



An Affiliate of the  
CANCER SUPPORT COMMUNITY

# February 2024 — Detroit

Mon	Tue	Thu
<p><b>(H) - Indicated this is a 'Hybrid Program.'</b> Members can register to attend in person or virtually.</p> <p><b>RED = NEW!</b> <b>BLUE = Children, Teens, &amp; Family Programs</b></p>	<p>Registration is required for <u>all</u> programs.</p> <p>You can give us a call at <b>313.356.7600</b> or register online at: <b><a href="http://www.gildasclubdetroit.org">www.gildasclubdetroit.org</a></b></p>	<p><b>1</b> <b>11:00</b> Coffee &amp; Community <b>4:00</b> Family Art Time <b>5:00</b> New Member Meeting <b>6:00</b> Durfee Dinner</p>
<p><b>5</b></p>	<p><b>6</b></p>	<p><b>8</b> <b>4:00</b> Board Game Night! <b>5:00</b> New Member Meeting <b>5:30</b> Spin &amp; Spill Social Gathering <b>6:00 (H)</b> Women of Color Group <b>6:30</b> Cancer Fighting Smoothies with Shelby <b>7:00 (H)</b> intenSati: Movement, Mantra &amp; Meditation</p>
<p><b>12</b> <b>1:00 (H)</b> Living with Cancer Group <b>2:00 (H)</b> Love Letters Campaign</p>	<p><b>13</b></p>	<p><b>15</b> <b>4:00</b> Family Art Time—Valentines Edition! <b>5:00</b> New Member Meeting <b>5:00 (H)</b> Kids Living with Cancer <b>5:30 (H)</b> How to Take Care of Your Dental Health Before, During, and After Cancer</p>
<p><b>19</b></p>	<p><b>20</b></p>	<p><b>22</b> <b>5:00</b> New Member Meeting <b>6:00 (H)</b> Functional Health &amp; Fitness Series with Coach Khari</p>
<p><b>26</b> <b>10:00 (H)</b> Soulful Steps with Take Root <b>1:00 (H)</b> Living with Cancer Group</p>	<p><b>27</b> <b>1:00 (H)</b> New Year, New Mindset Series: Changing Your Mindset</p>	<p><b>29</b> <b>4:00 (H)</b> Zumba Fitness</p>