

# 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 acrylics on 9/5 and poured acrylics on 9/26.

**Art Workshop: Make a Photo Album** with Barbara Kane. Celebrate memories with photos! Use a variety of materials to create your own special 4x 6 "accordion style" photo album. We provide the materials. You bring the pictures!

**Exploring Your Life's Path** with Sarah Rubin. Cancer affects one's body, identity and relationships. Through collage, drawing, and more, explore your life's path as a river to reflect upon life's obstacles, surprises, stretches of turbulence and times of tranquility. Bring pictures from home to incorporate in the collage if you'd like.

**Glass Painting** with Diane Booth. Artists and non-artists come together to enjoy each others company while painting on glass. Not a teaching class, but you will learn from each other.

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

**Learn to Play the Dulcimer** with Sandy Conatser. This 4-week series will introduce you to this American instrument and teach you to use your ear to find the sounds you are searching for. Class currently full.

**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.

**Scrapbooking (WCo)** with Ronnie Shuler. Need inspiration or motivation? Bring your photos and album, and have some fun while you preserve your memories.

**Watercolor Painting** with Jill Mayo (**Nashville**) and Ronnie Shuler (**WCo**). Learn watercolor basics and color theory. Leave with a beautiful piece. Nashville: intermediate level class; WCo: beginner level.

## NUTRITION AND COOKING CLASSES

**Nutrition Tips & Tricks** with Jill Merkel, RD, MS, LD and Survivor Fitness Foundation. Come learn about the best way to fuel your body. Jill will talk about how to use food to stimulate your energy and overall health, and help you gain confidence when it comes to food and nutrition! We will also have some delicious snacks prepared by Holly Darnell from Golden Roots.

**What Feeds You** with Danielle Gilbert, Certified Health Coach. A series that includes topics such as nutrient dense foods, healing your gut, diets vs healthy habits, and more. As a group, we'll hold each other accountable for making meaningful shifts in the way we nourish ourselves. Commitment to the 6-week series is required. Also meets Oct 8 & 22, Nov 5.

## MIND-BODY & MOVEMENT WORKSHOPS

**Coping with Scanzxiety (Wco)** with Deanna Candeloro, LPC-

MHSP(T). Learn ways to cope with the anxiety or worry that can occur when you're waiting for scan results. You'll walk away with breathing exercises and relaxation techniques you can do anytime, anywhere.

**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.

**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.

**Qigong** with Sarah Cherry. A gentle set of movements, done standing or seated, designed to bring energy to body, mind, and spirit. Attendance at all 4 classes is optimal, but not essential.

**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.

**Tap Out Stress** with Alicia Thompson, Life Coach. Learn how to use the Emotional Freedom Technique, which may reduce your stress and emotional overwhelm. Leave with a technique you can use throughout your day to manage stress and anxiety.

## SUPPORT AND NETWORKING GROUPS

**Kids and Teens Night (WCo)** with Leslie Welch, MS, CCLS and Deanna Candeloro, LPC-MHSP(T). Connect through fun activities to process cancer's impact, recognize feelings, and encourage healthy emotional expression. Free JETS Pizza included.

**Post-Treatment: The Emotional Aftermath (WCo)** with Maureen Sanger, PhD. 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.

**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.

# Activities and Workshops, continued

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

**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

**Clean Beauty Swap 101 (WCo)** with Heather Pray. Educate yourself about the products you use. Find out how to enhance your beauty with safe products and watch a demonstration on how to apply make up in 5 minutes. Leave feeling informed, encouraged and beautiful.

**For the Health of It: Sleep and Rest (WCo)** with Kristi Hunter, Health and Wellness Coach. Learn why your body needs sleep and how to get the rest your body needs.

**The Gut-Brain Connection (WCo and Nashville)** with Karina Hammer, Certified Holistic Wellness Coach. Science is discovering that our gut-brain connection is linked to both disease prevention and emotional expression. Find out how to improve this connection.

**Hyperbaric Oxygen Therapy Info Session** with Cindy Chadwell, MSN, FNP-BC. Come learn more about this therapy that delivers a high dose of oxygen to the body and may help alleviate late effects of radiation, including bone or tissue inflammation.

**Rightsizing into Retirement** with Rhonda Smart and Dirk Pierce. The ups and downs of decluttering, downsizing and making your resources stretch without becoming a hoarder.

