

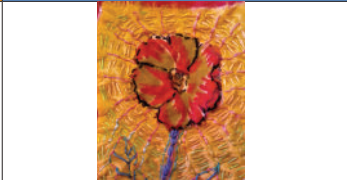




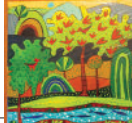





# September 2023 Hirsch Arts & Wellness Programs

*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 & Wellness opportunities! Visit us at [HirschWellnessNetwork.org](https://www.HirschWellnessNetwork.org) to view full descriptions and register for classes.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Zentangle (online) 1-2:30pm 	Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm
4 <b>LABOR DAY NO CLASSES</b>	5 Triad Yoga (online & in person) 4:30-5:30pm Chair Qigong (online) 6-6:30pm Breathworks (online) 7-8pm	6 Creative Hands (in person) 1-3pm 	7 Spontaneous Stitching (in person) 11am-12:30pm Awakened Heart, Awakened Mind (online) 6-7:30pm	8	9 Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm Paper Weaving (in person) 2-3:30pm
11 Taiji-Qigong (IN PERSON & ONLINE) 6-7pm Monday Meditation (online) 7:15-8pm	12 Triad Yoga (online & in person) 4:30-5:30pm Chair Qigong (online), 6-6:30pm	13 Nature Drawing (online) 1-2:30pm 	14 A Still Forest Pool (online) 6-7pm 	15 Marker Art (in person) 1-3pm 	16 Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm
18 Paper Flower Wall Hanging (in person) 11am-1pm Taiji-Qigong (IN PERSON & ONLINE) 6-7pm Monday Meditation (online) 7:15-8pm	19 Triad Yoga (online & in person) 4:30-5:30pm Chair Qigong (online) 6-6:30pm Reiki (online) 7-8pm	20 Open Studio with Bob Nordbruch (online) 1-2pm 	21 Metal Embossing (in person) 1-3pm Awakened Heart, Awakened Mind (online) 6-7:30pm	22 Plein Air (in person at Bicentennial Gardens) 10am-12 noon 	23 Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm 
25 Fiction Writing (online) 12-2pm Taiji-Qigong (IN PERSON & ONLINE) 6-7pm Monday Meditation (online) 7:15-8pm	26 Triad Yoga (online & in person) 4:30-5:30pm Chair Qigong (online) 6-6:30pm EFT Tapping (online) 7-8pm	27	28 A Still Forest Pool (online) 6-7pm Yoga in a Chair (online & in person) 6:45pm-8pm	29 (Rain Date for Plein Air Painting)	30 Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm

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REGISTER ONLINE: [HirschWellnessNetwork.org](https://HirschWellnessNetwork.org)

Wellness Classes - Registration is Required

Creativity Classes - Registration is Required

<p><b>Therapeutic Aquatics (in person) at Club Fitness – Oak Branch</b> Water is a natural healer, offering physical and emotional release. Guided aquatic sessions promote movement, muscle strengthening, and FUN!</p>	<p><b>Zentangle (online) with Michele Rieder</b> Zentangling is the art of making simple marks on paper, that emerge into beautiful patterns and designs! <b>Register by August 18</b>, noon for Art Supplies to be mailed.</p>
<p><b>Triad Yoga (in person &amp; online) with Terry Brown</b> Enjoy Terry's Hirsch yoga and movement class at the Triad Yoga studio or on Zoom!</p>	<p><b>Creative Hands (in person) with Dalene Johnson-Lowery</b> Join Dalene in a surprise Make 'N' Take project!</p>
<p><b>Chair Qigong (online) with Bill Savage</b> 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.</p>	<p><b>Spontaneous Stitching (in person) with Jacqui Mehring</b> Slow down and enjoy the process of stitching creating something beautiful! We will work with buttonhole stitch, seed stitch, and running stitch.</p>
<p><b>Breathworks for Anxiety and Pain (online) with Bev Vaughn</b> Controlled breathing has been shown to reduce stress, increase alertness and boost your immune system. Learn techniques to help reduce pain and anxiety.</p>	<p><b>Paper Weaving (in person) with Susanne Baker</b> Come learn this interesting form of collage! We will learn several paper weaving techniques to make a variety of flat and 3D images.</p>
<p><b>Awakened Heart, Awakened Mind (online) with Ash Poirier</b> This class is designed to reduce stress, improve sleep, and offer tools for emotional well-being. <i>There will occasionally be a practice leader rather than an instructor.</i></p>	<p><b>Nature Drawing (online) with Alex Gaal</b> Capture the natural world around you using traditional drawing techniques. Create illustrations of nature using just a pen or pencil.</p>
<p><b>NEW! Taiji-Qigong IN PERSON &amp; ONLINE with Bill Savage</b> Bill is now offering his Taiji-Qigong class in person at Hirsch (1250 Gallery) AND on Zoom! Gentle movements allow you to participate at your own pace.</p>	<p><b>Marker Arts (in person) with Betsy Bevan</b> Explore expressive arts through the use of colored markers and following your inner guidance!</p>
<p><b>Monday Meditation Drop-In (online) with Ash Poirier</b> This class offers a 35-minute meditation for experienced and inexperienced practitioners. <i>There will occasionally be a practice leader rather than an instructor.</i></p>	<p><b>Paper Flower Wall Hanging (in person) with Earline Wallace</b> Come join Earline for an afternoon of making fun and beautiful wall designs!</p>
<p><b>A Still Forest Pool - A Meditation Practice (online) with Ash Poirier</b> This twice monthly gathering begins with words of inspiration, followed by guided meditation. <i>There will occasionally be a practice leader rather than an instructor.</i></p>	<p><b>Open Studio with Bob Nordbruch (online)</b> Stay connected, share creative projects, and learn new techniques from fine artist Bob Nordbruch.</p>
<p><b>Reiki Share and Meditation (online) with Beverly Vaughn</b> Join Bev for this ongoing exploration of the Japanese technique of Reiki energy.</p>	<p><b>Metal Embossing (in person ) with Deveta Glenn</b> Learn the fine art of metal embossing by creating a raised design on aluminum with depth and volume!</p>
<p><b>Yoga in a Chair (in person &amp; online) with Terry Brown</b> A gentle practice for the tired and exhausted. Chair yoga can be practiced by anyone who needs a more therapeutic and restorative approach!</p>	<p><b>Painting en Plein Air (in person ) with Mavis Liggett</b> Learn the tips and techniques of Painting en Plein Air with Mavis as she takes her class outdoors to Bicentennial Gardens!</p>
<p><b>EFT Tapping (online) with Bev Vaughn</b> EFT (Emotional Freedom Technique) Tapping involves using the fingers to gently tap on the body's acupuncture points to relieve anxiety and pain.</p>	<p><b>Fiction Writing Studio: Generating Ideas (online) with Molly Haile</b> We'll discuss where fiction writers find inspiration, and we'll have fun drafting a first sentence for our own potential stories! No creative writing experience necessary.</p>