Tammy Sandlin. Featuring unique and delicious sweet potato salad and chick pea salad. Yum!

MIND-BODY & MOVEMENT WORKSHOPS

Family Yoga with Annie Diomedes. Get the whole family moving. Ages 5 and up. Come have some fun!

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

Guided Imagery & Relaxation (WCo and Nashville) with Claudia Prange. Learn and practice techniques that encourage emotional balance, while managing the overwhelm of cancer's impact. Shown to be of great help to individuals with stress, anxiety,

pain, and the discomfort of some cancer treatments.

Kids and Teens Pilates with Amy Butler. A fun way to learn about your body through movement. Challenge strength, balance, and the brain through mindful, controlled movements. Class is 45 minutes. Stay until 8 for optional hang-out/play time if you like.

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 movement.

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

Simply Yoga (WCo) in partnership with Small World Yoga. Come to move, breathe, and simply be. Gentle stretching paired with movement and breath will calm your mind.

Tai Chi with Chip Forrester & James Schriver (**Nashville**) and David Bilger (**WCo**). Join us for this moving meditation, where we'll move with awareness and gently reawaken the life force.

Understanding Your Dreams with Gayle Prillaman. Curious about the images that show up in your dreams? Explore the wisdom in your dreams with this certified Dream Facilitator. Dream Journals provided. Attendance for the whole series is helpful, but not required.

What is Reiki? (WCo) with Fran Zeller. Learn about this ancient energy healing. Bring your questions.

SUPPORT AND NETWORKING GROUPS

Been There, Done That with Megan Ingram Forshey, LCSW. Connect with other middle and high schoolers who have or have had a cancer diagnosis.

Caregiver Support Group (WCo). Share tips, tools, and techniques for finding and sustaining a healthy balance between providing care to a person with cancer and self-care.

Kids and Teens Night (WCo) with Leslie Welch, MS, CCLS and Megan Forshey, LCSW. Connect through fun activities to process cancer's impact, recognize feelings, and encourage healthy emotional expression. Free JETS Pizza included.

Moving Forward after Loss with Deanna Candeloro, M.Ed., NCC, LPC-MHSP (T). Watch a TED Talk focused on moving on from grief vs moving forward, then participate in a thought provoking discussion regardless of the type of grief you've experienced.

Post-Treatment: The Emotional Aftermath (WCo) with Maureen Sanger, PhD and Deanna Candeloro, LPC-MHSP (T). Cancer treatment is over. How do you process this and put the pieces back together? For those who've completed active treatment within the last 3 years. Meets twice a month. Regular attendance is required.

Teen Time with Megan Forshey, LCSW. For teens who have been impacted by cancer in any way. Connect with other teens who get it.

Activities and Workshops, continued

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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 Dana Davis, LCSW. How do you live after someone you love has died? Join with others for insight and support.

EDUCATION

Hereditary Cancer Update with Maureen Graham, MS, LCGC. Hear about current genetic testing for cancer susceptibility. Those tested in the past may want to consider “updated” testing.

Digestive Health 101 (WCo and Nashville) with Karina Hammer, Certified Holistic Wellness Coach. Learn why gut health is the cornerstone of your health and immunity, and which nutrient dense foods keep your digestive system healthy and happy, as well as what to avoid.

Intro to Fiction Writing (WCo) with Sari Shuler. Learn tips for getting started, including coming up with story ideas and general dos and don'ts. Attendance at both sessions is helpful, but not required.

Living with Uncertainty with JB Ward, PhD, HSP. Talk about tips and tools for navigating the uncertainty that cancer can bring, including “scanxiety,” the power of attention, and when to seek help.

Sleep Help (WCo and Nashville) with Donna Durham, MMFT, Founder, Weighting Comforts. Learn sleep hygiene behaviors to promote good sleep. Circadian rhythm, mindfulness, journaling, middle of the night wakefulness, behaviors to avoid/engage for better sleep.

