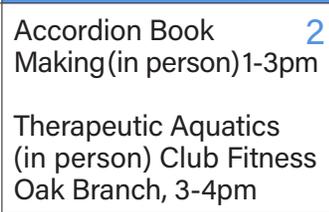


Bringing hope and healing through creativity.

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 to view full descriptions and register for classes.



	Tuesday		Thursday		Saturday
					
Taiji-Qigong (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	Happy Little Trees (in person) 10am-12pm Triad Yoga (in person & online) 4:30-5:30pm Chair Qigong (online) 6-6:30pm Reiki (online) 7-8pm	Creative Hands (in person) 1-3pm	Beginners' Knitting - Session 1 (in person) 10-11:30am Awakened Heart, Awakened Mind (online) 6-7:30pm	Zentangle (online) 1-2:30pm	Accordion Book Making (in person) 1-3pm Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm
Taiji-Qigong (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	Happy Little Trees (in person) 10am-12pm Triad Yoga (in person & online) 4:30-5:30pm Chair Qigong (online) 6-6:30pm Reiki (online) 7-8pm	Creative Hands (in person) 1-3pm	Beginners' Knitting - Session 1 (in person) 10-11:30am Awakened Heart, Awakened Mind (online) 6-7:30pm	No Classes	Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm
Sonic Portraits (in person) 11am-12:30pm Taiji-Qigong (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	Creative Exploration with Paint (in person) 1-3pm Triad Yoga (in person & online) 4:30-5:30pm Chair Qigong (online) 6-6:30pm EFT Tapping (online) 7-8pm	Nature Drawing (online) 1-2:30pm	Beginners' Knitting - Session 2 (in person) 10-11:30am A Still Forest Pool (online) 6-7pm	Flower of Life (in person) 12:30-2:30pm	Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm
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Cut Paper Collage (in person) 1-3pm Taiji-Qigong (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	Triad Yoga (in person & online) 4:30-5:30pm Chair Qigong (online) 6-6:30pm Breathworks (online) 7-8pm	Open Studio with Bob Nordbruch (in person) 1-2pm Creative Writing: Back to the Future! (online) 6-8pm	Beginners' Knitting - Session 3 (in person) 1-3pm Draw 3D Bubbles (in person) 1-3pm Awakened Heart, Awakened Mind (online) 6-7:30 pm	No Classes	Yoga for Knees & Ankles (in person & online) 12:30- 2pm Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm
Taiji-Qigong (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	Open Studio: Keep Going (in person) 1-3pm Triad Yoga (in person & online) 4:30-5:30pm Chair Qigong (online) 6-6:30pm	No Classes	A Still Forest Pool (online) 6-7pm	No Classes	Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm
Taiji-Qigong (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	Open Studio: Keep Going (in person) 1-3pm Triad Yoga (in person & online) 4:30-5:30pm Chair Qigong (online) 6-6:30pm	No Classes	A Still Forest Pool (online) 6-7pm	No Classes	Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm

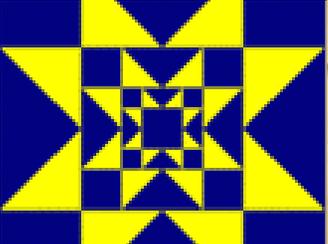
REGISTRATION REQUIRED - GO ONLINE: [HirschWellnessNetwork.org](https://www.HirschWellnessNetwork.org)

