

January 2023 Hirsch Arts & Wellness Programs

Bringing hope and healing through creativity.



Zentangle by Margaret

Welcome to Hirsch Wellness! Our caring community is here to empower cancer patients in treatment, survivors, and caregivers with self-expressive Arts and Wellness opportunities! Programs are offered **free of charge**, allowing all who participate to enjoy group activities that support their emotional and physical well-being, throughout the cancer journey and beyond. Classes are currently online, and a limited number are now in person. FOR MORE INFORMATION AND TO REGISTER ONLINE, go to **HirschWellnessNetwork.org**. We look forward to seeing you!

<p>Every Monday 6:15-7pm</p>	<p>Taiji-Qigong (online) with Bill Savage Learn the fundamentals of Taiji Qigong and meditation -- the gentle, slow movements allow anyone to participate and progress at their own pace. Bill Savage is certified by The Center for Taiji Studies, founded by Dr. Yang Yang, and welcomes all. Registration is required.</p>	
<p>Every Tuesday 4-5:15pm</p>	<p>Tuesdays at Triad Yoga (online) with Terry Brown Terry Brown of Triad Yoga is continuing his weekly Hirsch yoga and movement class online! Join this thriving community designed for cancer survivors and caregivers. Registration is required.</p>	
<p>Every Tuesday 6:15-6:45pm</p>	<p>Chair Qigong (online) with Bill Savage Taiji-Qigong instructor Bill Savage offers a weekly Chair Qigong class for those unable to stand at all, or for long periods of time. Benefits include improved respiratory, digestive, circulatory, and nervous systems, strengthened internal organs, and clearing of the acupuncture meridians. Registration is required.</p>	
<p>January 3 7-8pm</p>	<p>Breathworks for Anxiety and Pain (online) with Bev Vaughn Reduce stress, increase alertness, and boost your immune system with Breathworks, a program that blends both Eastern traditions and modern neuroscience and psychology. We will explore mindful techniques to reduce pain and anxiety. Registration is required.</p>	
<p>January 5 & 19 6-7:30pm</p>	<p>Awakened Heart, Awakened Mind (online) with Ash Poirier Join Ash Poirier for these evening sessions designed to introduce calm, reduce stress, improve sleep, instill happiness, and offer tools for emotional well-being and self care. Registration is required.</p>	
<p>January 6 1-2:30pm</p>	<p>Zentangle (online) with Michele Rieder Zentangling is the art of making simple marks on paper, that emerge into beautiful patterns and designs, while bringing a heightened state of calm, and relaxation for mind body and spirit! Register by December 23rd, 5pm for Art Supplies to be mailed.</p>	
<p>January 11 1-2:30pm</p>	<p>Perspectives: An Intro. To Drawing (online) with Alex Gaal Learn the fundamentals of drawing with point perspective to create the illusion of depth and space on paper to achieve a realistic work of art. No previous drawing experience is required for this class. Registration is required.</p>	
<p>January 12 1-2:30pm</p>	<p>Sakiori - The Japanese Art of Rag Weaving (online) with Jacqui Mehring Get inspired by the Japanese art of rag weaving! "Saki" means to tear or rip, and "Ori" means to weave. Repurpose your fabric scraps to weave a small bag or hanging. Register by Dec 29th, 5pm for Art Supplies to be mailed.</p>	

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<p>January 12 & 26 6-7pm</p>	<p><i>A Still Forest Pool - A Meditation Practice (online) with Ash Poirier</i> A Still Forest Pool is a twice monthly gathering for anyone interested in mindfulness meditation. We will begin with a short reading, followed by 35-45 minutes of guided meditation. All levels are welcome. Registration is required.</p>	
<p>January 12 6-7 pm</p>	<p><i>Release Tension: Neck, Shoulders, Upper Back (online) with Terry Brown</i> We carry a lot of tension in our neck and shoulders from day-to-day postural challenges and mental stress. This class combines the Melt Soft Roller and yoga postures to help relieve tightness and pain. All Levels. Registration is required.</p>	
<p>January 16 1-3pm</p>	<p><i>Mixed Media with Watercolor Paint & Markers (online) with Mavis Liggett</i> Explore your creativity with mixed media using watercolor and markers to create a unique painting. Mavis will offer watercolor painting techniques, drawing styles, and color schemes. Register by January 2nd, 5pm for Art Supplies to be mailed.</p>	
<p>January 17 7-8pm</p>	<p><i>Reiki Share & Meditation (online) with Bev Vaughn</i> In this ongoing exploration of Reiki energy, we will learn techniques, share Reiki, and experience a guided Reiki Meditation to relax and receive. Registration is required.</p>	
<p>January 18 1-2pm</p>	<p><i>Open Studio (online) with Bob Nordbruch</i> Stay connected, share creative projects, and learn new techniques from our featured artists. Gain inspiration and creative lessons from fine artist Bob Nordbruch. Registration is required.</p>	
<p>January 20 12-2pm</p>	<p><i>Truth? Courage? A Thinking & Writing Class (online) with Molly Haile</i> What values have shaped who you are today? What motivates you? We'll generate a list of values and will write to uncover the stories from our lives, especially childhood, that have helped form our core values. No writing experience needed. Registration is required.</p>	
<p>January 20 7-8:30pm</p>	<p><i>Sound Journey (in person) with Alexander Tuttle</i> Alexander Tuttle creates a healing sound journey with crystal and brass singing bowls, wind instruments, and drums. Bring a pillow, blanket, and Yoga mat to enjoy this unique healing experience. This session will be held in person at Revolution Mill's 1250 Gallery. Masks Required. Space is limited, registration is required.</p>	
<p>January 24 7-8pm</p>	<p><i>Huna Basics for Anxiety (online) with Bev Vaughn</i> Huna is the ancient Hawaiian energy therapy practice of replacing and releasing densities and blockages connected to anxiety and pain. You then replace what has been released with positive energy to help your body relax and heal itself. Registration is required.</p>	
<p>January 25 3:30-5pm</p>	<p><i>Stitch Club (online) with Jacqui Mehring & Vanessa McCormick</i> Join fiber artists Jacqui Mehring and Vanessa McCormick and bring your stitch, fiber and textile projects while enjoying inspiring conversation and time to receive technical advice if needed. Registration is required.</p>	
<p>January 31 7-8pm</p>	<p><i>EFT Tapping for Anxiety and Pain (online) with Bev Vaughn</i> Heal anxiety and pain with EFT tapping, a form of acupressure that works with the same energy meridians used in traditional acupuncture to treat physical and emotional ailments. Registration is required.</p>	

