

Healthy Lifestyle Program Flyers

October - December 2019

For updated information on a specific program including changes, cancellations, or to sign up, visit www.GildasClubTwinCities.org/Signup or call 612-227-2147

To view the full flyer for any of the classes, click on the title below

Expressive Arts

Card Making (every Thursday – 1:00-4:00pm)

Improv for Life! (every Wednesday – 12:30-1:30pm)

Lost & Found: Writing Our Way through the Cancer Experience

(Tuesdays, Oct 1-22 – 5:00-6:15pm) ***New Class***

Open Art Studio (Tues Oct 15 – Nov 12, 1:00-3:00pm, and Weds Dec 4 & Dec 18 – 6:00-8:00pm))

Nutrition

Food for Life (Thursdays, Nov 7, 14, 21 and Dec 5 – 5:30-7:30pm)

Nutrition During Cancer Treatment (Tuesdays, Oct 29 and Nov 26 – 12:00-1:30pm)

Workshops

Navigating Art and the Nature of Mindfulness (Wednesday, Oct 9 – 6:30-8:00pm) ***New Class***

Energy Medicine for Breast Health (Thursday, Oct 10 – 6:30-7:30pm) ***New Class***

Energy Medicine for Seasonal Transition (Thursday, Nov 7 – 6:30-7:30pm) ***New Class***

Energy Medicine to Balance Holiday Emotions (Thursday, Dec 5 – 6:30-7:30pm) ***New Class***

Take Care: Nature Laws of Self-Care (Tuesdays, Oct 1, Nov 5, Dec 3 – 6:30-8:00pm) ***New Class***

Yoga – Meditation – Exercise

Candlelight Yoga (1st and 3rd Tuesdays from 5:30-6:30pm) ***New Time***

Gentle Yoga (every Monday from 9:30-10:30am)

Healing Gong Relaxation (every other Wednesday from 6:30-7:45pm)

Intro to Energy Medicine – 2 part series (Sept 26 & Oct 3 or Nov 14 & 21 - 6:30-7:30pm) ***New Time***

Spring Forest Qigong (every Wednesday from 1:45-2:45pm) ***New Time***

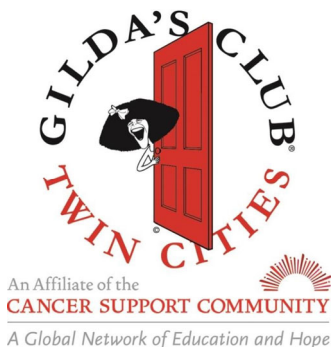
Tai Chi (every Tuesday from 10:30-11:30am) ***New Time***

Yoga Nidra: The Yoga of Deep Rest (4th Tuesdays from 5:30-6:30pm)

All Classes are always free, and unless stated otherwise take place at our clubhouse

Gilda's Club Twin Cities—where no one faces cancer alone

10560 Wayzata Boulevard, Minneapolis, MN 55305 | 612.227.2147 | GildasClubTwinCities.org



DATE/TIME:

Check Program Calendar
for days and times!

WITH:

Volunteers and
Art Therapy Interns

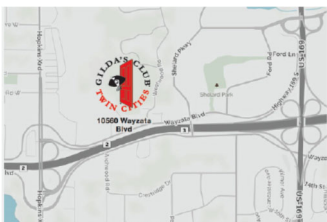
COST: FREE!

RSVP:

GildasClubTwinCities.org,
My GCTC app,
or 612.227.2147

LOCATION:

GCTC Clubhouse
10560 Wayzata Blvd
Minneapolis, MN 55305



*From 394, go north on
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adler | GRADUATE
SCHOOL

Healthy Lifestyle

October-December 2019

Expressive Arts Classes



Open Art Studio with Gilda's Art Therapy Interns

Tuesdays, Oct. 15-Nov.12 from 1:00pm-3:00pm

Wednesdays, December 4 & 18 from 6:00pm-8:00pm

The studio doors are open and you are welcome to come and create using materials that we have available. This is an unstructured time to express yourself creatively. A helping hand will be in the studio to assist if you have questions, need support or creative guidance. **Kids 6+ and families welcome on Wednesday nights! A parent must attend to participant.**



NEW Lost & Found: Writing Our Way Through The Cancer Experience with Carly Kryzer, LSW and Jenny Schroedel

Tuesdays, October 1-22 from 5:00pm-6:15pm

Has cancer has taken someone or something from you? Well, you're not alone. This multi-genre creative writing group is a safe space that will allow you to explore and express yourself. Participants will be led through themes relevant to the cancer experience with time to share (or not!) We're not looking for Shakespeare, we're looking for your authentic self!



