



# Gilda's Club Quad Cities Healthy Lifestyle Activities

## *Meditation, Yoga, Clear the Clutter*

### Group Meditation with Angela Swanson

Join Angela Swanson of Cloud Nine Meditation on **Thursday, August 3<sup>rd</sup> and Thursday, August 17<sup>th</sup> from 1:00 – 1:45 pm** as she leads discussion and group meditation.

### Yoga for Cancer Survivors

This is a special class that integrates the breath with body awareness. It also:

- Builds strength & flexibility in safe ways
- Stimulates immune system & builds bone density
- Detoxifies the body & cultivates a sense of well-being
- Creates a sense of community with other survivors
- Empowers participants to take control & enhance their lives

Move with the breath while increasing your flexibility and strength; calming the mind, body, and spirit. Facilitated by Melissa Wright, RYT-200, Yoga 4 Cancer Certified. Find your balance on **Mondays and Thursdays from 2:00 – 3:00 pm**.

### Chair Yoga for Cancer Survivors

Get Fit Where You Sit™ on **Tuesdays from 5:15 – 6:00 pm** by adapting traditional yoga poses to a chair. This new, weekly activity builds strength & flexibility in safe ways, stimulates your immune system & builds bone density, detoxifies the body and cultivates a sense of well-being. Facilitated by Kelly Hendershot, LVCYT.

### Clear the Clutter Club

This is a casual meeting for sharing ideas, resources, and camaraderie. If you are interested in becoming more organized, downsizing or just need some ideas on how to get rid of things you don't use anymore, then this group is for you. Join us on **Monday, August 14<sup>th</sup> and Monday, August 28<sup>th</sup> from 12:30 – 1:30 pm**.

*Gilda's Club Quad Cities*

*1234 East River Drive, Davenport, IA*

*Registration is required.*



For more details and to register, please call Gilda's Club at 563-326-7504 or email [gc@gildasclubqc.org](mailto:gc@gildasclubqc.org).