







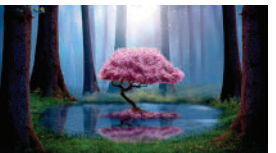



November 2023 Hirsch Arts & Wellness Programs

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
		Creative Hands: ¹ The White Ribbon Project (in person) 11am-1pm	Dyeing to Resist ² (in person) 11am-12:30pm Awakened Heart, Awakened Mind (online) 6-7:30pm	Zentangle (online) ³ 1-2:30pm 	⁴ Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm
Paper Flower Hanging ⁶ (in person) 11am-1pm Taiji-Qigong (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	Triad Yoga (in person & online) 4:30-5:30pm ⁷ Chair Qigong (online) 6-6:30pm Enneagram (online) 7-8pm	Nature Drawing ⁸ (online) 1-2:30pm 	A Still Forest Pool ⁹ (online) 6-7pm 	Integrating Contemplative Wellness ¹⁰ (online) 10:30-11:45am 	¹¹ Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm
Fiction Writing Studio ¹³ (online) 12-2pm Taiji-Qigong (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	Reiki I Certification ¹⁴ (in person) 10am-1:30pm Triad Yoga (in person & online) 4:30-5:30pm Chair Qigong (online), 6-6:30pm Reiki Share (online) 7-8pm	Open Studio with Bob Nordbruch (online) ¹⁵ 1-2pm 	Zentangle-Inspired Gems (in person) 1-3pm ¹⁶ Yoga: Throat Chakra (in person & online) 4-5:15pm Awakened Heart, Awakened Mind (online) 6-7:30pm	Writing Stories from Guided Imagery ¹⁷ (in person) 1-3pm 	¹⁸ Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm
Taiji-Qigong ²⁰ (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	Triad Yoga (in person ²¹ & online) 4:30-5:30pm Chair Qigong (online) 6-6:30pm EFT Tapping (online) 7-8pm	²² NO CLASSES Thanksgiving Break	²³ NO CLASSES Thanksgiving Break	²⁴ NO CLASSES Thanksgiving Break	²⁵ Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm
Taiji-Qigong ²⁷ (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	Triad Yoga (in person ²⁸ & online) 4:30-5:30pm Chair Qigong (online) 6-6:30pm Breathworks (online) 7-8pm	²⁹	A Still Forest Pool ³⁰ (online) 6-7pm 		

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REGISTER ONLINE: HirschWellnessNetwork.org