<p>Therapeutic Aquatics (in person) at Club Fitness – Oak Branch 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 February 19 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.</p>	<p>Accordion Book Making (in person) with Susanne Baker Create an accordion book that can be opened to display your photos and drawings.</p>
<p>Monday Meditation Drop-In (online) with Ash Poirier A shorter meditation for all levels. <i>There will occasionally be a practice leader.</i></p>	<p>Happy Little Trees (in person) with Warren Moses Experiment with a quick acrylic painting method similar to that of Bob Ross.</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>Beginners’ Knitting (in person, 3 sessions) with Terri “Xin” Roberson In this three-week series, we will knit a scarf and, along the way, explore pattern reading, casting on, four different stitch techniques, and casting off.</p>
<p>Reiki Share and Meditation (online) with Beverly Vaughn Experience the Japanese energy healing technique of Reiki to relieve stress and promote healing.</p>	<p>Sonic Portraits (in person) with Christian Patterson We will create a collage of sounds from TV, radio, and other audio recordings and explore storytelling through this medium. No music experience is required.</p>
<p>Awakened Heart, Awakened Mind (online) with Ash Poirier An ongoing exploration of mindfulness meditation that offers tools for emotional wellbeing and self care. <i>There will occasionally be a practice leader.</i></p>	<p>Creative Exploration with Paint (in person) with Bob Nordbruch Explore the process of creation through all the steps of inspiration, conceptualization planning, and painting with acrylics.</p>
<p>EFT Tapping Fundamentals (online) with Beverly Vaughn Gently tap on the body’s acupuncture points to relieve anxiety and pain.</p>	<p>Nature Drawing (online) with Alex Gaal Create illustrations of nature using traditional drawing techniques and a pen or pencil.</p>
<p>A Still Forest Pool - A Meditation Practice (online) with Ash Poirier A longer, focused meditation session. <i>Liz Reese will be a guest instructor on March 7.</i></p>	<p>Flower of Life Art Meditation (in person) with Betsy Bevan We will use watercolor pencils to color our own sacred geometric flower symbols!</p>
<p>Breathworks (online) with Beverly Vaughn Learn controlled breathing techniques to help reduce pain and anxiety.</p>	<p>Cut Paper Collage (in person) with Mavis Liggett Create fun, unique portraits of a cat or dog using collage materials and templates.</p>
<p>Yoga for Knees and Ankles (in person & online) with Terry Brown We will slowly move through postures and practices that will strengthen the knees and the correlating muscles, tendons, and joints in the ankles. All levels.</p>	<p>Open Studio (in person) with Bob Nordbruch Chat, share creative projects, and gain inspiration from fine artist Bob Nordbruch.</p>
<p>Open Studio: Keep Going (in person) with Dalene J-Lowery Bring a creative project you started in a Hirsch Wellness class to work on!</p>	<p>Creative Writing: Back to the Future! (online) with Molly Hailie We’ll have fun writing fiction or nonfiction stories (your choice) set in your favorite era! Learn how research can add texture. No writing experience needed.</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>	<p>Draw 3D Bubbles & Northern Lights (in person) with Deveta Glenn We’ll draw sparkly 3D bubbles and the Northern Lights/Aurora Borealis!</p>

Bringing hope and healing through creativity.

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	Tuesday		Thursday		Saturday
NO CLASSES	<p>1 Ukulele, Part 1 (in person) 2 1-2:30pm</p> <p>Triad Yoga (in person & online) 4:30-5:30pm</p> <p>Chair Qigong (online) 6-6:30pm</p>	<p>3 Creative Hands (in person) 1-3pm</p> 	<p>4 Mini Barn Quilts (in person) 11am-12:30pm</p> <p>Awakened Heart, Awakened Mind (online) 6-7:30pm</p>	<p>5 Zentangle (online) 1-2:30pm</p> 	<p>6 Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm</p>
<p>8 Creative Exploration with Paint (in person) 1-3pm</p> <p>Taiji-Qigong (in person & online) 6-7pm</p> <p>Monday Meditation (online) 7:15-8pm</p>	<p>9 Ukulele, Part 2 (in person) 1-2:30pm</p> <p>Triad Yoga (in person & online) 4:30-5:30pm</p> <p>Chair Qigong (online) 6-6:30pm</p> <p>Reiki (online) 7-8pm</p>	<p>10 Nature Drawing (online) 1-2:30pm</p> 	<p>11 Reiki II Certification, Part 1 (in person) 9:30am-1pm</p> <p>A Still Forest Pool (online) 6-7pm</p>	<p>12 Reiki II Certification, Part 2 (in person) 9:30am-1pm</p> 	<p>13 Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm</p>
<p>15 Taiji-Qigong (in person & online) 6-7pm</p> <p>Monday Meditation (online) 7:15-8pm</p>	<p>16 Ukulele, Part 3 (in person) 1-2:30pm</p> <p>Triad Yoga (in person & online) 4:30-5:30pm</p> <p>Chair Qigong (online) 6-6:30pm</p> <p>Huna (online) 7-8pm</p>	<p>17 Celebration of Spring (in person) 11am-12:30pm</p> <p>Open Studio with Bob Nordbruch (in person) 1-2pm</p>	<p>18 Folded Orbs (in person & online) 10-11:30am</p> <p>Awakened Heart, Awakened Mind (online) 6-7:30 pm</p>	<p>19 Gadgets + Color + Pattern = Prints! (in person) 1-3pm</p>	<p>20 Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm</p>
<p>22 Taiji-Qigong (in person & online) 6-7pm</p> <p>Monday Meditation (online) 7:15-8pm</p>	<p>23 Open Studio: Keep Going (in person) 1-3pm</p> <p>Triad Yoga (in person & online) 4:30-5:30pm</p> <p>Chair Qigong (online) 6-6:30pm</p> <p>EFT Tapping (online) 7-8pm</p>	<p>24</p> <p style="font-size: 24px;">NO CLASSES</p>	<p>25 Gelli Printing (in person) 1-3pm</p> <p>A Still Forest Pool (online) 6-7pm</p>	<p>26 Poetry of the Heart (in person) 1-3pm</p> 	<p>27 Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm</p>
<p>29 Taiji-Qigong (in person & online) 6-7pm</p> <p>Monday Meditation (online) 7:15-8pm</p>	<p>30 Ukulele, Part 4 (in person) 1-2:30pm</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>				

