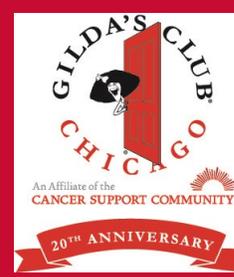


May 2018



 Advocate
Christ Medical Center

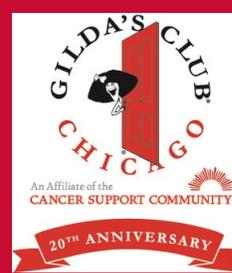
 Advocate 
Children's Hospital

Tuesday	Wednesday	Thursday	Saturday
<p>1</p> <p>9-10am Gentle Yoga 12-1:30pm Lunch & Learn: Beauty Products* 2-3pm T'ai Chi 5-6:30pm Music - Inpatient 3S 5:30-6:30pm Zumba Fitness 6:30-7:30pm Cancer Survivor Boot Camp*</p>	<p>2</p> <p>11am-12pm Zumba Fitness 12-1pm Games 1-3pm Art: Jewelry Making</p>	<p>3</p> <p>11:30am-12:30pm Baking Club 1-2pm Gentle Yoga 4-5pm Wellness Group* 5:30-6:30pm Music & Meditation 5:30-6:30pm Yoga 6:30-7:30pm Cancer Survivor Boot Camp*</p>	<p>5</p> <p>9:30-10:30am Newcomers Breakfast* 9:30-10:30am Stress Busters* 9:30-10:30am Zumba Fitness 10:30am-12:30pm Family Open Art 11am-12pm Gentle Yoga</p>
<p>8</p> <p>9-10am Gentle Yoga 12-1:30pm Benefits of Aromatherapy* 2-3pm T'ai Chi 5-6:30pm Music - Inpatient 3S 5:30-6:30pm Zumba Fitness 5:30-7pm Gynecological Cancer NG* 6:30-7:30pm Cancer Survivor Boot Camp*</p>	<p>9</p> <p>11am-12pm Zumba Fitness 12-1pm Games 1-3pm Art: Knit & Crochet 5:30-6:30pm Drum Circle 6-7:30pm Lung Cancer NG*</p>	<p>10</p> <p>11:30am-12:30pm Baking Club 1-2pm Gentle Yoga 4-5pm Wellness Group* 5:30-6:30pm Music & Meditation 5:30-6:30pm Yoga 5:30-7pm GI Cancer NG* 6:30-7:30pm Cancer Survivor Boot Camp*</p>	<p>12</p> <p>9:30-10:30am Stress Busters* 9:30-10:30am Zumba Fitness 10-11:30am Living Beyond Loss NG* 11am-12pm Gentle Yoga 10:30am-12:30pm Family Open Art 11am-12:30pm Caregiver NG* 12:15-1pm Just BREATHE!</p>
<p>15</p> <p>9-10am Gentle Yoga 2-3pm T'ai Chi 5-6:30pm Music - Inpatient 3S 5:30-6:30pm Zumba Fitness</p>	<p>16</p> <p>11am-12pm Zumba Fitness 12-1pm Games 1-3pm Art: Card Making 5:30-6:30pm Drum Circle 6:30-8pm Breast Cancer NG*</p>	<p>17</p> <p>11:30am-12:30pm Baking Club 1-2pm Gentle Yoga 4-5pm Wellness Group* 5:30-6:30pm Music & Meditation 5:30-6:30pm Yoga</p>	<p>19 FAMILY MORNING!</p> <p>9:30-10:30am Zumba Fitness 10:30-11:30am Family Open Art and Breakfast* 11am-12pm Gentle Yoga 12-12:30pm Gong Meditation</p>
<p>22</p> <p>9-10am Gentle Yoga 11am-12:30pm Book Club 2-3pm T'ai Chi 5-6:30pm Music - Inpatient 3S 5:30-6:30pm Zumba Fitness 6:30-8pm Date Night*</p>	<p>23</p> <p>11am-12pm Zumba Fitness 11:30am-1pm Cooking Demo: Low Sodium* 12-1pm Games 1-3pm Art: Painting</p>	<p>24</p> <p>11:30am-12:30pm Baking Club 1-2pm Gentle Yoga 4-5pm Wellness Group* 5:30-6:30pm Music & Meditation 5:30-6:30pm Yoga 6-8pm Surviving & Thriving: Potluck*</p>	<p>26</p> <p>CLOSED FOR MEMORIAL DAY</p>
<p>29</p> <p>9-10am Gentle Yoga 2-3pm T'ai Chi 5-6:30pm Music - Inpatient 3S 5:30-6:30pm Zumba Fitness</p>	<p>30</p> <p>11am-12pm Zumba Fitness 12-1pm Games 1-3pm Art: Jewelry Making</p>	<p>31</p> <p>11:30am-12:30pm Baking Club 1-2pm Gentle Yoga 4-5pm Wellness Group* 5:30-6:30pm Music & Meditation 5:30-6:30pm Yoga</p>	<p>Clubhouse Hours Tues: 9am-7pm Wed: 9am-8pm Thurs: 9am-8pm Sat: 9am-1pm If there's a *star* please call 708-684-9505 to register</p>