Wellness Classes - Registration is Required

Creativity Classes - Registration is Required

<p>Therapeutic Aquatics (in person) at Club Fitness – Oak Branch Water is a natural healer, offering physical and emotional release. Guided aquatic sessions promote movement, muscle strengthening, and FUN!</p>	<p>Creative Hands White Ribbon Project (in person) with Dalene J-Lowery Join us for a special project to highlight Lung Cancer Awareness Month. We will paint “white ribbons” to be signed by members of the Cone Health Cancer Board.</p>
<p>Taiji-Qigong IN PERSON & ONLINE with Bill Savage Gentle, meditative movements allow you to participate at your own pace.</p>	<p>Dyeing to Resist (in person) with Jacqui Mehring Create unique patterns by wrapping, stitching, and twisting fabric before dyeing it.</p>
<p>Monday Meditation Drop-In (online) with Ash Poirier 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>Zentangle (online) with Michele Rieder “Tangling” is the art of making simple marks on paper that emerge into beautiful designs! Register by October 20 if you need Art Supplies to be mailed to you.</p>
<p>Triad Yoga (in person & online) with Terry Brown Enjoy Terry’s Hirsch yoga and movement class at the Triad Yoga studio or on Zoom!</p>	<p>Paper Flower Wall Hanging (in person) with Earline Wallace Explore your creativity and join Earline for an afternoon of fun making wall hangings!</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.</p>	<p>Nature Drawing (online) with Alex Gaal Capture the natural world around you using traditional drawing techniques. Create illustrations of nature using just a pen or pencil.</p>
<p>Enneagram: Discover Your Type (online) with Bev Vaughn The enneagram is an ancient tradition that looks into your emotionally driven motivations. It consists of nine Types - join us in discovering your type!</p>	<p>Fiction Writing Studio: Conflict & Plot (online) with Molly Haile In real life, we prefer less conflict, but not in fiction! We’ll learn how writers create tension, and we’ll make trouble for our fictional characters! All levels welcome.</p>
<p>A Still Forest Pool - A Meditation Practice (online) with Ash Poirier 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>Open Studio with Bob Nordbruch (online) Chat and stay connected, share creative projects, and learn new techniques from fine artist Bob Nordbruch.</p>
<p>Integrating Contemplative Wellness (online) with Éowyn Ahlstrom Explore how to create your own journey to wellbeing through guided meditation, reflection, journaling, and sharing. Start moving in the direction of your heart.</p>	<p>Zentangle-Inspired Gems (in person) with Deveta Glenn Learn how to draw beautiful gemstones using colored pencils, surrounded and accented with Zentangle-inspired designs.</p>
<p>Reiki I Certification (in person) with Beverly Vaughn Learn the ancient energy practice to promote healing and earn a Reiki I certificate.</p>	<p>Once Upon a Time: Writing our Stories (in person) with Betsy Bevan Use guided imagery to craft new stories about your own life.</p>
<p>Yoga: The Throat Chakra (in person & online) with Terry Brown We will Learn throat opening asanas, mantras, and affirmations to balance the throat chakra and help us express our feelings and emotions with compassion.</p>	<p>EFT Tapping (online) with Beverly Vaughn 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>Awakened Heart, Awakened Mind (online) with Ash Poirier 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>Breathworks (online) with Beverly Vaughn 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>Reiki Share and Meditation (online) with Beverly Vaughn We start with a Reiki share; then experience a guided Reiki meditation to relieve stress.</p>	<p><i>Classes are Free of Charge for cancer patients in treatment, survivors, and caregivers. Email: Admin@HirschCenter.org Call: 336-209-0259</i></p>

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Quilled Snowflakes (in person) 1-3pm 4</p> <p>Taiji-Qigong (in person & online) 6-7pm</p> <p>Monday Meditation (online) 7:15-8pm</p>	<p>Fiction Writing Studio (online) 1-3pm 5</p> <p>Triad Yoga (in person & online) 4:30-5:30pm</p> <p>Chair Qigong (online) 6-6:30pm</p> <p>Enneagram (online) 7-8pm</p>	<p>Creative Hands (in person) 1-3pm 6</p>	<p>Felt Stars (in person) 11am-12:30pm 7</p> <p>Awakened Heart, Awakened Mind (online) 6-7:30pm</p>	<p>Zentangle (online) 1-2:30pm 1</p> <p>Fabric Hearts (in person) 1-3pm 8</p>	<p>Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm 2</p> <p>Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm 9</p>
<p>Taiji-Qigong (in person & online) 6-7pm 11</p> <p>Monday Meditation (online) 7:15-8pm</p>	<p>Felted Landscapes (in person) 1-3pm 12</p> <p>Triad Yoga (in person & online) 4:30-5:30pm</p> <p>Chair Qigong (online), 6-6:30pm</p> <p>Breathworks (online) 7-8pm</p>	<p>Nature Drawing (online) 1-2:30pm 13</p>	<p>Creative Immersion (in person) 11:30am-1pm 14</p> <p>Yoga: Free the Diaphragm (in person & online) 4-5:15pm</p> <p>A Still Forest Pool (online) 6-7pm</p>	<p>Touch Drawing (in person) 1-3pm 15</p>	<p>Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm 16</p>
<p>Taiji-Qigong (in person & online) 6-7pm 18</p> <p>Monday Meditation (online) 7:15-8pm</p>	<p>Triad Yoga (in person & online) 4:30-5:30pm 19</p> <p>Chair Qigong (online) 6-6:30pm</p> <p>Reiki (online) 7-8pm</p>	<p>Open Studio (online) 1-2pm 20</p>	<p>Awakened Heart, Awakened Mind (online) 6-7:30pm 21</p>	<p>22</p> <p>NO CLASSES</p>	<p>Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm 23</p>
<p>25</p> <p>NO CLASSES</p>	<p>Triad Yoga (in person & online) 4:30-5:30pm 26</p> <p>Chair Qigong (online) 6-6:30pm</p>	<p>Kinetic Awareness (in person) 1-2:30pm 27</p>	<p>A Still Forest Pool (online) 6-7pm 28</p>	<p>29</p> <p>NO CLASSES</p>	<p>Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm 30</p>

