

The mission of Gilda's Club Quad Cities is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

Free of charge, Gilda's Club Quad Cities provides support, education and hope to all people affected by cancer. As a Cancer Support Community affiliate, we are part of the largest employer of psychosocial oncology mental health professionals in the United States. Our global network brings the highest quality cancer support to the millions of people touched by cancer.

## March 2019 Member Activity Calendar

**TAKE  
ON** CANCER  
TOGETHER

JOIN. GIVE. ACT.

### Reservations:

Call 563-326-7504

Email [gc@gildasclubqc.org](mailto:gc@gildasclubqc.org)

Visit [gildasclubqc.org/calendar](http://gildasclubqc.org/calendar)

### Davenport Hours:

Monday 8:00 AM - 5:00 PM

Tuesday-Friday 8:00 AM - Last Scheduled Activity

Saturday/Sunday—Closed

1234 East River Drive

Davenport, IA 52803

### Muscatine Office Hours:

Thursdays 9:00 AM - 2:00 PM

1808 Mulberry Avenue, 3rd Floor,  
Senior Resources, Muscatine, IA 52761

563-263-7292 x109

### Clinton Office Hours:

Tuesday Mornings or By Appt.

Mercy Medical

Radiation Oncology Center

1410 N 4<sup>th</sup> St., Clinton, IA 52732

**[gildasclubqc.org](http://gildasclubqc.org)**

[facebook.com/GildasClubQC](https://www.facebook.com/GildasClubQC)

[twitter.com/GildasClubQC](https://twitter.com/GildasClubQC)

[instagram.com/GildasClubQC](https://www.instagram.com/GildasClubQC)

# Membership is Free and Easy!

**Anyone impacted by cancer is eligible for membership. To join:**

1. Call 563-326-7504 or email [kelly@gildasclubqc.org](mailto:kelly@gildasclubqc.org) to schedule appointment for a New Member Meeting.
2. Attend a New Member Meeting and complete the CancerSupportSource™ (CSS) on site or online.
3. Join us for any support group, program or activity!

**New Member Meeting:** One-time meeting to learn more about what Gilda's Club offers, tour the clubhouse and sign up for membership. New Member Meetings are held each month on the first Wednesday from 5 – 6 pm, third Thursday from 11:30 am – 12:30 pm or by appointment.

### Interested in Resources Personalized to Your Needs?

As part of our standard of care we are pleased to offer a nationwide program, CancerSupportSource™, an innovative online questionnaire designed to help you identify your specific personal needs that are unique to your experience. Based upon your Personal Support Care Plan™, Gilda's Club Program staff will help link you to important information and resources that will help to reduce the distress that cancer can often bring. Whether you were recently diagnosed, living with cancer for some time, or a caregiver this program can be very helpful.

### Open To Options™: Are you are facing a cancer treatment decision?

Open to Options™ helps you identify important questions about your treatment options based upon your personal needs. Available at no cost, this service will help you to better prepare for your upcoming appointment. Contact Anita or Kelly Craft at 563-326-7504 or by email at [anita@gildasclubqc.org](mailto:anita@gildasclubqc.org) or [kcraft@gildasclubqc.org](mailto:kcraft@gildasclubqc.org) with questions or to schedule your meeting.

### Pre-Registration:

Please register for activities you want to attend and cancel if you change your mind. Volunteers facilitate all workshops and lectures. We like to give them as much notice as possible regarding supplies needed and room set-up based on pre-registration. If food is involved, it is important for us to know how many to expect. Activities may be cancelled if we do not have enough people signed up, so please call ahead of time if you have not reserved a spot.

**When you (or your kids) are sick:** Please be considerate and stay home until you feel better when you have a contagious cold or flu, as this puts those with compromised immune systems at risk.

**Weather:** If the weather is bad please call ahead of time or check our Facebook page to see if the scheduled activity is still being held. Generally, we will follow suit with the community schools.

# Davenport March 2019

## Support Groups

Please attend a New Member Meeting before attending a group.  
Groups are facilitated by a licensed mental health professional.

