



An Affiliate of the
CANCER SUPPORT COMMUNITY

Saint Clair Shores Lake House—March 2023

Tue	Wed	Thu
	1 10:00 New Member Meeting 11:00 A Matter of Balance (8 weeks) 1:00 Women's Gathering	2 1:00 Thankful Thursday Art
7 10:30 Chair Yoga 12:00 Courage Room Meditation 2:00 Art Therapy for All	8 10:00 New Member Meeting 11:00 A Matter of Balance (8 weeks) 1:00 Breast Group— hybrid	9 10:30 Healing Arts, Lesson in Watercolor 12:00 Karma Yoga 1:00 Knitting Circle
14 10:30 Chair Yoga 12:00 Courage Room Meditation 1:00 Mindful Journaling 3:00 Reiki 6:00 Parenting a Survivor Group	15 10:00 New Member Meeting 11:00 A Matter of Balance (8 weeks) 1:00 Gynecological Cancers Group— hybrid	16 12:00 Karma Yoga 1:00 Thankful Thursday Art
21 10:30 Chair Yoga 12:00 Courage Room Meditation 2:00 Art Therapy for All	22 10:00 New Member Meeting 11:00 A Matter of Balance (8 weeks) 2:00 Euchre	23 1:00 Knitting Circle 12:00 Karma Yoga 3:00 Uke Group! (H) - Indicates this is a 'Hybrid Program.' Members can register to attend in person or virtually.
28 10:30 Chair Yoga 12:00 Courage Room Meditation 1:00 Mindful Journaling 3:00 Reiki	29 10:00 New Member Meeting 11:00 A Matter of Balance (8 weeks)	30 Registration is required for <u>all</u> programs. You can give us a call at 586-777-7761 or register online at www.gildasclubdetroit.org