

Join Us

Gilda's Club Middle Tennessee

Free support for anyone impacted by cancer

This Month at Gilda's Club!

Pilates with Amy Butler

Enjoy the balancing effects of this mat class that focuses on gentle, full-body strengthening and stretching. All levels welcome. Have a mat and towel handy.

Guided Imagery and Relaxation with Claudia Prange

Guided imagery has been shown to be of great help to individuals with stress, depression, pain and the discomfort of some cancer treatments. Practice techniques that encourage emotional balance. Helpful in managing stress, anxiety, and pain.

HYBRID LUNCHTIME Yoga with Laura Alabed-Olsson

Dedicate your lunch break to some self care. During this 45-minute-long practice, we'll move gently and intentionally with the goal of stretching, strengthening and improving balance. No experience required.

Virtual Orientation Session

Attend a virtual orientation with Gilda's Club staff to connect to our free services, programs and other new members. Attendance required for membership.

Draw It Like You See It with Meryl Kraft

Drawing Class for any level! 1/6 We're ringing in the New Year by continuing still life drawings from December (or you can begin a new one) concentrating on blending and adding colors. 1/20 - Back to basics! We'll be drawing what we really see using exercises and techniques from "Drawing on the Right Side of the Brain." You'll need pencils, paper, erasers, one object to draw from.

HYBRID Tai Chi with Chip Forrester

Moving meditation. Movement with awareness. Gently re-awakening the life force. Wear comfortable clothing.

What Feeds You Alumni Group with Danielle Gilbert, Certified Health Coach.

Open to anyone who has completed the "What Feeds You" series.

Exploring Meditation and Self-Inquiry with Savanna Starko

Each week, we'll gather in a safe space to learn the basics of meditation and self-inquiry practice. Self-inquiry is a way to become aware of our uniqueness and create powerful connection with ourselves. Bring a journal and pen.

NEW Life After Loss Series with Angela Hurston, MSSW

For adults who have experienced a loss due to cancer in the last year. Begins Tuesday 1/11, commitment to the full six-week series is required.

What is Gilda's Club?

Gilda's Club is a non-profit organization dedicated to providing support, education, and hope to all people impacted by cancer, including family members and friends of those diagnosed. Our evidence-based emotional and social support program is **always FREE** and includes support groups, healthy lifestyle workshops, mind-body classes, social activities, educational lectures, and community resource information.

Gilda's Club offers several ongoing, weekly support groups and networking groups. Current offerings include:

- Cancer Support Group *
- Family Support Group *
- Life After Loss Series
- Life After Loss Alumni Group
- Gynecologic Cancers Group
- Breast Cancer Group
- Prostate Cancer Group
- Lung Cancer Group
- Multiple Myeloma Group
- Kids and Teens Group
- Head and Neck Cancers Group
- Young Adults with Cancer
- Colorectal Cancers Group
- Young Adults Grieving a Loss
- Early Stage Cancer Group
- Post-Treatment: The Emotional Aftermath Series
- Sister's Network
- Spanish Cancer Support Group for Women

Groups indicated with * require a commitment to attend on a regular basis.

Gilda's Club Middle Tennessee's cancer support program is available in-person at our Clubhouse in Nashville and on-line/virtually through Zoom.



HYBRID Cancer Support Group for Women - Spanish

This Spanish language group is for women with cancer, in treatment & post treatment. Meets 2nd and 4th Thursday of the month at Casa Azafran or virtually.

NEW IN-PERSON Art Workshop: Beaded Snowflake with Barbara Kane

Thinking about snow? Join us in the clubhouse to make a beaded snowflake to hang in your window!

Tap Out Stress with Leslie Cole, MD

Learn how to use the Emotional Freedom Technique (EFT), which may reduce your stress and emotional overwhelm. You will leave with a technique you can use throughout your day to manage stress and anxiety

NEW IN-PERSON Open House

Stop by the clubhouse for light refreshments and winter cheer. We'd love to see you!

Life After Loss Alumni Group with Amy Stapleton, LCSW

For adults who have experienced a loss due to cancer in the last year. Contact us to register for the next series, commitment to the full six-week series is required.

IN-PERSON Craft Class: Quilting Club

Join us and finish that long undone project or start a new one. Fabric and other supplies are available to help you get started but you may bring your own. No experience required.

NEW HYBRID How Hemp Helps with Luci Crow, MS, RD

Learn how cannabis benefits your overall health by reducing anxiety and inflammation. Get guidance on the products and serving size. Bring your questions!

NEW Art Workshop: Wish Dolls with Mary Darden

Join us to make a wish doll for yourself or to share with a someone special.

To register for these up coming activities,

Simply call us at [615-329-1124](tel:615-329-1124)

or email RSVP@gildasclubmiddletn.org

Health Coaching by Martha

Martha Nemer, Certified Health and Wellness Coach, will meet you where you are, listen to your goals, support you in removing obstacles and provide a nourishment plan to achieve YOUR most vibrant health!

Complimentary package for Gilda's Club members includes a 50 minute personal wellness assessment and four weekly follow up telephone conversations.

Contact allison@gildasclubmiddletn.org to get started.

How can I get started?




Simply call [615-329-1124](tel:615-329-1124) or fill out the New Member form at www.gildasclubmiddletn.org/membership. Membership is always FREE.