These programs are offered free of charge by Gilda's Club Chicago at Advocate Christ Medical Center, a free cancer support community.

We are located in Advocate Christ Medical Center's Outpatient Pavilion, 4440 W. 95th Street (corner of 95th & Kilbourn), Oak Lawn, IL.

For more information, please call 708-684-9505, or email Rachel Kennedy, LCPC, Hospital Program Manager, at rachelkennedy@gildasclubchicago.org



Healthy Lifestyle Activities

T'AI CHI: Combines physical movement and meditation
YOGA: Breathe, stretch your body and mind, develop flexibility and balance

GENTLE YOGA: Features gentle stretches and poses, appropriate for any skill level

ZUMBA FITNESS: Dance-fitness program with Latin music

ART: Get creative and relax together with art
Spring Embroidery: Wednesday, April 11
 Facilitated by Rj Paskanthi, MAAI Student Intern
Painting Textures: Wednesday, April 25
 Facilitated by Amri Nervasa De Guzman, MAAI Student Intern

BAKING CLUB: Learn healthy recipes for both sweet and savory treats, and put them to the test in the Gilda's Club Kitchen.

DRUM CIRCLE: Relieve stress and connect with others through music

MUSIC & MEDITATION: Music-guided relaxation

Support Groups*

Weekly support groups offer an opportunity to share experiences and understanding with others in a similar situation. To be assigned to a group, schedule a Customized Membership Plan (CMP) appointment at 708-684-9505.

WELLNESS GROUP: For individuals diagnosed with cancer

FAMILY GROUP: For those supporting a loved one with cancer

Networking Groups (NG)*

These educational and supportive networking groups are open to those who themselves have cancer and those supporting a loved one with cancer.

Please call 708-684-9505 to RSVP:

BREAST CANCER NG: Facilitated by Patrice Stephens, MSN, APN & Megan Brady, LCPC, ATR-BC

CAREGIVER NG: Facilitated by Kimberly DeJong, MA, LCPC
GASTROINTESTINAL CANCER NG: For those impacted by colorectal, gastric, liver, pancreas, cholangio-carcinoma, gallbladder, and other GI cancers. Facilitated by Rachel Kennedy, LCPC and Kelly Baker, RN, MSN, OCN

GRUPO DE APOYO LATINO: Un grupo de apoyo mensual para pacientes Latinos y sus familiares, en cual pueden obtener informacion, compartir recursos, y recibir apoyo emocional. Para servicios en Espanol, llame a Jeanette al 312-464-9900.

GYNECOLOGICAL CANCER NG: Facilitated by Rachel Kennedy, LCPC and Tracy McCarthy, RN, BSN, OCN

LIVING BEYOND LOSS NG: For those who have lost a loved one to cancer. Facilitated by Carolyn Stypka, LCSW

LUNG CANCER NG: Facilitated by Megan Brady, LCPC, ATR-BC and Diane Murphy, RN, BSN, OCN

Noogieland: Children & Teen Program

A program for children, teens and families impacted by a cancer diagnosis. **Please call to RSVP.**

KID SUPPORT: A series of 10 weekly peer support groups for children ages 4-12 with cancer themselves or who have a loved one living with cancer.

