



An Affiliate of the  
CANCER SUPPORT COMMUNITY

# January 2023 — Detroit

Mon	Tue	Wed	Thu
2	3	4 12:00 (H) Dance Again with Dr. Val	5 4:00 Art Therapy for All 5:00 Teen Talk 6:00 Leukemia/Lymphoma Group
9 11:00 (H) Living with Cancer Group 12:00 Art Therapy for All	10 12:15 Yoga Wellness Retreat (lunch provided afterwards)	11 12:00 (H) Dance Again with Dr. Val	12 * 11:00 Parents Connect— for parents with children diagnosed (Offsite at Children's Hospital of Michigan) 5:00 New Member Meeting 5:00 (H) Food Safety Nutritional Workshop 6:00 Women of Color Group
16	17 3:00 Club Red (Teen Volunteer Program)	18 12:00 (H) Dance Again with Dr. Val 6:00 (H) Battling the Aging Brain Educational Lecture	19 4:00 Art Therapy for All 5:00 New Member Meeting 5:00 Tween & Teen Living with Cancer Group
23 11:00 (H) Living with Cancer Group 12:00 Art Therapy for All	24	25 11:00 Spin & Spill Social Gathering 12:00 (H) Dance Again with Dr. Val	26 * 11:00 Parents Connect— for parents with children diagnosed (Offsite at Children's Hospital of Michigan) 5:00 New Member Meeting 5:00 (H) Food Budgeting & Meal Planning Nutritional Workshop 6:00 Breast Group
30	31	(H) - Indicated this is a 'Hybrid Program.' Members can register to attend in person or virtually.  Red = NEW!	Registration is required for <u>all</u> programs.  You can give us a call at <b>313.356.7600</b> or register online at <a href="http://www.gildasclubdetroit.org">www.gildasclubdetroit.org</a>