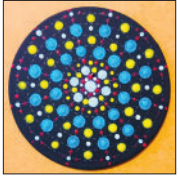


March 2023 Hirsch Arts & Wellness Programs



Mandala by Vanessa

Bringing hope and healing through creativity.

Welcome to Hirsch Wellness! Our caring community empowers cancer patients in treatment, survivors, and caregivers with self-expressive Arts and Wellness opportunities! Programs are **free of charge**, allowing all who participate to enjoy group activities that support their emotional and physical well-being. 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 Gentle, slow movements allow anyone to participate and progress at their own pace. Bill Savage is certified by The Center for Taiji Studies and welcomes all. Registration is required.</p>	
<p>Every Tuesday 4:30-5:30pm</p>	<p>Tuesdays at Triad Yoga (hybrid) with Terry Brown Terry Brown is now offering his Hirsch yoga and movement class in-person AND online! You can attend class at the Triad Yoga studio, or from home using Zoom. Registration is required.</p>	
<p>Every Tuesday 6:15-6:45pm</p>	<p>Chair Qigong (online) with Bill Savage This class is for those unable to stand at all, or for long periods of time. Benefits include improved respiratory, digestive, circulatory, and nervous systems. Registration is required.</p>	
<p>March 2 6-7:30pm</p>	<p>Awakened Heart, Awakened Mind (online) with Lauren Rubin Join guest meditation instructor Lauren Rubin for this class designed to reduce stress, improve sleep, and offer tools for emotional well-being. Registration is required.</p>	
<p>March 3 1-2:30pm</p>	<p>Zentangle (online) with Michele Rieder Make simple marks on paper that emerge into beautiful patterns, bringing a heightened state of calm and relaxation. Register by February 17th, 5pm, for art supplies to be mailed.</p>	
<p>March 4 2-3:30pm</p>	<p>The World of Decorative Papers (in person) with Susanne Baker Discover Suminagashi (serendipitous beauty), where ink floats on water, and pastepaper, which is like finger-painting for adults, to create paper art! Registration is required.</p>	
<p>March 6 1-2:30pm</p>	<p>Creative Immersion (online) with Krystal Hart Experience self-expressive "creative play" with artist Krystal Hart using different art materials on this journey of discovery! Register by February 20th, 5pm, for art supplies to be mailed.</p>	
<p>March 7 7-8pm</p>	<p>Huna Basics for Anxiety (online) with Bev Vaughn Huna is the ancient Hawaiian therapy of releasing blockages of energy connected to anxiety and pain and replacing them with positive, healing energy. Registration is required.</p>	
<p>March 8 1-2:30pm</p>	<p>Nature Drawing (in person) with Alex Gaal Capture the sounds, smells, and textures of the natural world using traditional drawing techniques. Create illustrations of nature using just a pen or pencil. Registration is required.</p>	
<p>March 9 1-2:30pm</p>	<p>Embroidered Pincushions (in person) with Jacqui Mehring In this relaxing workshop, make a small pincushion using felt, embroidery threads, and any embellishments! We provide a template and embroidery stitches. Registration is required.</p>	
<p>March 9, 23 6-7pm</p>	<p>A Still Forest Pool - A Meditation Practice (online) with Ash Poirier This twice monthly gathering begins with a short reading, gentle guidance, or words of inspiration, followed by guided meditation. All levels are welcome. Registration is required.</p>	

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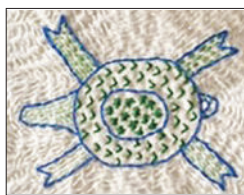
March 2023 Hirsch Arts & Wellness Programs

