



UPCOMING EVENTS

MARK YOUR CALENDARS FOR THESE UPCOMING EVENTS:

RSVP online at www.gildasclublouisville.org or by calling 502.583.0075.

Nia | Mondays, June 5 and 19, 6:15-7pm

Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life – body, mind and soul.

Pen to Paper | Tuesdays, May 9 and 23, June 13 and 27, 10-11:30am

Do you have a creative thoughts “hiding within your heart”? Is your inner voice just waiting to be heard? Do you like meeting people and having great dialogue? Join volunteer Tina Lee for interesting conversation and self-expression as we put “pen to paper” and practice getting ideas, thoughts and concepts from our minds onto paper. Utilizing the tool of creative writing, you will learn how this practice brings peace, clarity and self-understanding and how taking time to express your thoughts can heal your heart. Bring a journal, a pen or pencil and an open mind.

Dine on the Deck | Tuesday, June 13, 12:30-1:30pm

Join your fellow members and their guests for a light lunch and you *can* dine on the deck, weather permitting. Even if you can't attend, think about dropping off a dish to share. For information, contact jessica@gildasclublouisville.org.

Writing Workshop with Pam Platt | Monday, June 19, 6-7pm

Just as art and music provide outlets for expression and physical and mental health benefits during a cancer journey, so does writing. Award winning writer, editor and columnist Pam Platt offers this opportunity for you to explore these benefits. No prior writing experience required. Group limited to 8.

Teen Pizza Trail | Sunday, June 25, 6-7:30pm

Teens, don't miss out on fellowship with other teens, and better yet – PIZZA! We will be on the hunt for the best slice in town, at various local restaurants. For youth ages 13-18 who are connected to cancer.

Youth Lock-In (Ages 6 to 12) | Friday, June 2, 7pm to Saturday, June 3, 9am

Join us for this year's Hawaiian luau-themed lock-in. We'll have limbo and hula hoop contests, watch tropical movies and chow down on fun beach grub. Beach ball activities, sand art, scavenger hunts and more – you don't want to miss out! Call Mary Caroline at (502) 371-3038 to register.

Navigating the Forest of Health Care Finance: Assistance reviewing your medical bills and correspondence

Monday, June 5, 4-8pm, Wednesday, June 14, 2-6pm

Healthcare is complex and, consequently, finding your way through the provision and payment of the forest of bills and E.O.B.s requires in-depth knowledge and experience. Take this opportunity to bring your medical bills and correspondence in for a one-on-one discussion and review, provided at no cost by Lee Hyman of Personal Health Care Advocates.

Individual one hour sessions are available and can be scheduled by signing up online for your preferred time.

SUPPORT GROUPS

Members interested in joining a support group must first complete a Welcome 101 with a Program Team member and be placed in the appropriate group. Dinner for support group participants is served at 6pm.

FAMILY FOCUS

Family feeling a little out of focus? This offering reinforces family strengths, fosters communication and strengthens family cooperation. Contact a program team member to schedule a time that best suits your family.

Kids, Teens & In-Betweens

Kids' Talk & Teen Talk

Weekly peer-based support for preschoolers, children, ages 6-12 and teens, ages 13-18 who have a significant person in their life touched by cancer or who themselves have a cancer diagnosis. Tuesdays, 6:30-8pm.

Noogieland (For ages 2-5)

Want to come to an event but don't know what to do with your preschooler? Bring your little ones to Noogieland for structured activity and play. Registration is required 48 hours in advance.

NETWORKING

These groups are offered monthly at 6:30-8pm, unless otherwise noted. Dinner for networking groups is served at 6pm.

Breast Cancer Networking: Every second Monday, 6:30-8pm.

Prostate Cancer Networking: Every fourth Wednesday, 6:30-8pm.

Sarcoma Networking: Every fourth Wednesday, 6:30-8pm.

Young Adult Networking, I Am > Ca: For ages 18-40. Every first Thursday, 6:30-8pm.

COMMUNITY PARTNER NETWORKING GROUPS HOSTED AT GILDA'S CLUB

These groups are offered monthly at 6:30-8pm, unless otherwise noted. Dinner for networking groups is served at 6pm.

Brain Injury Alliance of Kentucky (BIAK) Networking: Every fourth Wednesday, 6:30-8pm.

Friends for Hope Networking: Every fourth Wednesday, 6:30-8pm.

Living Beyond (for women living with recurrent or metastatic breast cancer): A collaboration with Baptist Health Louisville. Every second and fourth Wednesday, 4-5:30pm.

Lung Cancer Networking: A partnership with the Lung Cancer Alliance. Every fourth Wednesday, 6:30-8pm.

Together for Breast Cancer Survival: This group is for spouses and partners. Every second Monday, 6:30-8pm.

SUPPORT

Team member and be placed in the appropriate group. Dinner for support group participants is served at 6pm.

Bereavement Group: Living Through Loss

Grief support for family members and friends of those who have passed away from cancer. Every second and fourth Thursday, 6:30-8pm.

Family and Friends Group

For adult family members and friends of people with active cancer. Every Tuesday, 6:30-8pm.

Flying Solo

Support for those living with cancer who live alone and prefer the daytime to meet with others for support and community. Every second and fourth Wednesday, 1-2:30pm.

Survivor Support

Survivor Support—bi-weekly groups for cancer survivors and friends/family of survivors whose focus has shifted toward living life post treatment. Every first and third Thursday, 6:30-8pm.

Wellness Group

For men and women diagnosed with cancer. Every Tuesday, 6:30-8pm.