## SPECIAL/SOCIAL EVENTS

**Become a Red Door Rep (WCo and Nashville)** with Felice Apolinsky, LCSW, Lorraine Yeomans & Allison Yonker, LMSW. Help us spread awareness of Gilda's Club by becoming a Red Door Rep! Become trained to represent Gilda's Club at health fairs, speaking events and other outreach endeavors. Light lunch provided.

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

**Coffee Talk** with Janice Speck and JuliAnne Fitz. Meet other Gilda's Club members at this casual social hour.

**Red Door Readers: Shelterbelts by Candace Simar (WCo)** with Audrey Brown. The story of a town struggling to return to normal after World War II.

## 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](mailto:info@gildasclubmiddletn.org) to sign up for this first step.

Nashville location 615.329.1124	Williamson County location 615.905.9633
September 5 at 6 pm	September 4 at noon
September 13 at 11 am	September 13 at 1 pm
September 19 at 6 pm	September 18 at 10:30 am
September 24 at noon	September 24 at 5:30 pm
September 26 at 6 pm	
September 30 at noon	

## 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.

Free Cancer Support: September

September 2019

## 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
- Healthy lifestyle and resources workshops
- Social activities

ELECTRONIC SERVICE REQUESTED



An Affiliate of the  
CANCER SUPPORT COMMUNITY

1707 Division Street  
Nashville, TN 37203

## 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

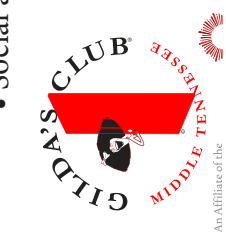
**2** Thanks to the support of our generous donors and workshop volunteers, our social and emotional support program is always FREE to anyone impacted by cancer, including those diagnosed and their families and friends.

**3** **Reservations are required for all Gilda's Club activities. 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 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
- Teen Time
- Young Adults Grieving the Loss of a Parent
- Lung Cancer Group
- Breast Cancer Group (**WCo**)
- Prostate Cancer Group (**WCo**)

\* Commitment required. For more info: 615.329.1124.



MON	TUE	WED	THU	FRI
2 <b>Clubhouse Closed</b>	3 10-12 Art Workshop: Glass Painting 10:30-12 <b>Coffee Talk</b> 10:30-12 Learn to Play the Dulcimer- 4 11-12 Qigong 1-2:30 Guided Imagery & Relaxation 4-7 Quilting Club	4 11-1 Cancer Support Group 11-1 Family & Support Group 12:30-1:15 Pilates	5 1:30-4:30 Art Workshop: Acrylic Painting 6-7 <b>Information Session</b> 6-8 Cancer Support Group 6-8 Family Support Group	6 10-11 Tai Chi
9 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 6-7:30 Teen Time 6-8 Family Support Group	10 10-12 What Feeds You-2 10-12 Art Workshop: Glass Painting 11-12 Qigong 11:30-1 <b>The Gut-Brain Connection</b> 1-2:30 Guided Imagery & Relaxation 4-7 Quilting Club	11 11-12 Gentle Yoga 11-1 Cancer Support Group 11-1 Family & Support Group 12:30-1:15 Pilates	12 10:30-11:30 <b>Hyperbaric Oxygen Therapy Info Session</b> 11-1 Card Game: Canasta Hand and Foot 1-2:30 Gynecologic Cancers Group 1:30-4:30 Watercolor Painting 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	13 10-11 Tai Chi 10:30-12:30 <b>Art Workshop: Make a Photo Album</b> 11-12 <b>Information Session</b>
16 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 12-1 <b>Become a Red Door Rep</b> 6-8 Young Adults Living with Cancer 6-8 Family Support Group	17 10-12 Art Workshop: Glass Painting 11-12 Qigong 1-2:30 Guided Imagery & Relaxation 4-7 Quilting Club	18 10-11 <b>Exploring Your Life's Path</b> 11-12:30 Multiple Myeloma Group 11-1 Cancer Support Group 11-1 Family Support Group	19 1:30-4 Handmade Jewelry: Polymer Clay 6-8 Cancer Support Group 6-8 Family Support Group 6:30-8 Lung Cancer Group 6-7 <b>Information Session</b>	20 10-11 Tai Chi 12-1 <b>Tap Out Stress</b>
23 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 6-7:30 Teen Time 6-7:30 <b>Nutrition Tips and Tricks</b> 6-8 Family Support Group	24 10-12 What Feeds You-3 10-12 Art Workshop: Glass Painting 11-12 Qigong 12-1 <b>Information Session</b> 1-2:30 Guided Imagery & Relaxation 4-7 Quilting Club 6:30-8 Sisters Network	25 11-12 Gentle Yoga 11-1 Cancer Support Group 11-1 Family Support Group 12:30-1:15 Pilates	26 10:30-12 <b>Rightsizing into Retirement</b> 11-1 Card Game: Canasta Hand and Foot 1:30-4:30 Art Workshop: Acrylic Pouring 6-7 <b>Information Session</b> 6-8 Cancer Support Group 6-8 Family Support Group 6:30-8 Colorectal Cancers Group 6:30-8 Support for Partners of People with Colorectal Cancer	27 10-11 Tai Chi 11-1 What Feeds You- Alumni Group
30 10:15-11:15 Lifetime Yoga 10:30-12:30 Cancer Support Group 12-1 <b>Information Session</b> 6-7:30 Head and Neck Cancer Group 6-8 Young Adults Living with Cancer 6-8 Family Support Group			<b>Nashville Clubhouse Hours:</b> <b>Monday, Tuesday, and Thursday</b> <b>9am-8pm</b> <b>Wednesday and Friday, 9am-4:30pm</b>  *Please note: NEW activities are RED*	<b>How do I get started?</b>  <b>You must attend an Information Session</b> <b>before registering for most Gilda's Club</b> <b>events. Call (615) 329-1124 or</b> <b>email <a href="mailto:info@gildasclubmiddletn.org">info@gildasclubmiddletn.org</a></b> <b>to sign up for this first step.</b>

