




An Affiliate of the
CANCER SUPPORT COMMUNITY

April 2024 — Detroit

Mon	Tue	Thu
<p>1 11:30 (H) Coping 101: Managing Healthy Boundaries 2:30 New Member Meeting</p>	<p>2</p>	<p>4 11:00 Coffee & Community 4:00 Family Art Time 5:30 Durfee Dinner</p>
<p>8 11:30 (H) Coping 101: Taking Care of Yourself 1:00 (H) Living with Cancer Group 2:30 New Member Meeting</p>	<p>9</p>	<p>11 4:00 Board Game Night! 5:30 Spin & Spill Social Gathering 5:30 (H) Clinical Trials 101 6:30 Cancer Fighting Smoothies with Shelby 7:00 (H) intenSati: Movement, Mantra & Meditation</p>
<p>15 2:30 New Member Meeting</p>	<p>16</p>	<p>18</p> 
<p>22 10:00 (H) Soulful Steps with Take Root 11:30 (H) Watercolor for Beginners 1:00 (H) Living with Cancer Group 2:30 New Member Meeting</p>	<p>23</p>	<p>25 4:00 (H) Zumba Fitness</p>
<p>29 2:30 New Member Meeting</p>	<p>30</p> <p>Registration is required for <u>all</u> programs.</p> <p>You can give us a call at 313.356.7600 or register online at: www.gildasclubdetroit.org</p>	<p>(H) - Indicated this is a 'Hybrid Program.' Members can register to attend in person or virtually.</p> <p>RED = NEW! BLUE = Children, Teens, & Family Programs</p>