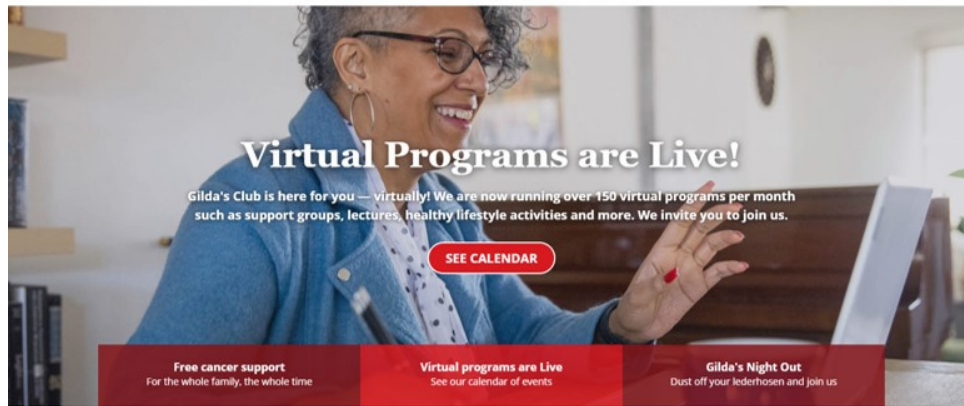




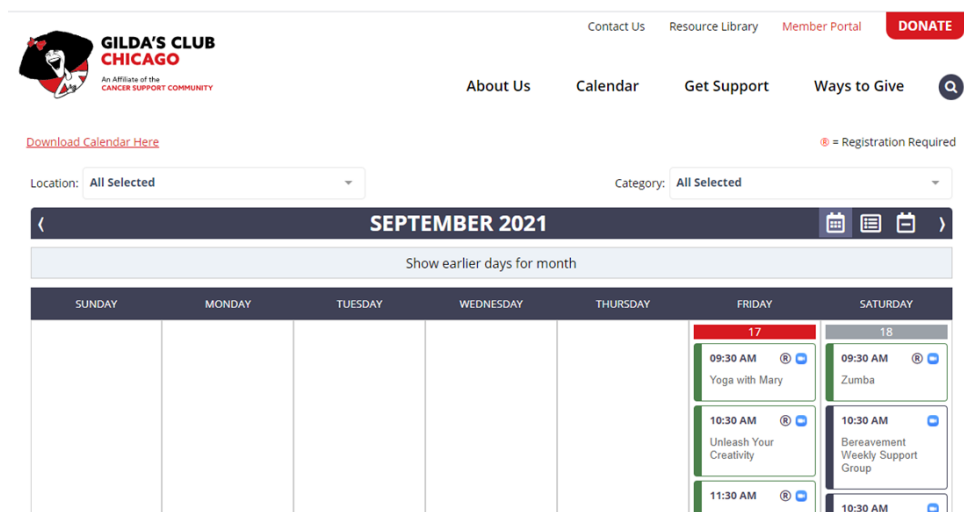
Empezar es Fácil con Gilda's Club Chicago



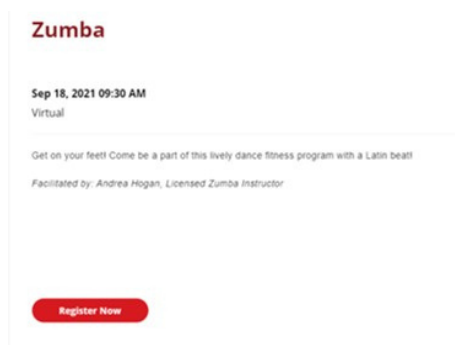
- 1) Visite el sitio web: www.GildasClubChicago.org
- 2) Haga clic en la pestaña “CALENDAR” para el calendario



- 3.) **Seleccione un evento** para leer su descripción



- 4) Haga clic en el botón “**Register now**” para inscribirse
- 5) Recibirá un correo electrónico de confirmación y un correo electrónico recordatorio la mañana de la actividad.