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<p>March 10 12-2pm</p>	<p><i>Play with Your Words! Meet Hermit Crab (online) with Molly Haile</i> Hermit crab writing “borrows” forms such as instruction manuals, recipes, or horoscopes to create something new! No writing experience needed. Registration is required.</p>	
<p>March 13 1-3pm</p>	<p><i>Meditation with Mantra, Mala Beads (in person) with Kim Kestersone Trone</i> Create a Mala beaded necklace with empowering seeds and gemstones from India. Learn a mantra and simple Sanskrit syllables to channel inner peace. Registration is required.</p>	
<p>March 15 6-7:30pm</p>	<p><i>Nature Drawing (online) with Alex Gaal</i> Alex is offering her Nature Drawing class online. In this class you will learn to observe and create illustrations of nature using just a pen or pencil. Registration is required.</p>	
<p>March 16 6-7:30pm</p>	<p><i>Awakened Heart, Awakened Mind (online) with Ash Poirier</i> Join Ash for this session 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>March 17 1-3:30pm</p>	<p><i>Miniature Prayer Flags (in person) with Mary Beth Boone</i> Create Tibetan prayer flags with stencil printed patterns. Designing, printing, and creating the flags is a healing process as we send energy out into the world! Registration is required.</p>	
<p>March 20 1-3pm</p>	<p><i>Dot Mandalas (online) with Mavis Liggett</i> Mandala comes from the Sanskrit word “Mandal” meaning circle. The art and practice of creating the mandala is a soothing ritual used as an expressive, meditative tool. Register by March 6th, 5pm, for Art Supplies to be mailed.</p>	
<p>March 21 7-8pm</p>	<p><i>Breathworks for Anxiety & Pain (online) with Bev Vaughn</i> Controlled breathing reduces stress, increases alertness and boosts your immune system. We will explore mindful techniques to reduce pain and anxiety. Registration is required.</p>	
<p>March 22 1-2pm</p>	<p><i>Open Studio (online) with Bob Nordbruch</i> Open Studio is our way of staying connected, sharing creative projects, and learning new techniques from our featured artists. Gain inspiration from fine artist Bob Nordbruch. Registration is required.</p>	
<p>March 23 6:45-8pm</p>	<p><i>Yoga Practices for Healthy Feet (hybrid) with Terry Brown</i> Learn exercises to keep your ankles and feet flexible and strong. All Levels. You can either attend class at the Triad Yoga studio or from home using Zoom. Registration is required.</p>	
<p>March 24 1-2:30pm</p>	<p><i>Beginner's Zentangle (online) with Michele Rieder</i> This class is exclusively for those who are new to Zentangle. Register by March 10th for Art Supplies to be mailed.</p>	
<p>March 28 7-8pm</p>	<p><i>EFT (Emotional Freedom Tapping) with Bev Vaughn</i> EFT is a practical self-help method that involves using the fingers to gently tap on the body's acupuncture points along the meridian lines to relieve anxiety and pain.</p>	
<p>March 29 3:30-5pm</p>	<p><i>Stitch Club (online) with Jacqui Mehring & Vanessa McCormick-Penn</i> Join fiber artists Jacqui and Vanessa and bring your textile projects while enjoying inspiring conversation and receiving technical advice if needed. Registration is required.</p>	

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NEW programs are added throughout the month. Visit us online at HirschWellnessNetwork.org

April 2023 Hirsch Arts & Wellness Programs



Kantha by Nicole

Bringing hope and healing through creativity.

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<p>Every Tuesday 4:30-5:30pm</p>	<p>Tuesdays at Triad Yoga (in person and online) with Terry Brown Terry Brown is now offering his Hirsch yoga and movement class in-person AND online! You can attend class at the Triad Yoga studio, or from home using Zoom. Registration is required.</p>	
<p>Every Tuesday 6:15-6:45pm</p>	<p>Chair Qigong (online) with Bill Savage This class is for those unable to stand at all, or for long periods of time. Benefits include improved respiratory, digestive, circulatory, and nervous systems. Registration is required.</p>	
<p>April 3 1-3pm</p>	<p>Painting with Watercolors (online) with Mavis Liggett Join artist Mavis Liggett and learn the techniques of using watercolor paint. Participants will work from an image and create a finished watercolor painting. Register by March 20th for Art Supplies to be mailed.</p>	
<p>April 4 7-8pm</p>	<p>Huna Basics for Anxiety (online) with Bev Vaughn Huna is the ancient Hawaiian therapy of releasing blockages of energy connected to anxiety and pain and replacing them with positive, healing energy. Registration is required.</p>	
<p>April 5 1-3pm</p>	<p>Creative Hands Open Studio (in person) with Dalene Johnson-Lowery Work on art projects you have started in a Hirsch class, or join Dalene in a Make 'N' Take project. "Come join me with an open mind and heart; you will leave with something you created." Registration is required.</p>	
<p>April 6 1-2:30pm</p>	<p>Nature Drawing (online) with Alex Gaal Learn to capture the sounds, smells, and textures of the natural world around you using traditional drawing techniques. Observe and create illustrations of nature using just a pen or pencil. Registration is required.</p>	
<p>April 6 6:45-8pm</p>	<p>Spine Satisfying Stretches (in person and online) with Terry Brown Join Terry to learn stretches that can offer some relief to back pain and tension almost immediately. Simple stretches, but very beneficial. All Levels. Registration is Required.</p>	
<p>April 6, 20 6-7:30pm</p>	<p>Awakened Heart, Awakened Mind (online) with Ash Poirier Join Ash for this session designed to introduce calm, reduce stress, improve sleep, instill happiness, and offer tools for emotional well-being and self care. Registration is required.</p>	