Improv for Life! with Jenni Lilledahl

Wednesdays from 12:30pm-1:30pm

Come for the fun, stay for the laughter! Join us for a dip into the art form of comedy improvisation, the very art form of our namesake, Gilda Radner. She considered Improv a part of her own healing journey. Each week includes easy improvisation warm-ups and games, discussion about how the mindset of improvisation can contribute to wellness and of course, some laughter. No experience necessary and all are welcome!



Card Making with Wendy Petersen

Thursdays from 1:00pm-4:00pm

Enjoy learning the fun of stamping cards! Whatever your skill level, we will create cards and enjoy time together. Learn a variety of techniques on different styles of cards. Try out great techniques like stamping, masking, embossing, faux tile, watercolor pencil, and marble effects on various styles of cards including easel, box, crisscross, diamond fold, gatefold, and waterfall.



An Affiliate of the
CANCER SUPPORT COMMUNITY
A Global Network of Education and Hope

DATES AND TIMES:

Check Mind Body for dates
and times!

WITH:

Gilda's Club Volunteers

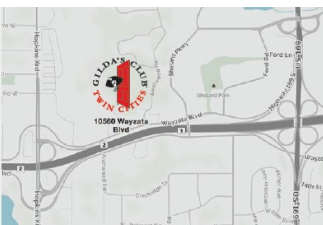
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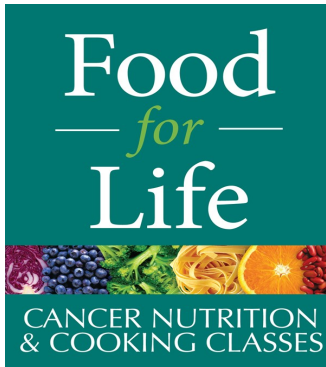
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Healthy Lifestyle

October-December 2019

Nutrition Classes



Food for Life with Jill Erickson

Thursdays, Nov. 7-Nov. 21 & Dec. 5 from 5:30-7:30pm

This class provides information on how certain foods and nutrients work to promote or discourage cancer growth, along with demonstrations of simple recipes that can be easily recreated at home. Certain diet patterns seem to have a major effect in helping people diagnosed with cancer to live longer, healthier lives. In

this four-class series, you will learn about the food choices that can help reduce the risk of developing cancer as well as manage the disease after it has been diagnosed. These classes are ideal for individuals in post-treatment, their family and friends, as well as those looking to prevent the disease. Individuals in treatment are welcome to attend but encouraged to follow their healthcare team's diet recommendations.

This series is offered in four classes. Please attend all four classes in the series.

Class 1: Introduction to How Foods Fight Cancer

Class 2: Fueling up on Low-Fat, High-Fiber Foods

Class 3: Discovering Dairy and Meat Alternatives

Class 4: Cancer-Fighting Compounds & Healthy Weight Control

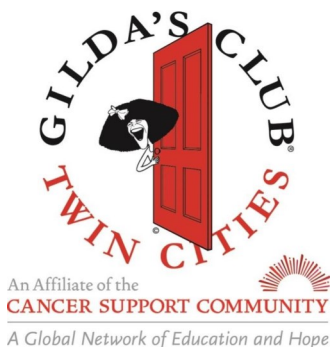


Nutrition During Cancer Treatment

with Amber Kirtz

Tuesdays, October 29 and November 26 from 12:00-1:30pm

This nutrition class is geared towards individuals currently undergoing treatment as well as caregivers. Come learn about specific foods to help manage side effects you may be experiencing. This class will focus on nausea, sensitivity to smell, diarrhea, constipation, sore mouth, difficulty swallowing, taste alterations, and unintentional weight loss. You will have the opportunity to experience a recipe that will help you cope some of these side effects in each class.