**Wellness Groups:** *Tuesdays 1 – 3 pm; Wednesdays 6 – 8 pm*  
Weekly support groups for adults with any type of cancer diagnosis. Members share thoughts, feelings, and experiences.

**Family Group:** *Wednesdays, 6 – 8 pm*  
Weekly support group for family members and friends of those with any type of cancer diagnosis. Members share thoughts, feelings, and experiences. This is separate from the Wellness Group.

**Grief Connection:** *1<sup>st</sup> & 3<sup>rd</sup> Tuesday, 3/5 & 3/19, 6 – 8 pm*  
An ongoing bi-monthly grief support.

**Gynecological Cancer Group:** *2<sup>nd</sup> Thursday, 3/14, 6 – 7:30 pm*  
A monthly support group for those diagnosed with gynecological cancers.

**Breast Cancer Group:** *3<sup>rd</sup> Thursday, 3/21, 6:30 – 8 pm*  
A monthly support group for breast cancer patients, survivors and family members.

## Children/Teen

Noogieland is for children/teens affected by cancer:

**Kid Support:** *Wednesdays, 6 – 8 pm*  
Peer group for ages 4-12.

**Noogie Nights:** *Wednesdays, 6 – 8 pm*  
Supervised playtime for young children.

**Teen Time:** *Wednesdays, 6 – 8 pm*  
A weekly group for teens ages 12 to 18.

## Social Events

**Breakfast Club:** *Fridays, 8:30 – 10:30 am*  
Members will enjoy a potluck style breakfast. Please bring a breakfast item to share.

**Remembrance Night:** *Tuesday, 3/26, 6 – 7:30 pm*  
Join us for a special evening to remember Gilda's Club members who have died. The evening will consist of a candle decorating activity and sharing of memories led by our Gilda's Club interns, Melissa and Nicole. Please come with memories to share with others in attendance.

## Camp Genesis – Save the Date!

Camp Genesis is a FREE camp for kids entering grades 4-9 affected by cancer in their family. Many of the children in families who have been affected by cancer are forced to grow up very quickly. During the week of Camp Genesis they will be able to forget about some of those responsibilities and be a kid again! Camp Genesis is a full week of camp including the full camp experience (swimming, canoeing, archery, etc.) along with groups focused on cancer with Gilda's Club staff.

**Camp Dates:** June 16 – June 21  
**Camp Readiness Dinner:** Tuesday, May 14, 6 – 7:30 pm  
**Mid-Week Parent Dinner at Genesis:** Wednesday, June 19, 6 – 7:30 pm

For more information or to apply for a spot, please visit [gildasclubqc.org/camp](http://gildasclubqc.org/camp). Please contact Kelly C with additional questions at 563.326.7504 or email [kcrafft@gildasclubqc.org](mailto:kcrafft@gildasclubqc.org)

## Educational Programs

**Lymphedema Workshop:** *Thursday, 3/7, 6:30 – 8 pm*  
Lymphedema is swelling that occurs in one of an individual's arms or legs. Lymphedema is most commonly caused by the removal or damage to an individual's lymph nodes as part of treatment for cancer. Workshop will include information on the lymphatic system, signs, symptoms, and risk factors for lymphedema, risk reduction strategies, and treatment interventions. Workshop will be facilitated by Beth Shelly, PT, DPT, WCS, BCB PMB.

**Cancer Transitions at UnityPoint Health – Trinity Moline:** *Tuesdays, Starting 3/19, 5:30 – 7:30 pm*  
Cancer Transitions is a free six-week workshop designed to help cancer survivors make the transition from active treatment to post-treatment care. Expert panelists include an oncology nurse navigator, dietitian, and physical therapist. Sessions will be held at the Trinity Cancer Center, 500 John Deere Road, Moline. Contact us at [anita@gildasclubqc.org](mailto:anita@gildasclubqc.org) or 563-326-7504 with questions and to enroll.

