

## Gilda's Club North Texas April 2008 Highlights

### **The Healing Power of the Mind**

**Monday, April 7, 6:30-8 pm**

Thoughts are very powerful! They have a potent effect on our bodies and our state of health. Your thoughts may restrict how energy flows in your body, or they may help you to live a vibrant life. In this presentation, Tida Chambers will offer insights learned from the School of Metaphysics' 30 years of research into the mind/body connection. She will discuss the need to be aware of our mind's influence over our body, and how to tap into the healing power of the mind. Join us for this thought provoking presentation.

### **Creating Your Personal Roadmap**

**Thursday, April 17, 6:30-8 pm**

Have you identified your vision for the year, for this week or even for today? The key to turning our vision and intentions into reality is to map out our goals, yet less than 5% of us actually do this. Join Laura Sarna of Dallas Training and Consulting Services, Inc. for this fun, valuable presentation. Laura will facilitate the process of identifying where we have come from, where we are today, where we're headed, and how to also leave room for change. Leave energized, ready to create those future goals, and make them a reality!

### **GLBT Survival Tactics Series – GLBT Medical Care: Dealing with Doctors, Hospitals and Insurance**

**Thursday, April 24, 6-8 pm**

The third presentation in our GLBT Survival Tactics series explores how to locate GLBT friendly physicians, as well as what members of the GLBT community need to know when dealing with hospitals and insurance. Come and join us for this informative evening presentation planned specifically with the needs of the GLBT community in mind. Dinner will be served. Please RSVP to 214-219-8877.

### **5th Annual Presbyterian Hospital Breast Cancer Retreat - II**

**Saturday, April 26, 10 am-1:45 pm**

This second survivors' retreat will be for anyone who is two or more years into their survivorship. The focus of this retreat will be on the issues and challenges of long-term survivorship. This is a wonderful opportunity to connect, network and learn with other long-term survivors. Enjoy a delicious brunch followed by an Ask the Expert panel discussion with Becky Althaus, RN, PhD, CGC; Pat Slavich, RN, MSN; Gary Kimmel, MD and Lalan Wilfong, MD. The panel moderator will be Archana Ganaraj, MD. Wrap things up with Kathy LaTour, MFA, Editor-at-Large for Cure and Heal magazines, as she delivers her humorous and inspirational keynote address. Call 214-219-8877 for more information on signing up.

### **Healing Imagery for Wellness**

**Tuesday, April 29, 6:30-8 pm**

Join Ellen Chernoff Simon, MS, M.Ed., LPC, BCIAC, for this enlightening presentation on the use of mental imagery to promote well being and relaxation, and to enhance the body's ability to heal. Imagery is now recognized by the National Institute of Health as a safe and effective mind/body technique with applications in healing. Studies have shown that patients who use guided imagery prior to or during medical or surgical procedures experience significantly decreased anxiety and stress levels. Seeing is believing!

*The following event is open only to Gilda's Club MEMBERS and their guests.*

### **Gilda's Club North Texas 6th Birthday Celebration and Open House!**

**Tuesday, April 22, 10 am-8 pm**

It's celebration time! Join us for a fun-filled birthday bash as we celebrate Gilda's Club North Texas' milestone 6th Birthday. There'll be cake, champagne and much more! Come meet our amazing workshop facilitators, staff and board members. There will be lots of goodies to take home, including door prizes. We'll also have a slideshow highlighting Gilda's Club members and past events. Everyone is welcome! This event is sponsored by Dougherty's Pharmacy as part of their Prescription for Life series.