The first step to becoming a member is to sign up for a Virtual Orientation Session. You'll learn about our history, mission, philosophy, and program. After that, you'll set up a time to meet one-on-one with a member of our team to talk about ways you can find support that will best suit your needs.

Call or complete our online form to register for one of these upcoming dates/times:

Tuesday	1/4 at 6 pm
Tuesday	1/11 at 12 pm
Tuesday	1/18 at 6 pm
Wednesday	1/26 at 12 pm
Tuesday	2/1 at 6 pm
Wednesday	2/9 at 12 pm
Tuesday	2/15 at 6 pm
Wednesday	2/23 at 12 pm

January 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
CLUBHOUSE CLOSED NEW YEAR HOLIDAY	10-11 Guided Imagery & Relaxation 12-12:45 HYBRID Lunchtime Yoga 1-3 Cancer Support Group 6-7:30 Early Stage Cancer Group 6-7 Virtual Orientation Session	11-1 HYBRID Cancer Support Group 11-1 HYBRID Family Support Group	11-12:30 Breast Cancer Group 12-1 Draw It Like You See It 6-8 Family Support Group 6-7:30 Post-Treatment Series -4	10-11 HYBRID Tai Chi 11-12:30 What Feeds You Alumni Group 2:30-3:30 Exploring Meditation & Self-Inquiry
10	11	12	13	14
10-10:45 Pilates 10:30-12:30 HYBRID Cancer Support Group 6-8 Family Support Group 6-8 Young Adults with Cancer	10-11 Guided Imagery & Relaxation 12-1 Virtual Orientation Session 12-12:45 HYBRID Lunchtime Yoga 1-3 Cancer Support Group 6:30-8 Life After Loss - 1	11-1 HYBRID Cancer Support Group 11-1 HYBRID Family Support Group	10-11:30 Cancer Support Group for Women - Spanish 11-12:30 Art Workshop:Beaded Snowflake 2-3 Tap Out Stress 4:30-6:30 Kids & Teens Grief Group 6-8 Family Support Group 6-8 Cancer Support Group 6-7:30 Young Adults Grieving a Loss 6:30-8 Colorectal & Anal Cancer Group	10-11 HYBRID Tai Chi 10:30-11:30 IN-PERSON Open House 11-12:30 Prostate Cancer Group 2:30-3:30 Exploring Meditation & Self-Inquiry
17	18	19	20	21
CLUBHOUSE CLOSED MARTIN LUTHER KING JR. DAY	10-11 Guided Imagery & Relaxation 10:30-12 Gynecological Cancers Group 12-12:45 HYBRID Lunchtime Yoga 1-3 Cancer Support Group 6-7:30 Early Stage Cancer Group 6-7 Virtual Orientation Session 6:30-8 Life After Loss - 2 6:30-8 Life After Loss Alumni	10:30-1:30 IN-PERSON Craft Class:Quilting Club 11-1 HYBRID Cancer Support Group 11-1 HYBRID Family Support Group 11-12:30 Multiple Myeloma Group	11-12:30 Breast Cancer Group 12-1 Draw It Like You See It 6-8 Family Support Group 6-7:30 Post-Treatment Series -5 6:30-8 Lung Cancer Group	10-11 HYBRID Tai Chi 2:30-3:30 Exploring Meditation & Self-Inquiry
24	25	26	27	28
10-10:45 Pilates 10:30-12:30 HYBRID Cancer Support Group 11:30-1:30 IN-PERSON Holiday Open House 6-8 Family Support Group 6-8 Young Adults with Cancer	10-11 Guided Imagery & Relaxation 12-12:45 HYBRID Lunchtime Yoga 12-1 HYBRID How Hemp Helps 12:30-1:30 IN-PERSON Open House 1-3 Cancer Support Group 6:30-8 Sisters Network 6:30-8 Life After Loss - 3	11-1 HYBRID Cancer Support Group 11-1 HYBRID Family Support Group 12-1 Virtual Orientation Session	10-11:30 Cancer Support Group for Women - Spanish 4:30-6:30 Kids & Teens Grief Group 5:30-7 Art Workshop:Wish Dolls 6-8 Family Support Group 6-8 Cancer Support Group 6:30-8 Colorectal & Anal Cancer Group	10-11 HYBRID Tai Chi 11-12:30 Prostate Cancer Group 2:30-3:30 Exploring Meditation & Self-Inquiry
31		<p>Follow us on Facebook, Twitter and Instagram</p> 	<p>Scan the QR Code with your smart- phone camera to access our calender online</p> 	 <p>Do we have your email address? If you're not already receiving monthly updates, email us to be added to our list: info@gildasclubmiddletn.org</p>

****Activities listed in RED are IN-PERSON or HYBRID, activities listed in BLACK are VIRTUAL.****

Please Remember:

Reservations are required for all Gilda's Club activities and signing up is EASY. Simply call us at 615-329-1124, email RSVP@gildasclubmiddletn.org, or use the free MINDBODY app, available via the app store. A desktop version is available via our website.

Be punctual. Whether you're in person or virtual, please arrive on time. Activities are closed to additional participants after 10 minutes.

Participating in person? We're doing all we can to ensure everyone's health and safety. Vaccinations and masks are required.

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.