**DATE:**

Wednesday, October 9

TIME:

6:30pm-8:00pm

WITH:

Kait Macheledt

COST: FREE!**RSVP:**

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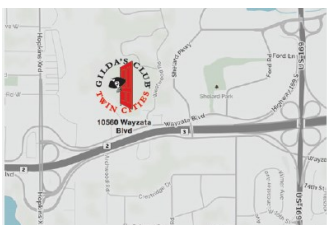
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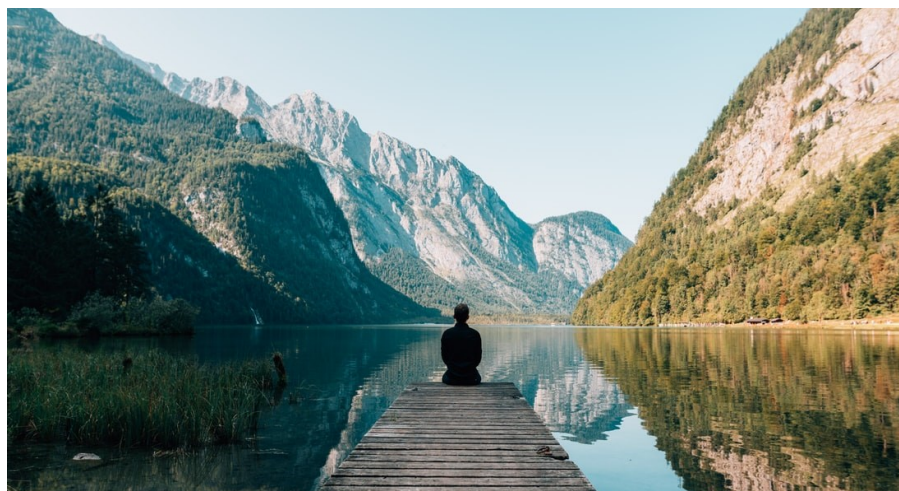
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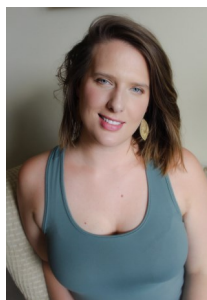
Healthy Lifestyle

October 2019

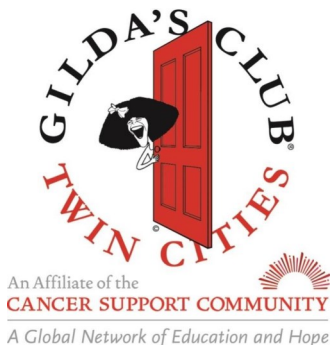
Navigating the Art and Nature of Mindfulness



Art and nature provide beautiful canvases to open the mind to the present moment and a sense of awe. Enjoy a short seminar exploring the concept of mindfulness through art and nature followed by the practice of arts-based meditation through abstract art creation and nature appreciation. This workshop is for: the Novice Meditator, Curious Community Member, and/or Nature Appreciating Artist.



Kait Macheledt is a 200hrRYT certified yoga instructor (500RYT advanced yoga certificate 2020 candidate). Kait values self-exploration, self-awareness and wonder-seeking, which she keeps at the heart of every class she teaches. She has formal training in yoga, meditation, art and the health sciences. Kait is motivated to build capacities for individuals and institutions to engage in comprehensive wellness. Kait's motivation stems from her own experience with chronic pain as well as her years of supporting her late-mother, Su, fight cancer.



Healthy Lifestyle

December 2019

Energy Medicine to Balance Holiday Emotions

DATE:

Thursday, December 5

TIME:

6:30pm-7:30pm

WITH:

Angie Meillier, MS, RN

COST: FREE!

RSVP:

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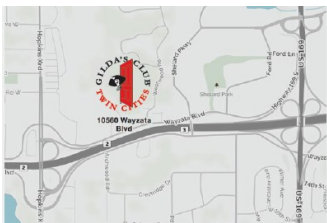
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The Centre of Wellness



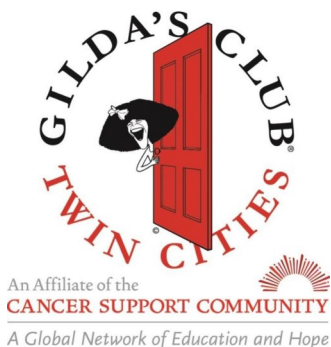
For many, the holidays elicit an array of emotions - joy, wonder, excitement, togetherness. Sadness, envy, worry, anxiety, disappointment and anger are also common and valid holiday emotions. Emotions are part of the natural response process to virtually every experience and the holidays offer a plethora of opportunities for feeling emotional energy. When you encounter intense or ongoing emotions, your body's energies may become depleted, blocked or stagnant, causing you to feel spacey, exhausted or ill-at-ease. In energy medicine, physical symptoms and emotional unease are signposts rather than the focus. They provide clues about where a person's energies need attention and balance. In this class, we will focus on supporting the emotional mind, body and spirit as we move into the holiday season. We will practice a short series of simple techniques to help bring greater physical ease and emotional stability.