**From Cancer to Health™:** *Tuesdays, 10 – 11:30 am*  
Learn strategies to help manage stress, ways to lessen the impact of physical symptoms of cancer, and skills to cope with common problems faced by people with cancer. Residents of Iowa and portions of Illinois (Rock Island, Henry and Mercer counties) are also invited to join the series remotely using Zoom software. This secure video meeting software enables participants to utilize computers, tablets and smartphones to be part of the course. Contact us at [kelly@gildasclubqc.org](mailto:kelly@gildasclubqc.org) or 563-326-7504 for more information and to register.

## Healthy Lifestyle Activities

**Yoga:** *Mondays and Thursdays, 1:30 – 2:30 pm*  
Move with the breath while increasing your flexibility and strength; calming the mind, body, and spirit.

**Group Meditation:** *1<sup>st</sup> & 3<sup>rd</sup> Thursdays, 3/7 & 3/21, 12:30 – 1:15 pm*  
Join Angela Swanson of Cloud Nine Meditation for discussion and group meditation.

**Chair Yoga:** *Thursdays, 5:15 – 6 pm*  
Get Fit Where You Sit™ at by adapting traditional yoga poses to a chair.

**Clear the Clutter Club:** *4<sup>th</sup> Monday, 3/25, 12– 1 pm*  
This group is a casual meeting for sharing ideas, resources, and camaraderie.

**Six- Week Yoga Series at UnityPoint Health – Trinity Moline** *Tuesdays, 5:30– 6:30 pm*  
This six-week yoga series will include 4 sessions of Chair Yoga & 2 sessions of Traditional Yoga. Sessions are tailored to cancer patients in treatment, survivors, & those who have completed treatment. Sessions will be held at the Trinity Cancer Center, 500 John Deere Road, Moline. Facilitated by Kelly Hendershot, LVCYT.

## Clinton

**Wellness Group:** *2<sup>nd</sup> Tuesday, 3/12, 6:30 pm – 8 pm*  
Monthly support group at **Zion Lutheran Church** (439 3rd Avenue S) for adults with any type of cancer diagnosis. Members share thoughts, feelings, and experiences.

Program Manager Anita Shaft provides Outreach at Mercy Medical Radiation Oncology Center on Tuesday mornings.

Anita is also available to meet with new members at Mercy Medical Radiation Oncology Center on Tuesday mornings or by appointment.

To receive the latest support group, workshop and activity opportunities provided directly in Clinton, visit [gildasclubqc.org/clinton-mailing](http://gildasclubqc.org/clinton-mailing).

## Muscatine

**Stress Management Workshop:** *Saturday, 3/2, 1 – 3 pm*  
*Flickinger Learning Center (413 Mulberry Ave)*

Kelly Hendershot, LMSW will facilitate a workshop about managing stress. Learn about what causes us to stress, what happens in the body when stress occurs, common signs and symptoms of chronic stress, and some stress-busting tips. This workshop will also be broadcast via Facebook Live. Childcare will be available.

**Wellness Group:** *1<sup>st</sup> & 3<sup>rd</sup> Thursdays, 3/7 & 3/21, 6 – 8 pm*  
*First Presbyterian Church (401 Iowa Ave) Please use 4<sup>th</sup> St. entrance*  
Support group for adults with any type of cancer diagnosis. Members share thoughts, feelings, and experiences. Meets in 2<sup>nd</sup> floor Gathering Room.

**Chair Yoga:** *Thursdays, 10:30 – 11:30 am*  
*Iowa State University Extension & Outreach (1514 Isett Ave)*

Get Fit Where You Sit™ at by adapting traditional yoga poses to a chair. Perfect for those interested in trying yoga for the first time, or individuals who have been practicing yoga for years. Facilitated by Kelly Craft, LVCYT.

**Meditation Workshop:** *Monday, 3/11, 6 – 7:30 pm*  
*First Presbyterian Church (401 Iowa Ave) Please use 4<sup>th</sup> St. entrance*

Allison Castle, Holistic Health Coach, will walk participants through the basics of meditation, teach about several types of meditation, and how to integrate meditation into our daily lives. Allison will lead participants through some meditation.