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Paper Quilling by Elaine

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<p>February 2, 16 6-7:30pm</p>	<p>Perceptions for Healing (online) with Éowyn Ahlstrom Helpful for both newcomers and experienced meditators, in this session we will explore simple ways to support yourself in the here and now. Join us as we discover together, through meditation and conversation, our tremendous inner human resources. Registration is required.</p>	
<p>February 3 1-2:30pm</p>	<p>Zentangle (online) with Michele Rieder Zentangling is the art of making simple marks on paper that emerge into beautiful patterns and designs, while bringing a heightened state of calm and relaxation for mind, body, and spirit! Register by January 20rd, 5pm for Art Supplies to be mailed.</p>	
<p>February 4 2-3:30pm</p>	<p>The Book of Your Journey (online) with Susanne Baker Join us to create a book using a basic Japanese binding technique with a variety of handmade papers, and document the journey of your life through words and illustrations. Register by January 20th, 5pm for Art Supplies to be mailed.</p>	
<p>February 6 1-3pm</p>	<p>Fine Art of Paper Quilling (online) with Mavis Liggett Paper quilling, or filigree, is a relaxing, meditative art form of twisting small strips of paper into unique and beautiful shapes. Join Mavis and create a unique heart ornament for Valentines Day. Register by January 23rd, 5pm for Art Supplies to be mailed.</p>	
<p>February 7 7-8pm</p>	<p>Breathworks for Anxiety and Pain (online) with Bev Vaughn Breathworks blends Eastern traditions, modern neuroscience, and psychology to reduce stress, increase alertness, and boost your immune system. We will explore techniques to reduce pain and anxiety. Registration is required.</p>	

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<p>February 9 1-2:30pm</p>	<p>Miniature Haitian Art Flags (online) with Jacqui Mehring Haitian Art flags are richly embroidered, sequined fabrics packed with symbols and references to Haitian culture. Inspired by this tradition, we will embroider our own personal symbols with sequins to create art flags. Register by January 26th, 5pm for Art Supplies to be mailed.</p>	
<p>February 9, 23 6-7pm</p>	<p>A Still Forest Pool - A Meditation Practice (online) A Still Forest Pool is a twice monthly gathering for anyone interested in mindfulness meditation. We will begin with a short reading, gentle guidance, or words of inspiration followed by guided meditation. All levels are welcome. Registration is required.</p>	
<p>February 9 6-7pm</p>	<p>Releasing Tension and Tightness in Inner Thighs (online) with Terry Brown Including inner thigh stretches in your exercise routine can help ease muscle tension in your legs and groin. Learn practices that can help prevent muscle strains, tears, and other injuries. Improve your balance and posture! All levels. Registration is required.</p>	
<p>February 13, 20 1-3pm</p>	<p>Storytelling with Photography (online) with Dave Dulaney In this two-session class, we will tell our stories through the power of photography! This will be a no-stress, fun class to share and learn from each other. No photo background required. Phone cameras and point-and-shoots are welcome. Registration is required. Must be able to attend both sessions. (2/13, 2/20)</p>	
<p>February 17 12-2pm</p>	<p>Why Do Poems Have Feet? A Poetry Class (online) with Molly Haile In this class we'll explore how poets use rhythm, meter, and sound to emphasize the meaning of their poems and to evoke emotion. We'll try out our new understanding with a few lines of our own. No writing experience needed. Registration is required.</p>	
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