Intro to Energy Medicine Class recommended, but not required. Open to all members and abilities. Wear comfortable clothing and bring water.



With 20+ years of experience in patient care, clinical research, complementary therapies and as a health care senior leader, Angie Meillier brings professionalism and a wealth of expertise and understanding to Gilda's Club.

Angie is a RN and holds a Master of Science, graduating with honors from the University of Minnesota. Additionally, she acquired professional Cancer Guides training through the Center of Mind Body Medicine and most recently, completed advanced training to become a certified energy medicine clinical practitioner.

**DATE:**

Thursday, October 10

TIME:

6:30pm-7:30pm

WITH:

Angie Meillier, MS, RN

COST: FREE!**RSVP:**

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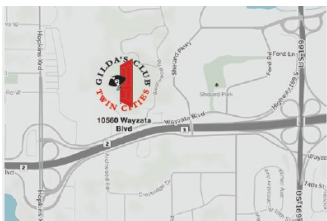
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The Centre of Wellness

Healthy Lifestyle

October 2019

Energy Medicine for Breast Health



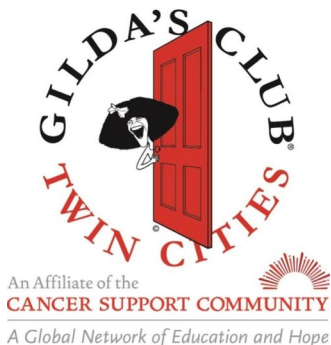
October is National Breast Cancer Awareness Month and Energy Medicine techniques can make a big difference in breast health. The lymphatic system plays a key role in helping to counter conditions which can lead to illness, ranging from colds to cancer. Based on principles of Traditional Chinese Medicine, the body's lymphatic system has an energetic component known as the Neurolymphatic (NL) Reflex Points. The NL Points are energetic points located on the front, back and sides of the body. These points send 'reflexes', or energetic signals, to the lymph system, instructing the body to release toxins into the bloodstream for elimination. Clogged lymphatics, and related energetic residue, can create pain and may promote an internal environment that invites health problems, including cancer. Working with the NL Points on the body, and specifically around the breasts, is an easy tool for promoting breast health and preventing energy stagnation.

Intro to Energy Medicine Class recommended, but not required. Open to all members and abilities. Wear comfortable clothing and bring water.



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**DATE:**

Thursday, November 7

TIME:

6:30pm-7:30pm

WITH:

Angie Meillier, MS, RN

COST: FREE!**RSVP:**

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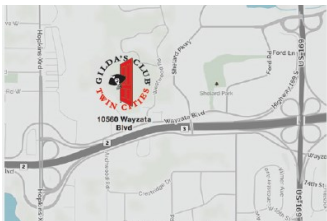
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The Centre of Wellness

Healthy Lifestyle

November 2019

Energy Medicine for Seasonal Transition



The 5 Rhythm Model, also known as 5 Seasons or 5 Elements, is based on ancient Chinese medicine and reflects nature's influences on the human body. Metaphors for describing these 5 distinct rhythms were drawn from nature (water, wood, fire, earth, metal) and from the seasons (winter, spring, summer, late summer, autumn). The meridians are directly connected to the rhythms — i.e. Bladder + Kidney = Water — and therefore can be impacted by the change of season.

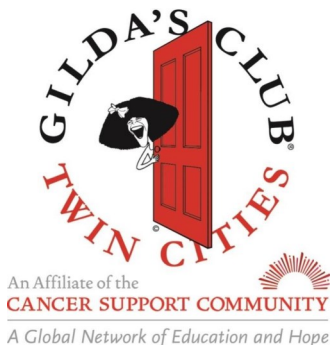
In this class, we will focus on supporting the body as we move into the season of late summer. The associated meridians are Stomach and Spleen. When these meridians are out of balance, one can experience symptoms such as frequent stomach aches or butterfly stomach, unstable blood sugar and emotions of constant worry. We will discuss a short series of simple techniques to help balance both the meridians and organs and respond to the body's distress calls during the seasonal transition.