**Creative Session: Air-Dry Clay:** *Thursday, 3/14, 5:30 – 7:30 pm*  
*Muscatine Art Center (1314 Mulberry Ave)*

QCA artist Brian Allen will lead us in an air-dry clay project. Air dry clay is clay that cures at room temperature instead of needing to go into a kiln. Living Proof Exhibit Creative Sessions receive support from UnityPoint Health — Trinity, Komen Greater Iowa, and the Pink Pajama Party.

## Muscatine 8-Week Mind, Body, Spirit Challenge

Anyone impacted by cancer is invited to join us in March and April of 2019 for various healthy lifestyle workshops and earn prizes! All workshops will include a Spanish interpreter.

Activities include a cancer support group, chair yoga, a stress management workshop, meditation, a Creative Session with Living Proof Exhibit, our annual Gilda's Run for Laughs, a Tai Chi/Lymphedema workshop, and a cutting sugar workshop with a cooking demonstration.

Participants who attend four unique events will earn a special challenge t-shirt, and participants who attend eight unique events will earn a Gilda's Club tumbler!

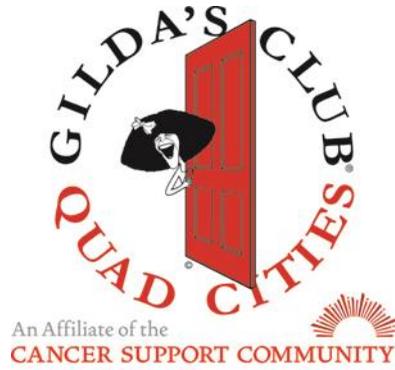
Visit [www.gildasclubqc.org/muscatinechallenge](http://www.gildasclubqc.org/muscatinechallenge) for more information, to enroll, and find information about each specific event.

This program is made possible by  
The Iowa Cancer Consortium &  
The Iowa Department of Public Health.



Iowa Cancer  
Consortium  
[www.cancer-iowa.org](http://www.cancer-iowa.org)

To receive the latest support group, workshop and activity opportunities provided directly in Muscatine, visit [gildasclubqc.org/muscatine-mailing](http://gildasclubqc.org/muscatine-mailing).



# Membership is Free and Easy!

Anyone impacted by cancer is eligible for membership. To join:

1. Call 563-326-7504 or email [kelly@gildasclubqc.org](mailto:kelly@gildasclubqc.org) to schedule appointment for a New Member Meeting.
2. Attend a New Member Meeting and complete the CancerSupportSource™ (CSS) on site or online.
3. Join us for any support group, program or activity!

**New Member Meeting:** One-time meeting to learn more about what Gilda's Club offers, tour the clubhouse and sign up for membership. New Member Meetings are held each month on the first Wednesday from 5 – 6 pm, third Thursday from 11:30 am – 12:30 pm or by appointment.

### Interested in Resources Personalized to Your Needs?

As part of our standard of care we are pleased to offer a nationwide program, CancerSupportSource™, an innovative online questionnaire designed to help you identify your specific personal needs that are unique to your experience. Based upon your Personal Support Care Plan™, Gilda's Club Program staff will help link you to important information and resources that will help to reduce the distress that cancer can often bring. Whether you were recently diagnosed, living with cancer for some time, or a caregiver this program can be very helpful.

### Open To Options™: Are you are facing a cancer treatment decision?

Open to Options™ helps you identify important questions about your treatment options based upon your personal needs. Available at no cost, this service will help you to better prepare for your upcoming appointment. Contact Anita or Kelly Craft at 563-326-7504 or by email at [anita@gildasclubqc.org](mailto:anita@gildasclubqc.org) or [kcraft@gildasclubqc.org](mailto:kcraft@gildasclubqc.org) with questions or to schedule your meeting.

**Pre-Registration:** Please register for activities you want to attend and cancel if you change your mind. Volunteers facilitate all workshops and lectures. We like to give them as much notice as possible regarding supplies needed and room set-up based on pre-registration. If food is involved, it is important for us to know how many to expect. Activities may be cancelled if we do not have enough people signed up, so please call ahead of time if you have not reserved a spot.