December 2023 Hirsch Arts & Wellness Programs

REGISTRATION REQUIRED - GO ONLINE: HirschWellnessNetwork.org

<p>Therapeutic Aquatics (in person) at Club Fitness – Oak Branch Water is a natural healer, offering physical and emotional release. Guided aquatic sessions promote movement, muscle strengthening, and FUN!</p>	<p>Zentangle (online) with Michele Rieder “Tangling” is the art of making simple marks on paper that emerge into beautiful designs! Register by November 17 if you need art supplies to be mailed to you.</p>
<p>Taiji-Qigong (in person & online) with Bill Savage Gentle, meditative movements allow you to participate at your own pace. Join the class in person at Hirsch Wellness or on Zoom.</p>	<p>Quilled Snowflakes (in person) with Mavis Liggett Paper quilling, or filigree, is a meditative art form of twisting small strips of paper into unique shapes. We will create a snowflake ornament for the season.</p>
<p>Monday Meditation Drop-In (online) with Ash Poirier 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>Fiction Writing Studio: Conflict & Plot (online) with Molly Haile In real life, we prefer less conflict, but not in fiction! We'll learn how writers create tension, and we'll make trouble for our fictional characters! All levels welcome.</p>
<p>Triad Yoga (in person & online) with Terry Brown Enjoy Terry's Hirsch yoga and movement class at the Triad Yoga studio or on Zoom!</p>	<p>Creative Hands (in person) with Dalene Johnson-Lowery Join Dalene for a surprise Make 'N' Take art project!</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.</p>	<p>“Hygge” and Winter Felt Stars (in person) with Jacqui Mehring “Hygge” in Danish means to find warmth and comfort in doing things like stitching with friends. We'll embroider felted stars to bring light into the cold winter nights.</p>
<p>Enneagram: Discover Your Type (online) with Bev Vaughn The enneagram is an ancient tradition that looks into your emotionally driven motivations. It consists of nine Types - join us in discovering your type!</p>	<p>Fabric Hearts (in person) with Mary Beth Boone Make beautiful sewn hearts embellished with embroidery, vintage buttons, and ribbons to give as gifts or hang as decorations. We'll talk, laugh, and create!</p>
<p>Awakened Heart, Awakened Mind (online) with Ash Poirier 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>Felted Landscapes (in person) with Deveta Glenn We will use dyed wool fiber, or roving, to learn the art of felting and create two-dimensional wool landscape “paintings.”</p>
<p>Breathworks (online) with Beverly Vaughn 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>Nature Drawing (online) with Alex Gaal Capture the natural world around you using traditional drawing techniques. Create illustrations of nature using just a pen or pencil.</p>
<p>Yoga: Free the Diaphragm (in person & online) with Terry Brown We will explore the tools available to help release tension in the diaphragm, allow for a more relaxed breath, and free the flow of prana. All levels welcome.</p>	<p>Creative Immersion (in person) with Krystal Hart Connect with yourself and others through creative play. We will use collage as the foundation inspiration for our expressive art process!</p>
<p>A Still Forest Pool - A Meditation Practice (online) with Ash Poirier 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>Touch Drawing (in person) with Betsy Bevan We will explore our own inner workings by moving our hands over paper placed on top of a surface of wet paint. What will be revealed?</p>
<p>Reiki Share and Meditation (online) with Beverly Vaughn Experience the Japanese technique of Reiki to relieve stress and promote healing.</p>	<p>Open Studio with Bob Nordbruch (online) Chat, stay connected, and share creative projects with fine artist Bob Nordbruch.</p>
<p>Kinetic Awareness (in person) with Jill Green Rubber balls placed under parts of the body massage muscles and release tension.</p>	<p><i>Classes are Free of Charge for cancer patients in treatment, survivors, and caregivers. Email: Admin@HirschCenter.org Call: 336-209-0259</i></p>