MON	TUE	WED	THU	FRI
2 10-11 Simply Yoga 10-11:30 Guided Relaxation	3 10-11 Tai Chi 12-1 <b>Information Session</b>	4 10-11 Pilates 11-1 Cancer Support Group	5	6
9 10-11 Simply Yoga 10-11:30 Guided Relaxation 12:30-2:30 Cancer Support Group 5:30-7 Post-Treatment: The Emotional Aftermath 5:30-7 Kids and Teens Night	10 10-11 Tai Chi 10:30-12 Cancer Support Group 11-12:30 <b>For the Health of It: Sleep and Rest</b> 1-2:30 Watercolor Painting	11 10-11 Pilates 11-1 Cancer Support Group 1-2 <b>Information Session</b>	12	13
16 10-11 Simply Yoga 10-11:30 Guided Relaxation 12-1 <b>Become a Red Door Rep</b> 1-2:30 Breast Cancer Group 6:15-7:15 Simply Yoga	17 10-11 Tai Chi 10:30-11:30 <b>Information Session</b> 11-12:30 <b>Red Door Readers: Shelterbelts by Candace Simar</b>	18 10-11 Pilates 11-1 Cancer Support Group 1-2 Coping with Scanzxiety	19	20
23 10-11 Simply Yoga 10-11:30 Guided Relaxation 11:30-1 <b>The Gut-Brain Connection</b> 12:30-2:30 Cancer Support Group 5:30-7 Post-Treatment: The Emotional Aftermath 5:30-6:30 <b>Information Session</b> 6-7:15 <b>Clean Beauty Swap 101</b>	24 10-11 Tai Chi 10:30-12 Cancer Support Group	25 10-11 Pilates 11-12:30 Prostate Cancer Group 11-1 Cancer Support Group 11:30-1 <b>Scrapbooking</b>	26	27
30	<b>Williamson County Hours:</b> <b>Tuesday 9:30am-7:30pm</b> <b>Wednesday &amp; Friday</b> <b>9:30am-3pm</b>  *Please note: NEW activities are RED	<b>How do I get started?</b>  <b>You must attend an</b> <b>Information Session</b> <b>before registering for most</b> <b>Gilda's Club events. Sign up:</b> <b>(615) 905-9633</b> <b>or email</b> <b><a href="mailto:info@gildasclubmiddletn.org">info@gildasclubmiddletn.org</a></b>		