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<p>April 7 1-2:30pm</p>	<p><i>Zentangle (online) with Michele Rieder</i> 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 March 24th, 5pm for Art Supplies to be mailed.</p>	
<p>April 11 7-8pm</p>	<p><i>Reiki Share and Meditation (online) with Beverly 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>April 12 1-2:30pm</p>	<p><i>Kinetic Awareness (in person) with Jill Green</i> Learn to understand the language of the body and how we can listen to it. Emphasis is on awareness of and release of frozen or held tension. Registration is required</p>	
<p>April 13 11-12:30pm</p>	<p><i>Embellish with Three Little Stitches (in person) with Jacqui Mehring</i> Be inspired by the textures and patterns of nature to embroider designs and embellish clothes and accessories. In this class we will look at different designs in nature and explore three stitches- running stitch, seed stitch and arrow stitch. Registration is required.</p>	
<p>April 13, 27 6-7pm</p>	<p><i>A Still Forest Pool - A Meditation Practice (online) with Ash Poirier</i> This twice monthly gathering begins with a short reading, gentle guidance, or words of inspiration, followed by guided meditation. All levels are welcome. Registration is required.</p>	
<p>April 14 1-3pm</p>	<p><i>Expressive Arts (in person) with Betsy Bevin</i> Calling all interested in expressing through the arts! This class is about making art in many different forms from a place of curiosity, wonder and open heartedness. Using visual art, music, poetry, journaling, and movement, we will connect to the soul's vast creative potential. Registration is required.</p>	
<p>April 17 1-3pm</p>	<p><i>Painting with Oil (in person) with Mavis Liggett</i> Join artist Mavis Liggett and learn the techniques of painting with oil. Participants will work from an image and create a finished oil painting. Registration is required.</p>	
<p>April 19 1-2pm</p>	<p><i>Open Studio (online) with Bob Nordbruch</i> Open Studio is our way of staying connected, sharing creative projects, and learning new techniques from our featured artists. Gain inspiration and creative lessons from fine artist Bob Nordbruch. Registration is required.</p>	
<p>April 21 12-2pm</p>	<p><i>What to Remember When Waking (in person and online) with Molly Haile</i> What do you think (or daydream) about in that liminal space between sleeping and waking? Taking inspiration from David Whyte's poem "What to Remember When Waking," and from other writers and each other, we'll reflect and write about mornings, awakenings, and more. No writing experience needed. Registration is required.</p>	
<p>April 25 7-8pm</p>	<p><i>Breathworks for Anxiety & Pain (online) with Beverly Vaughn</i> Controlled breathing has been shown to reduce stress, increase alertness, and boost your immune system. In this session we will explore mindful techniques to reduce pain and anxiety, followed by a meditation practice. Registration is required.</p>	
<p>April 26 3:30-5pm</p>	<p><i>Stitch Club (online) with Jacqui Mehring & Vanessa McCormick-Penn</i> Join fiber artists Jacqui and Vanessa and bring your textile projects while enjoying inspiring conversation and receiving technical advice if needed. Registration is required.</p>	

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