Intro to Energy Medicine Class recommended, but not required. Open to all members and abilities. Wear comfortable clothing and bring water.



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**DATE:**

Tuesdays, October 1
November 5
December 3

TIME:

6:30pm-8:00pm

WITH:

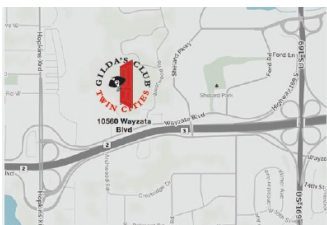
Kait Macheledt

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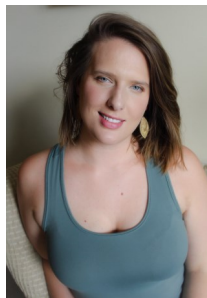
Healthy Lifestyle

October-December 2019

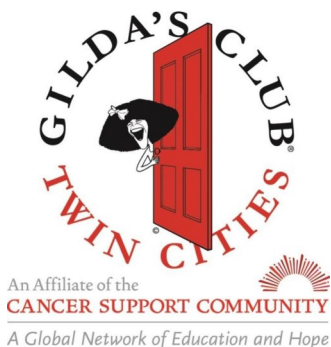
Take Care: Natural Laws of Self-Care



Through exploring ancient vedic frameworks for health we open new ways to conceptualize self-care. Using nature as our ultimate teacher, this workshop helps guide us in deepening our understanding and capacity to comfortably sense the present moment and address self-care needs that may consistently change due to illness, medications, emotions, etc. Participants will engage in discussion, self-discovery exercises and walk away with rich, new ways to “Take Care”. No prior experience necessary.



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Date & Time:

Check calendar for specific dates.

COST: FREE!

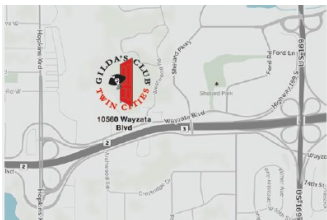
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Healthy Lifestyle

October-December 2019

Mind-Body Classes



Gentle Yoga with Betty Christensen

Mondays from 9:30-10:30am

This gentle, slow-paced, and relaxing practice focuses on stretching all areas of the body while releasing stress and tension from joints and muscles.



NEW TIME Tai Chi with David Prost

Tuesdays from 10:30-11:30am

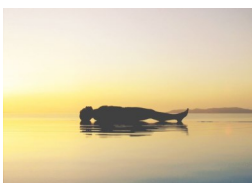
Tai Chi Chuan trains for a supple and relaxed kind of strength through integrated, full-body movements. It works with the body to develop better awareness, balance, flexibility, and coordination.



NEW TIME Candlelight Yoga with DeAnn Hoff

1st and 3rd Tuesdays from 5:30pm-6:30pm

A soothing blend of slowly flowing deep stretches with supportive restorative postures followed by a short, yet powerful Metta (loving kindness) meditation.



Yoga Nidra: The Yoga of Deep Rest with Patty Hlava

4th Tuesdays from 5:30-6:30pm

Yoga Nidra (yogic sleep) guides you to the gentle place between awake and asleep where ultimate relaxation resides, allowing deep connection with your inner world.



NEW TIME Spring Forest Qigong with Rob Muir

Wednesdays from 1:45pm-2:45pm

Qigong (pronounced 'chee gong') is comprised of four parts that all work together—breathing, gentle movement, mental focus and sound.



Healing Gong Relaxation with Joe Wild

Every other Wednesday from 6:30-7:45pm

Utilize movement, sound, breath and meditation to create space and tap into your infinite potential.



NEW TIME Intro to Energy Medicine with Angie Meillier

2-part series: Sept. 26 & Oct. 3 or Nov. 14 & 21 from 6:30-7:30pm

Explore a practice that combines movement, tapping and self-massage to boost resilience, release stress, balance emotions and gain mental

Thank you to our
Program Partners:

8-Gates Tai Chi



The Centre of Wellness

