



LIVE It Up:

A Young Adult's Guide to Cancer Survivorship

Join us for a FREE interactive and fun series

A collaboration of the REACH Survivorship Clinic at Vanderbilt and Gilda's Club Nashville

February 22, 2010 **FOOD** *Make your own simple and tasty pizza*

March 1, 2010 **EXERCISE** *Hula Hooping! (don't worry...everyone will look silly)*

March 8, 2010 **STRESS MANAGEMENT** *Learn simple meditation techniques*

March 15, 2010 **MUSIC** *Exciting Rhythm Based Event and Drum Circle*

Mondays at 6:30 PM – 8:00 PM each week

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Gilda's Club Nashville 1707 Division Street Nashville, TN 37203

Reserve your spot by calling or emailing Megan at (615) 329-1124 or Megan@gildasclubnashville.org

Fun raffle prizes each week!



Vanderbilt-Ingram **Cancer Center**

