



# *Gilda Comes to You*

## *December 2017*



	<u><b>Support Groups</b></u>	<u><b>Workshops</b></u>	<u><b>Lectures &amp; Social Event</b></u>
<p><b><u>Kings County Hospital</u></b> <b><u>Center for Cancer Care</u></b> 451 Clarkson Avenue Brooklyn, NY 11203 C-building 4<sup>th</sup> Floor (Red Door)</p>	<p><b>Cancer Support Group</b> Wednesday, December 6, 20 11:30am-1pm</p>	<p><b>Moving For Life: Gentle Aerobics</b> Wednesday, December 6, 20 1:30-2:30pm</p>	<p><b>Social Event: Winter Wonderland</b> Wednesday, December 13 11:30am-1:30pm</p> <p><b>Lecture: Insights of a Journey Beyond Cancer</b> Wednesday, December 13 2-3:30pm</p>
<p><b><u>Montefiore Einstein Center</u></b> <b><u>For Cancer Care</u></b> <b><u>Montefiore Medical Park</u></b> 1521 Jarret Place Bronx, NY 10461 Piso 2-sala de Conferencia</p>	<p><b>Mujeres Unidas- Grupo de Apoyo para Cáncer de Seno</b> Lunes, 4, 11, 18 de diciembre 9-10:30am</p>		
<p><b><u>The Mount Sinai Hospital</u></b> <b><u>Ruttenberg Treatment Center</u></b> 1470 Madison Avenue (btw East 101<sup>st</sup> &amp; 102<sup>nd</sup>) New York, NY 10029</p>	<p><b>Amigos Unidos- Grupo de Apoyo</b> Todos los miércoles de diciembre 10-11:30am 4<sup>to</sup> piso, Resource Room</p>		
<p><b><u>Queens Cancer Center</u></b> 82-68 164<sup>th</sup> Street Jamaica, NY 11432</p>	<p><b>Amigos Unidos- Grupo de Apoyo</b> martes, 12 de diciembre 11am -12:30pm 1<sup>er</sup> Piso- Sala de Conferencias</p>		

## WORKSHOP

KINGS COUNTY HOSPITAL CENTER FOR CANCER CARE

### **Moving For Life: Gentle Aerobics**

**Wednesday, December 6, 20, 2017; 1:30-2:30pm**  
**Facilitator: Dana Davison, RSMT/ RSME**

Regain the joy of movement and a sense of well-being through Moving For Life's exercise program that combines music and dance to help relieve the side effects associated with cancer treatment such as fatigue, weight changes, lymphedema and joint or bone pain.

## SOCIAL EVENT

KINGS COUNTY HOSPITAL CENTER FOR CANCER CARE

### **Winter Wonderland**

**Wednesday, December 13, 2017; 11:30am-1:30pm**

Please join us for our Annual Winter Wonderland Celebration: a chance to enjoy the beauty of the season with friends and family with lunch, music, games, and laughter. Bring a loved one or friend.

## LECTURE

KINGS COUNTY HOSPITAL CENTER FOR CANCER CARE

### **Insights of a Journey Beyond Cancer**

**Wednesday, December 13; 2017; 2-3:30pm**  
**Facilitator: Wilhelmina Grant, SISTAAH, Inc.**

Following our annual Winter Wonderland celebration, Wilhelmina Grant, artist, cancer survivor, author, and founder of SISTAAH, Inc. will share her journey from cancer patient to activist. SISTAAH, Inc, Survivors Inspiring Sisters Through Art and Advocacy for Health, is a non-profit organization with a mission to inform and educate the community through art to increase awareness regarding the benefits of early detection of breast cancer. Wilhelmina will lead you through a short creative project that taps into your strength and celebrates your journey. Copies of her book, ***A Feeling of Fullness***, will be raffled!

## GROUPS

### **Amigos Unidos-Grupo de Apoyo**

Venga a reunirse con otros miembros de la comunidad Latina de Gilda's Club y comparta sus experiencias, su sabiduría, sus preocupaciones y sus esperanzas.

### **Cancer Support Group**

This group will provide men and women living with any type of cancer the opportunity to share their wisdom and first hand experiences.

### **Mujeres Unidas-Grupo para Cáncer de Seno**

Está viviendo con cáncer de seno? Venga a reunirse con otros miembros de la comunidad Latina de Gilda's Club y comparta sus experiencias, su sabiduría, sus preocupaciones y sus esperanzas.



**For more information on lectures, workshops and support groups please call 212-647-9700.**

### **GILDA'S CLUB NEW YORK CITY MISSION:**

To support, educate, and empower individuals living with cancer and their families.