REGISTRATION REQUIRED - GO ONLINE: HirschWellnessNetwork.org

<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>Intro to Ukulele, 4 classes (in person) with Cathie "C.H." Holcombe In this four-class introductory series, you will learn real songs on one of the easiest instruments to play -- the ukulele! No experience necessary. Ukuleles provided.</p>
<p>Chair Qigong (online) with Bill Savage This class is for those unable to stand at all, or for long periods of time.</p>	<p>Creative Hands (in person) with Dalene Johnson-Lowery Join Dalene for a surprise Make 'N' Take art project!</p>
<p>Awakened Heart, Awakened Mind (online) with Ash Poirier An ongoing exploration of mindfulness meditation that offers tools for emotional wellbeing and self care. <i>There will occasionally be a practice leader.</i></p>	<p>Miniature Barn Quilts (in person) with Jacqui Mehring Create your own miniature barn quilt to display in your house, patio, or porch! We will draw a simple star pattern and paint our designs on wood.</p>
<p>Therapeutic Aquatics (in person) at Club Fitness – Oak Branch 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 March 25 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.</p>	<p>Creative Exploration with Paint (in person) with Bob Nordbruch Explore the process of creation through all the steps of inspiration, conceptualization, planning, and painting with acrylics.</p>
<p>Monday Meditation Drop-In (online) with Ash Poirier A shorter meditation for all levels. <i>There will occasionally be a practice leader.</i></p>	<p>Nature Drawing (online) with Alex Gaal Create illustrations of nature using traditional drawing techniques and a pen or pencil.</p>
<p>Reiki Share and Meditation (online) with Beverly Vaughn Experience the Japanese energy technique to relieve stress and promote healing.</p>	<p>Celebration of Spring (in person) with Catherine Crowder We'll talk about the hope of Spring and make a moss dish to represent new growth!</p>
<p>Reiki II Certification, 2 days (in person) with Beverly Vaughn This two-day workshop is for participants who have already completed Reiki Level One, either at Hirsch Wellness or with a different organization/lineage.</p>	<p>Open Studio (in person) with Bob Nordbruch Chat, share painting projects, and gain inspiration from fine artist Bob Nordbruch.</p>
<p>A Still Forest Pool - A Meditation Practice (online) with Ash Poirier A longer, focused meditation session. <i>There will occasionally be a practice leader.</i></p>	<p>Folded Orbs (in person & online) with Sarah Peickert As we craft beautiful folded orbs, we'll reflect and write down our insights!</p>
<p>Huna Basics for Anxiety (online) with Beverly Vaughn Huna is the ancient Hawaiian energy therapy practice of replacing and releasing the densities and blockages of energy connected to anxiety and pain.</p>	<p>Gadgets+Color+Pattern=Prints! (in person) with Mary Beth Boone We will use paints, found objects, and papers to create a small portfolio of lovely patterned and colorful prints!</p>
<p>EFT Tapping Fundamentals (online) with Beverly Vaughn We gently tap on the body's acupuncture points to relieve anxiety and pain.</p>	<p>Open Studio: Keep Going (in person) with Dalene J-Lowery Bring a creative project you started in a Hirsch Wellness class to work on!</p>
<p>Breathworks (online) with Beverly Vaughn Learn controlled breathing techniques to help reduce pain and anxiety.</p>	<p>Gelli Printing (in person) with Deveta Glenn Learn to make monoprints using gelli plates. With acrylic paints, stencils, and imagination you will create beautiful papers perfect for collage or book making.</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>	<p>Poetry of the Heart (in person) with Betsy Bevan We will write stories from our life experiences and with help from writing prompts. From there, we will create poems and visual art inspired by our poetry!</p>