SPECIAL/SOCIAL EVENTS

Card Game: Canasta Hand and Foot with Walter Ethridge. Simple rules. Lots of fun. Be there or be square.

Pay it Forward Port Pillow (WCo and Nashville) with Ann Roebuck. We'll work as a class to make port pillows. You can take the pillow to an oncologist's office, so that folks in treatment can benefit.

Red Door Readers: The Murder of Roger Ackroyd (WCo) with Amy Kingman. Join us as we discuss this work of detective fiction by British writer Agatha Christie, first published in June 1926.

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.

Free nutrition coaching sessions are available for Gilda's Club members.

Free parent consultation services are available to parents of children and teens.

For more info, contact Felice@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

Williamson County location
615.905.9633

June 4 at 6pm
June 10 at noon
June 17 at 6pm
June 25 at 11am

June 5 at 10:30am
June 14 at 1pm
June 18 at noon
June 25 at 5:30pm

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 to be added to our list.

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

Free Cancer Support: June 2019



1707 Division Street
Nashville, TN 37203

FREE Cancer Support for Men, Women, Children and Families.



Gilda's Club Middle Tennessee is dedicated to providing free support, education and hope to all people impacted by cancer, including family and friends of those diagnosed.

Offerings for men, women, teens, children and families include:

- Support groups
- Mind-body classes
- Individual counseling
- Educational lectures and resources
- Healthy lifestyle workshops
- Social activities



ELECTRONIC SERVICE REQUESTED

June 2019

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, or use the free MINDBODY app, available via the app store.

- 4 Gilda's Club offers several ongoing support groups, as well as networking groups, such as:
Cancer Support Group* (**WCo and Nashville**)
Family 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
Teen Time
Young Adults Grieving the Loss of a Parent
Lung Cancer Group
Breast Cancer Group (**WCo**)
Prostate Cancer Group (**WCo**)
Caregivers Support Group (**WCo**)

* Commitment required. For more info: 615.329.1124.

MON	TUE	WED	THU	FRI
3 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 6-7:30 Been There, Done That 6-8 Family Support Group	4 10-12 Art Workshop: Glass Painting 1-2:30 Guided Imagery & Relaxation 2-4 Guitar Lessons 4-7 Quilting Club 6-7 Information Session	5 11-1 Cancer Support Group 11-1 Family & Friends Support Group 12:30-1:15 Pilates	6 1:30-4:30 Art Workshop: Acrylic Painting 6-8 Cancer Support Group 6-8 Family Support Group	7 10-11 Tai Chi 1-3 Guitar Lessons
10 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 12-1 Information Session 6-7 Family Yoga 6-8 Young Adults Living with Cancer 6-8 Family Support Group	11 10-12 Art Workshop: Glass Painting 11-12:30 Understanding Your Dreams-1 1-2:30 Guided Imagery & Relaxation 2-4 Guitar Lessons 4-7 Quilting Club	12 10-11:30 Living with Uncertainty 11-12 Gentle Yoga 11-1 Cancer Support Group 11-1 Family & Friends Support Group	13 1-2:30 Gynecologic Cancers Group 1:30-4:30 Watercolor Painting 6-7 Hereditary Cancer Update 6-7:30 Young Adults Grieving the Loss of a Parent 6-8 Cancer Support Group 6-8 Family Support Group 6:30-8 Colorectal Cancers Group	14 10-11 Tai Chi 1-3 Guitar Lessons
17 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 1-2:30 Summer Salads 6-7 Information Session 6-7:30 Teen Time 6-8 Family Support Group	18 10-12 Art Workshop: Glass Painting 11-12:30 Understanding Your Dreams-2 1-2:30 Guided Imagery & Relaxation 2-4 Guitar Lessons 4-7 Quilting Club	19 11-12:30 Multiple Myeloma Group 11-1 Cancer Support Group 11-1 Family Support Group 1:30-3 Sleep Help	20 11:30-1 Card Game: Canasta Hand and Foot 1:30-4:30 Handmade Jewelry: Polymer Clay 6-7 Moving Forward after Loss 6-8 Cancer Support Group 6-8 Family Support Group 6:30-8 Lung Cancer Group	21 10-11 Tai Chi 11-12:30 Stocking a Healthy Pantry 1-3 Guitar Lessons
24 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 5:30-6:30 Pay it Forward Port Pillow 6-7:30 Head and Neck Cancer Group 6-8 Young Adults Living with Cancer 6-8 Family Support Group 5:30-6:30 Pay it Forward Port Pillow	25 10-12 Art Workshop: Glass Painting 11-12 Information Session 11-12:30 Understanding Your Dreams-3 1-2:30 Guided Imagery & Relaxation 2-4 Guitar Lessons 4-7 Quilting Club 6:30-8 Sisters Network	26 11-12 Gentle Yoga 11-1 Cancer Support Group 11-1 Family Support Group 12:30-1:15 Pilates 1:30-3 Anti-Inflammatory Breakfast Ideas	27 1-12:30 Digestive Health 101 1:30-4:30 Art Workshop: Acrylic Pouring 6-8 Cancer Support Group 6-8 Family Support Group 6-8 Kids and Teens Pilates 6:30-8 Colorectal Cancers Group 6:30-8 Support for Partners of People with Colorectal Cancer	28 10-11 Tai Chi 10:30-12:30 Weathered Wood Creations 11-1 What Feeds You- Alumni Group 1-3 Guitar Lessons
			<p>Nashville Clubhouse Hours:</p> <p>Monday, Tuesday, and Thursday 9am-8pm</p> <p>Wednesday and Friday, 9am-4:30pm</p> <p><i>*Please note: NEW activities are RED*</i></p>	<p>How do I get started?</p> <p>You must attend an Information Session before registering for most Gilda's Club events. Call (615) 329-1124 or email info@gildasclubmiddletn.org to sign up for this first step.</p>

