



Healthy Lifestyles | Expressive Arts Improv for Life!

at Gilda's Club Twin Cities

DATE:

Wednesdays

TIME:

12:30-1:30pm

WITH:

Jenni Lilledahl

COST: FREE!

RSVP:

Program

@GildasClubTwinCities.org

or 612.227.2147

LOCATION:

GCTC Clubhouse

10560 Wayzata Boulevard

Minnetonka, MN 55305

(From 394 go North on Hopkins Crossroads; then right on North Frontage road—Wayzata Blvd)

A place where no one faces cancer alone.

All programs and services are offered at no cost.



Come for the fun, stay for the laughter! Join us for a dip into the art form of comedy improvisation, the very art form our namesake, Gilda Radner, considered part of her own healing journey. Everyone can improvise, and the Brave New Workshop's Jenni Lilledahl will show you how in a very safe, welcoming and supportive environment.

Each week will include easy improvisation warm-ups and games, discussion about how the mindset of improvisation can contribute to wellness and of course some laughter.

No experience necessary and all are welcome. Come once or every week.



Jenni Lilledahl is co-owner (with her husband John Sweeney) of the nation's longest running satirical comedy theatre, the Brave New Workshop (founded by Dudley Riggs). As a teacher and the executive director of the BNW's school, the BNW Student Union, Jenni's work has touched more than 10,000 students and she has endeavored the past 20+ years to bring the mindset and

tools of improvisation to as many people as possible. Jenni's own cancer journey (losing her sister to cancer in 1998 and later her father in 2013) was the inspiration for her to join two friends in raising the funds and friends to open Gilda's Club Twin Cities. As one of the co-founders of GCTC, Jenni will tell you that improvisation even played a role in bringing this very special Clubhouse to life.

Gilda's Club Twin Cities