**When you (or your kids) are sick:** Please be considerate and stay home until you feel better when you have a contagious cold or flu, as this puts those with compromised immune systems at risk.

**Weather:** If the weather is bad please call ahead of time or check our Facebook page to see if the scheduled activity is still being held. Generally, we will follow suit with the community schools.

The mission of Gilda's Club Quad Cities is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

Free of charge, Gilda's Club Quad Cities provides support, education and hope to all people affected by cancer. As a Cancer Support Community affiliate, we are part of the largest employer of psychosocial oncology mental health professionals in the United States. Our global network brings the highest quality cancer support to the millions of people touched by cancer.

## April 2019 Member Activity Calendar

**TAKE  
ON** CANCER  
TOGETHER

JOIN. GIVE. ACT.

### Reservations:

Call 563-326-7504

Email [gc@gildasclubqc.org](mailto:gc@gildasclubqc.org)

Visit [gildasclubqc.org/calendar](http://gildasclubqc.org/calendar)

### Davenport Hours:

Monday 8:00 AM - 5:00 PM

Tuesday-Friday 8:00 AM - Last Scheduled Activity

Saturday/Sunday—Closed

1234 East River Drive

Davenport, IA 52803

### Muscatine Office Hours:

Thursdays 9:00 AM - 2:00 PM

1808 Mulberry Avenue, 3rd Floor,  
Senior Resources, Muscatine, IA 52761

563-263-7292 x109

### Clinton Office Hours:

Tuesday Mornings or By Appt.

Mercy Medical

Radiation Oncology Center

1410 N 4<sup>th</sup> St., Clinton, IA 52732

[gildasclubqc.org](http://gildasclubqc.org)

[facebook.com/GildasClubQC](https://www.facebook.com/GildasClubQC)

[twitter.com/GildasClubQC](https://twitter.com/GildasClubQC)

[instagram.com/GildasClubQC](https://www.instagram.com/GildasClubQC)

# Davenport April 2019

## Support Groups

Please attend a New Member Meeting before attending a group.  
Groups are facilitated by a licensed mental health professional.

**Wellness Groups:** *Tuesdays 1 – 3 pm; Wednesdays 6 – 8 pm*  
Weekly support groups for adults with any type of cancer diagnosis. Members share thoughts, feelings, and experiences.

**Family Group:** *Wednesdays, 6 – 8 pm*  
Weekly support group for family members and friends of those with any type of cancer diagnosis. Members share thoughts, feelings, and experiences. This is separate from the Wellness Group.

**Grief Connection:** *1<sup>st</sup> & 3<sup>rd</sup> Tuesday, 4/2 & 4/16, 6 – 8 pm*  
An ongoing bi-monthly grief support.

**Gynecological Cancer Group:** *2<sup>nd</sup> Thursday, 4/11, 6 – 7:30 pm*  
A monthly support group for those diagnosed with gynecological cancers.

**Breast Cancer Group:** *3<sup>rd</sup> Thursday, 4/18, 6:30 – 8 pm*  
A monthly support group for breast cancer patients, survivors and family members.

## Children/Teen

Noogieland is for children/teens affected by cancer:

**Kid Support:** *Wednesdays, 6 – 8 pm*  
Peer group for ages 4-12.

**Noogie Nights:** *Wednesdays, 6 – 8 pm*  
Supervised playtime for young children.

**Teen Time:** *Wednesdays, 6 – 8 pm*  
A weekly group for teens ages 12 to 18.

**Easter Egg Hunt:** *Saturday, 4/13, 11am – 1 pm*  
Bring the family to enjoy a meal and Easter Egg Hunt at our clubhouse!

## Social Events

**Breakfast Club:** *Fridays, 8:30 – 10:30 am*  
Members will enjoy a potluck style breakfast. Please bring a breakfast item to share.

### Camp Genesis – Applications Due 4/18!

Camp Genesis is a FREE camp for kids entering grades 4-9 affected by cancer in their family. Many of the children in families who have been affected by cancer are forced to grow up very quickly. During the week of Camp Genesis they will be able to forget about some of those responsibilities and be a kid again! Camp Genesis is a full week of camp including the full camp experience (swimming, canoeing, archery, etc.) along with groups focused on cancer with Gilda's Club staff.

