VIRTUAL PROGRAM CALENDAR

Meets every MONDAY
- 9 AM Meditation Reset
- 2 PM Yoga for Anybody

Meets every TUESDAY
- 11:30 AM QiGong
- 12:30 PM Lunch Laughs
- 4:30 PM Teen Talk
- 6:30 PM Friends & Family Support Group
- 6:30 PM Wellness Support Group

Meets specific MONDAYS
- AUGUST 3, 4 PM
  - Living Well with Cancer: Identifying and Managing Cancer-Related Fatigue
- AUGUST 3, 6 PM
  - Summer Slow Cooker Creations
- 1st & 3rd each month, 5 PM
  - Mindfulness
- 2nd each month, 12:30 PM
  - BINGO
- 3rd each month, 6 PM
  - Writing Workshop with Pam Platt
- 2nd each month, 6:30 PM
  - Breast Cancer Networking
- 2nd each month, 6:30 PM
  - Gynecologic Cancer Networking

For program descriptions, visit gck.org/events.

Meets every WEDNESDAY
- 9 AM Meditation Reset
- 11 AM Zumba Gold
- 2 PM Yoga for Anybody

Meets specific WEDNESDAYS
- AUGUST 5, 6 PM
  - Get Regular! Tips for Better Bowel Health
- AUGUST 19, 6 PM
  - Cooking with Tomatoes
  - Flying Solo—Bereaved
- 1st & 3rd each month, 1 PM
  - Flying Solo—Active Cancer
- 1st & 3rd each month, 4 PM
  - Gilda’s Game of Games

Meets every THURSDAY
- 10 AM Fitness with Alison
- 12:30 PM Lunch Laughs
- 3 PM Breathe and Receive
- 8:15 PM Bedtime Yoga

Meets specific THURSDAYS
- AUGUST 6, 1 PM
  - To Sew or Not to Sew? Mask Making and Style Tips!
- AUGUST 6, 11 AM
  - Welcome 101 - New member orientation
- AUGUST 6, 12 PM
  - Slow Flow Yoga
- AUGUST 21, 12 PM
  - Welcome 101 - New member orientation

Meets every FRIDAY
- 9 AM Meditation Reset
- 11 AM The Artist in You Show and Tell
- 2 PM Yoga for Anybody

Meets specific FRIDAYS
- AUGUST 21, 12 PM
  - Welcome 101 - New member orientation

Meets every SATURDAY
- 9:30 AM Slow Flow Yoga

SHORT-TERM COUNSELING
Gilda’s Club Kentuckiana now offers members six individual, couples and/or family counseling sessions for matters related to their cancer experience.

There is no charge for this service. Sessions are generally provided for 45 minutes on a weekly basis and are scheduled directly with the clinician providing the support sessions. Call the Clubhouse at 502.583.0075 to learn more!