



# Monthly Workshops



## January 2013

Reservations are required. Please call:

Daren Watson @ 718-245-8561 or Karen Ford @ 718-245-2843

### Gentle Seated Yoga Workshop

This workshop offers a supportive environment for members to learn and practice gentle chair-based yoga postures in an effort to connect with his/her body on the living-with-cancer journey.

**Wednesday, January 9, 2013 ; 1:30 - 3 pm**

Facilitator: Bonnie Glass, LCSW, RYT  
Kings County Hospital Cancer Center, C Building- 4<sup>th</sup> Floor (Red Door)

### Breathwork and Meditation Workshop

This workshop offers an opportunity for members to learn and practice breathing and meditation techniques in an effort to cultivate relaxation, calm and focus in daily life.

**Wednesday, January 16, 2013 ; 10-11:30am**

Facilitator: Bonnie Glass, LCSW, RYT  
Kings County Hospital Cancer Center, S building Basement or Cellar (Room # SC-S03 or SC-S04)

### **\*\*NEW!: Moving For Life: Gentle Aerobics**

Regain joy of movement and sense of well-being through a program combining music and exercise. This workshop may help manage the side-effects associated with cancer treatment and post-treatment issues, including fatigue, weakness, weight gain, depression, lymphedema, and joint or bone pain. Gentle Aerobics is designed to help relieve stress and improve range of motion by using the spine and energy centers to enhance energy flow.

**Thursday, January 24, 2013 ; 10 - 11:30 am**

Facilitator: Catherine Gross  
Kings County Hospital Cancer Center, C Building- 4<sup>th</sup> Floor (Red Door)

### **\*\* NEW!: Creative Expressions- Projects**

Art Projects provides the opportunity for you to express yourself creatively in different types of art medium using a variety of materials. Even if you have never painted before, come surprise yourself and see how creative you can be!

**Thursday, January 31, 2013 ; 10-11:30am**

Facilitator: Meera Gopalan, MSW  
Kings County Hospital Cancer Center, C Building- 4<sup>th</sup> Floor (Red Door)

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Gilda's Club New York City creates welcoming communities of free support for everyone living with cancer – men, women, teens and children – along with their families and friends. Our innovative program is an essential complement to medical care, providing networking and support groups, workshops, lectures and social activities, all free of charge.