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3 10-11 Simply Yoga 10-11:30 Guided Relaxation 6:15-7:15 Simply Yoga	4 10-11 Tai Chi 10:30-11:30 Information Session	5 10-11 Pilates 11-1 Cancer Support Group	6 10-11 Pilates 11-1 Cancer Support Group	7 10-11 Pilates 11-1 Cancer Support Group
10 10-11 Simply Yoga 10-11:30 Guided Relaxation 11:30-12:30 Pay it Forward Port Pillow 1-2:30 Cancer Support Group 1-2:30 Watercolors Class 5:30-7 Kids and Teens Night 5:30-7 Post-Treatment: The Emotional Aftermath	11 10-11 Tai Chi 10:30-12 Cancer Support Group 11:30-1 What is Reiki	12 10-11 Pilates 11-12:30 Intro to Fiction Writing 11-1 Cancer Support Group 1-2 Information Session	13 10-11 Pilates 11-12:30 Intro to Fiction Writing 11-1 Cancer Support Group 1-2 Information Session	14 10-11 Pilates 11-12:30 Intro to Fiction Writing 11-1 Cancer Support Group 1-2 Information Session
17 10-11 Simply Yoga 10-11:30 Guided Relaxation 11:30-1 Digestive Health 101 12-1 Information Session 1-2:30 Breast Cancer Group	18 10-11 Tai Chi 11-12:30 Red Door Readers: The Murder of Roger Ackroyd 11:30-1 Post-Treatment: The Emotional Aftermath	19 10-11 Pilates 11-12:30 Intro to Fiction Writing 11-1 Cancer Support Group 11:15-12:15 Pay it Forward Port Pillow	20 10-11 Pilates 11-12:30 Intro to Fiction Writing 11-1 Cancer Support Group 11:15-12:15 Pay it Forward Port Pillow	21 10-11 Pilates 11-12:30 Intro to Fiction Writing 11-1 Cancer Support Group 11:15-12:15 Pay it Forward Port Pillow
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