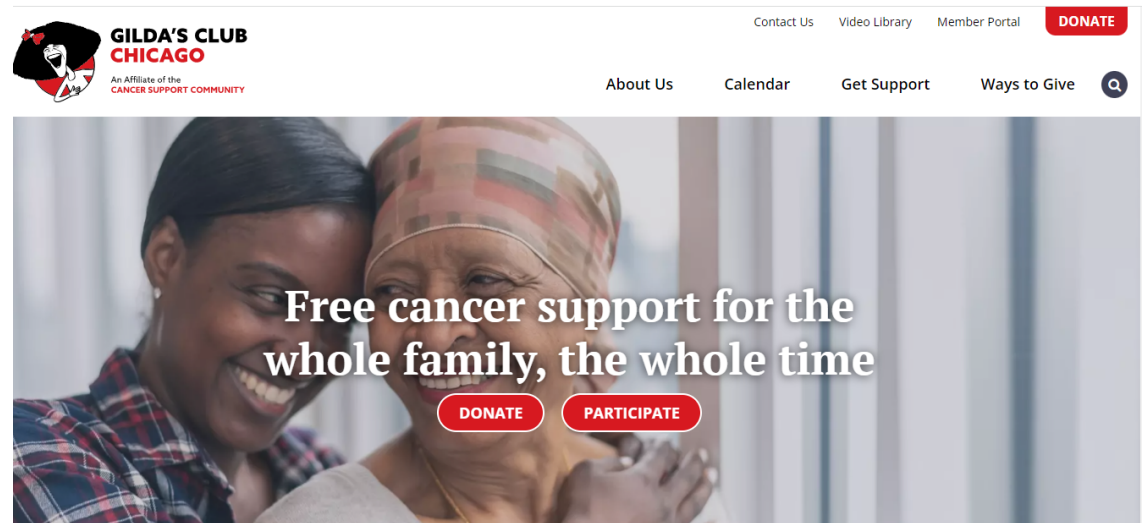


Empezar es Fácil con Gilda's Club Chicago



1) Visite el sitio web:
GildasClubChicago.org

2) Haga clic en la
pestaña “**CALENDAR**”



3.) **Seleccione un
evento para leer su
descripción.**

Location: All Selected Category: All Selected

JANUARY 2023

Show earlier days for month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	23 09:00 AM Hatha Yoga with Mary 10:00 AM Tai Chi with Leon 11:00 AM Chair Yoga with Diane 04:00 PM Zoom Improv (Zip! Zap! Zoom!) 05:30 PM	24 10:00 AM Tai Chi Chih with Deb 11:00 AM Gentle Yoga with Joan 12:30 PM Sit in Sound Meditation	25 09:30 AM Tai Chi with Leon 10:00 AM Coffee with Gilda Hybrid Presentation In-Person or Virtual 10:30 AM Gentle Yoga with Mary	26 08:30 AM All in One Yoga Practice 10:30 AM Celtic Mindfulness Sound Healing Meditation 11:00 AM Joulling 12:00 PM Living with Cancer Weekly Support Group	27 09:30 AM Yoga with Mary 10:30 AM Unleash Your Creativity 11:00 AM BeMoved! 11:00 AM	28 09:30 AM Zumba 10:30 AM Living with Cancer Weekly Support Group 11:00 AM Chair Yoga with Susan 12:00 PM Tai Chi 01:00 PM

4)) Haga clic en el botón
“**Register now**” para
inscribirse.

5) Recibirá un correo
electrónico de confirmación
y un correo electrónico
recordatorio la mañana de la
actividad.

Community Art with Sophie

Jan 25, 2023 01:00 PM
Virtual

This group has been evolving to focus on developing skills with a variety of art materials. We usually start with a bit of instruction, work for a while, and have an opportunity to share our art with one another at the end. These sessions offer a safe space for you to try being creative among a supportive community. We are willing to try out any kind of (affordable) art-making, so bring your ideas and a sense of adventure.

Facilitated by: Sophie Canade, LCPC, ATR

Register Now



Completa tu inscripción en el Portal del Miembro para mejorar tu experiencia en Gilda's Club para mejorar tu experiencia en Gilda's Club

6) Completa tu inscripción en el **Portal del Miembro**:

- Lleve un registro de sus próximas actividades
- Manténgase informado de las últimas noticias
- Recibir correos electrónicos y enlaces de zoom
- Incluir a los miembros de la familia que también quieran participar



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[About Us](#) [Calendar](#) [Get Support](#) [Ways to Give](#) 

Welcome Brad Most

Welcome to your new Gilda's Club Chicago member portal! Click on the calendar above to register for upcoming programming. Please use the links on the right to update your information including communication preferences and to review the activities you are currently registered for.

Register for Events

Your Upcoming Activities

Member Information

Contact Information

Family Information

Communication Preferences

Password Reset

Logout



An Affiliate of the
CANCER SUPPORT COMMUNITY

You can also visit the Gilda's Club website on your phone, by scanning your camera over this QR code.