KIDS BEREAVEMENT: Peer support groups for children who have experienced a cancer related death of a loved one.

TEEN GROUP: A monthly support group for teens with cancer themselves or who have a loved one with cancer.

PARENT NETWORKING GROUP: A monthly networking group designed to support parents who have a cancer diagnosis themselves, a partner or child living with cancer, or are parenting through the death of a loved one.

Lectures and Special Events

LUNCH & LEARN: Beauty Products*: Join us for a presentation to help you determine which cosmetic products are safe to use during treatment. Presented by a Pharmacy Intern from Walgreens
 Tuesday, May 1 | 12:00 - 1:30 p.m.
 Please RSVP

NEWCOMERS BREAKFAST*: All new members are cordially invited to get familiar with the ACMC Clubhouse, meet other new folks and enjoy chatting over breakfast.
 Saturday, May 5 | 9:30 - 10:30 a.m. Please RSVP.

STRESS BUSTER SERIES*: Learn about the connection between thoughts and feelings of stress and practice healthy coping strategies to feel more relaxed. Skills learned will include deep breathing, progressive muscle relaxation, guided imagery, and more!
 Facilitated by Holly Dorian, MSW Intern
 Saturdays, April 14 - May 12 | 9:30 - 10:30 a.m.
 Please RSVP.

BENEFITS OF AROMATHERAPY*: Essential oils, used in aromatherapy, can help relieve stress, relax the body, and promote better sleep... but this is just the beginning. Join us as we discuss the many wonderful benefits of essential oils and learn how we can weave these gifts of nature into our daily lives.
 Presented by Joan Zigulich, Certified Yoga Instructor and Member of the National Association of Holistic Aromatherapists
 Tuesday, May 8 | 12:00-1:30 p.m. Please RSVP.

Just BREATHE!: Learn safe and effective ways to use your breath to positively effect your physical health, your moods and your mind. Physician-recommended, supported by research, accessible to everyone.
 Facilitated by Susan Wilkens
 Saturday, May 12 | 12:15 - 1:00 p.m.

GONG MEDITATION*: Join us for a relaxing meditation and experience the soothing sounds of the gong.
 Facilitated by Susan Wilkens
 Saturday, May 19 | 12:00 - 12:30 p.m.

BOOK CLUB: Join us for a member-led discussion of the novel *MASH* by Richard Hooker.
 Tuesday, May 22 | 11:00 a.m. - 12:30 p.m.

DATE NIGHT*: Have you found it difficult to talk to your current or future partner/significant other about intimacy? Join clinical sexologist, Emily Gordon, MSW, Med, LSW, for 5 tips to better communicate with your partner to have the sex worth having. This date night is geared to cancer survivors and their partners who have struggled to reignite their sex life and relearn each other after a cancer diagnosis. All relationship configurations and sexual orientations are welcome. Wine and cheese will be served.
 Tuesday, May 22 | 6:30 - 8:00 p.m. Please RSVP.

COOKING DEMO: Low Sodium*: Join America's Nutrition Leader, Zonya Foco, for a cooking demonstration about how to incorporate low sodium into your diet. Presented by ACMC's Outpatient Pulmonary Hypertension Clinic.
 Wednesday, May 23 | 11:30 a.m. - 1:00 p.m.
 Please RSVP.

SURVIVING & THRIVING: Potluck*: We'll provide the main dish, and you bring your favorite side dish or dessert to share.
 Thursday, May 24 | 6:00 - 8:00 p.m. Please RSVP.

We're also in the Inpatient Units on 3 South!
 Meditation with Joan - Tuesdays, 10:15-11:15 a.m. & Thursdays, 4:15-5:15 p.m.
 Music with Christine - Tuesdays, 5-6:30 p.m.; Art with Sophie - Wednesdays, 3-5 p.m.