**Applications Due:** April 18  
**Camp Dates:** June 16 – June 21  
**Camp Readiness Dinner:** Tuesday, May 14, 6 – 7:30 pm  
**Mid-Week Parent Dinner at Genesis:** Wednesday, June 19, 6 – 7:30 pm

For more information or to apply for a spot, please visit [gildasclubqc.org/camp](http://gildasclubqc.org/camp). Please contact Kelly C with additional questions at 563.326.7504 or email [kcrafft@gildasclubqc.org](mailto:kcrafft@gildasclubqc.org)

## Educational Programs

**Cancer Transitions at UnityPoint Health – Trinity Moline:** *Tuesdays, Ending 4/23, 5:30 – 7:30 pm*

Cancer Transitions is a free six-week workshop designed to help cancer survivors make the transition from active treatment to post-treatment care. Expert panelists include an oncology nurse navigator, dietitian, and physical therapist. Sessions will be held at the Trinity Cancer Center, 500 John Deere Road, Moline. Contact us at [anita@gildasclubqc.org](mailto:anita@gildasclubqc.org) or 563-326-7504 with questions and to enroll.

**Enhancing Connections:** *Wednesdays, 4/3 & 4/17, 6 pm – 8 pm*

This is available to parents within 12 months of diagnosis with early stage cancer (Stage 0-III) and addresses the challenges experienced in communicating to their child during treatment for cancer. Contact us at [anita@gildasclubqc.org](mailto:anita@gildasclubqc.org) or 563-326-7504 with questions and to enroll.

**From Cancer to Health™:** *Tuesdays, 10 – 11:30 am*

Learn strategies to help manage stress, ways to lessen the impact of physical symptoms of cancer, and skills to cope with common problems faced by people with cancer. Residents of Iowa and portions of Illinois (Rock Island, Henry and Mercer counties) are also invited to join the series remotely using Zoom software. This secure video meeting software enables participants to utilize computers, tablets and smartphones to be part of the course. Contact us at [kelly@gildasclubqc.org](mailto:kelly@gildasclubqc.org) or 563-326-7504 for more information and to register.

**Frankly Speaking About Cancer: Metastatic Breast Cancer:** *Tuesday, 4/9, Dinner at 5:30, Presentation from 6 – 7:30 pm*

Led by Dr. Chrsitina Sharis, MD, this free workshop offers information on the latest treatments for metastatic breast cancer. In addition to learning about treatment options and side effect management, patients and their loved ones will also learn about ways to cope with the social and emotional challenges of this diagnosis. Dinner include with RSPVP.

**Advocacy 101:** *Tuesday, 4/23, 6 – 8 pm*  
Have you wanted to be a cancer advocate but don't know how to get involved? Grant Cale, Bristol-Myers Squibb, will present regarding advocacy. He will explain what advocacy is, why it is important, and various ways to get involved.

**Nutrition Workshop:** *Tuesday, 4/30, 6 – 7:30 pm*  
Dr. Linger Jager, MD or Iowa Cancer Specialists and Dr. Kathleen Kaminski DC, CPT will join us for a nutritional workshop with cooking demo included. More specifics will be posted at [www.gildasclubqc.org](http://www.gildasclubqc.org) and via social media as they become available.

## Healthy Lifestyle Activities

**Yoga 4 Cancer:** *Mondays and Thursdays, 1:30 – 2:30 pm*  
Move with the breath while increasing your flexibility and strength; calming the mind, body, and spirit. All poses focus on the management of cancer treatment side effects.

**Group Meditation:** *1<sup>st</sup> & 3<sup>rd</sup> Thursdays, 4/4 & 4/18, 12:30 – 1:15 pm*  
Join Angela Swanson of Cloud Nine Meditation for discussion and group meditation.

**Yoga:** *1<sup>st</sup> & 3<sup>rd</sup> Thursdays, 4/4 & 4/18, 6:30 – 7:30 pm*  
Move with the breath while increasing your flexibility and strength; calming the mind, body, and spirit. Led by Alisha Keckler, Cardiac and Medical Yoga certified (RYT).

