



**GILDA'S CLUB
METRO DETROIT**

An Affiliate of the
CANCER SUPPORT COMMUNITY

Oncology Professionals Wellness Retreat

Saturday, February 7th, 2026

9:30am - 1:30pm

Royal Oak Clubhouse

3517 Rochester Rd. Royal Oak MI 48073



Take a well-deserved pause to rest, reflect, and recharge at our Oncology Professionals Wellness Retreat. This restorative day offers opportunities to nurture both body and mind. Enjoy a gentle yoga session to release tension, a guided meditation to calm the mind, and expressive art therapy to explore creativity and renewal. A nourishing, healthy lunch will be provided as we connect in a supportive atmosphere that honors the compassion and resilience of oncology professionals. Leave feeling refreshed, grounded, and inspired to continue your vital work with renewed energy and balance.

THE DAY'S SCHEDULE:

+ 10am - 11am

Slow Flow Yoga- all abilities welcome

+ 11:45am - 12:30pm

Healthy Lunch

+ 11am - 11:45am

Guided Meditation

+ 12:30pm - 1:30pm

Art Therapy Project

CONTACT US

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📍 **FOUR LOCATIONS. ONE MISSION.**
Detroit - Grosse Pointe - Royal Oak - Virtual

To register
and view our
program calendar,
scan the code
to the right.



Gilda's Club Metro Detroit provides free social and emotional support to anyone impacted by cancer. We continue to build awareness of cancer support resources with existing community partners within the communities that we serve. We believe that Community Is Stronger Than Cancer.