**Chair Yoga:** *Thursdays, 5:15 – 6 pm*  
Get Fit Where You Sit™ at by adapting traditional yoga poses to a chair.

**Clear the Clutter Club:** *4<sup>th</sup> Monday, 4/22, 12– 1:30 pm*  
This group is a casual meeting for sharing ideas, resources, and camaraderie.

### Fundraising Corner

For information on upcoming events, please call 563.326.7504 or visit <https://www.gildasclubqc.org/special-events/annual-events/>

## Muscatine

**Chair Yoga:** *Thursdays, 10:30 – 11:30 am*  
**Iowa State University Extension & Outreach (1514 Isett Ave)**

Get Fit Where You Sit™ at by adapting traditional yoga poses to a chair. Perfect for those interested in trying yoga for the first time, or individuals who have been practicing yoga for years. Facilitated by Kelly Craft, LVCYT.

**Wellness Group:** *1<sup>st</sup> & 3<sup>rd</sup> Thursdays, 4/4 & 4/18, 6 – 8 pm*  
**First Presbyterian Church (401 Iowa Ave) Please use 4<sup>th</sup> St. entrance**

Support group for adults with any type of cancer diagnosis. Members share thoughts, feelings, and experiences. Meets in 2<sup>nd</sup> floor Gathering Room.

**Nutrition Workshop: Cutting Sugar:** *Monday, 4/8, 6 – 7:30 pm*  
**First Presbyterian Church (401 Iowa Ave) Please use 4<sup>th</sup> St. entrance**

Allison Castle, Holistic Health Coach, will lead a workshop about how to cut sugar from our diets. This workshop will include information on sugar cravings, what they mean, the impact of sugar on the body, tips to reduce sugar intake, and information on artificial sweeteners and alternatives. Allison will also share a recipe and do a cooking demonstration!

**Tai Chi & Lymphedema Workshop:** *Monday, 4/22, 6 – 8 pm*  
**Musser Public Library (408 E. 2<sup>nd</sup> St.), Room 301 (3<sup>rd</sup> Floor)**

Caleen Pagel, Physical Therapist will facilitate a workshop on Tai Chi and Lymphedema. Caleen will present on the signs, symptoms, and risk factors of lymphedema. She will also talk about risk reduction strategies and treatment interventions. Caleen will also discuss how Tai Chi can reduce stress and help drain the lymphatic system. Participants are encouraged to join in a short Tai Chai exercise.

### Muscatine 8-Week Mind, Body, Spirit Challenge

Anyone impacted by cancer is invited to join us in March and April of 2019 for various healthy lifestyle workshops and earn prizes! All workshops will include a Spanish interpreter.

Upcoming activities include a cancer support group, chair yoga, our annual Gilda's Run for Laughs, a Tai Chi/Lymphedema workshop, and a cutting sugar workshop with a cooking demonstration.

Participants who attend four unique events will earn a special challenge t-shirt, and participants who attend eight unique events will earn a Gilda's Club tumbler!

Visit [www.gildasclubqc.org/muscatinechallenge](http://www.gildasclubqc.org/muscatinechallenge) for more information, to enroll, and find information about each specific event.

This program is made possible by  
The Iowa Cancer Consortium &  
The Iowa Department of Public Health.



Iowa Cancer  
Consortium

To receive the latest support group, workshop and activity opportunities provided directly in Muscatine, visit [gildasclubqc.org/muscatine-mailing](http://gildasclubqc.org/muscatine-mailing).

## Clinton

**Wellness Group:** *2<sup>nd</sup> Tuesday, 4/9, 6:30 pm – 8 pm*

Monthly support group at **Zion Lutheran Church** (439 3rd Avenue S) for adults with any type of cancer diagnosis. Members share thoughts, feelings, and experiences.

To receive the latest support group, workshop and activity opportunities provided directly in Clinton, visit [gildasclubqc.org/clinton-mailing](http://gildasclubqc.org/clinton-mailing).