




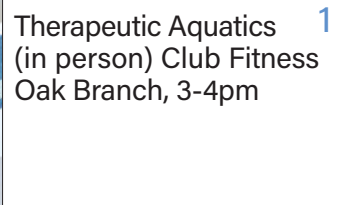



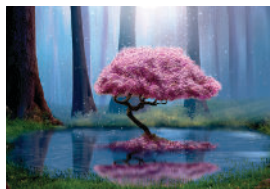



# June 2024 Hirsch Arts & Wellness Programs

*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](http://HirschWellnessNetwork.org) to view full descriptions and register for classes.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					
Taiji-Qigong (in person & online) 6-7pm <b>3</b> Monday Meditation (online) 7:15-8pm	Triad Yoga (in person & online) 4:30-5:30pm <b>4</b> Breathworks (online) 7-8pm	Creative Hands (in person) 1-3pm <b>5</b> 	Awakened Heart, Awakened Mind (online) 6-7:30 pm <b>6</b>	Zentangle (online) 7:1-2:30pm <b>7</b> 	Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm <b>1</b>
Happy Painting (in person) 1-3pm <b>10</b> Monday Meditation (online) 7:15-8pm	Triad Yoga (in person & online) 4:30-5:30pm <b>11</b> EFT Tapping (online) 7-8pm	Nature Drawing (online) 1-2:30pm <b>12</b>	Creative Writing: Story of a Shirt (online) 1-3pm <b>13</b> A Still Forest Pool (online) 6-7pm	NO CLASSES <b>14</b>	Yoga: MELT Method (in person & online) 12:30-2pm <b>15</b> Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm
Taiji-Qigong (in person & online) 6-7pm <b>17</b> Monday Meditation (online) 7:15-8pm	Blue Ceramic Vase (in person) 1-3pm <b>18</b> Triad Yoga (in person & online) 4:30-5:30pm Chair Qigong (online) 6-6:30pm Reiki (online) 7-8pm	Mini Zen Gardens (in person) 11am-12:30pm <b>19</b> 	Neurographic Art (in person) 1-3pm <b>20</b> Awakened Heart, Awakened Mind (online) 6-7:30pm	NO CLASSES <b>21</b>	Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm <b>22</b>
Taiji-Qigong (in person & online) 6-7pm <b>24</b> Monday Meditation (online) 7:15-8pm	Open Studio: Keep Going (in person) 1-3pm <b>25</b> Triad Yoga (in person & online) 4:30-5:30pm Chair Qigong (online) 6-6:30pm Enneagram (online) 7-8pm	NO CLASSES <b>26</b>	A Still Forest Pool (online) 6-7pm <b>27</b> 	Concertina Books (in person) 1-3pm <b>28</b>	Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm <b>29</b> 

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

<p><b>Therapeutic Aquatics (in person) at Club Fitness – Oak Branch</b> Guided aquatic sessions promote movement, muscle strengthening, and FUN!</p>	<p><b>Creative Hands (in person) with Dalene Johnson-Lowery</b> Join Dalene for a surprise Make 'N' Take art project!</p>
<p><b>Taiji-Qigong (in person &amp; online) with Bill Savage</b> Gentle, meditative movements allow you to participate at your own pace.</p>	<p><b>Zentangle (online) with Michele Rieder</b> "Tangling" is the art of making simple marks on paper that emerge into beautiful designs! <b>Register by May 24 if you need art supplies to be mailed to you.</b></p>
<p><b>Monday Meditation Drop-In (online) with Ash Poirier</b> A shorter meditation for all levels. <i>There will occasionally be a practice leader.</i></p>	<p><b>Happy Painting (in person) with Warren Moses, Jr.</b> We will paint in a quick acrylic painting method similar to that of Bob Ross!</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>Nature Drawing (online) with Alex Gaal</b> Create illustrations of nature using traditional drawing techniques and a pen or pencil.</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.</p>	<p><b>Creative Writing: The Story of a Shirt (in person) with Molly Haile</b> What article of clothing have you had the longest? What stories could it tell? We'll write about the clothes that hold our memories. No creative writing experience necessary.</p>
<p><b>Breathworks (online) with Beverly Vaughn</b> Learn controlled breathing techniques to help reduce pain and anxiety.</p>	<p><b>Make a Blue Ceramic Vase (in person) with Susan Ridenour</b> We'll make blue glazed vases using a pinching technique to hold your summer flowers! Vases will be dried and glazed in Susan's studio and retrieved a few weeks later.</p>
<p><b>Awakened Heart, Awakened Mind (online) with Ash Poirier</b> 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><b>Miniature Zen Gardens (in person) with Catherine Crowder</b> We will create tiny Zen gardens and explore ways to be mindful with the natural world.</p>
<p><b>EFT Tapping Fundamentals (online) with Beverly Vaughn</b> We gently tap on the body's acupuncture points to relieve anxiety and pain.</p>	<p><b>Neurographic Art (in person) with Deveta Glenn</b> We'll use a meditative drawing process, combining psychology and art!</p>
<p><b>A Still Forest Pool - A Meditation Practice (online) with Ash Poirier</b> A longer, focused meditation session. <i>There will occasionally be a practice leader.</i></p>	<p><b>Open Studio: Keep Going (in person) with Dalene J-Lowery</b> Bring a creative project you started in a Hirsch Wellness class to work on!</p>
<p><b>Triad Yoga: MELT Method (in person &amp; online) with Terry Brown</b> We use the MELT Method Soft Roller and the MELT Method Hand and Foot Treatments and combine them into a full body practice! All levels welcome.</p>	<p><b>Collaged Concertina Books (in person) with Mary Beth Boone</b> Learn different folding techniques and combine images, shapes, and colors to create beautiful concertina books and a special wrap for them.</p>
<p><b>Reiki Share and Meditation (online) with Beverly Vaughn</b> Experience the Japanese energy technique to relieve stress and promote healing.</p>	<p><i>Classes are Free of Charge for cancer patients in treatment, survivors, and caregivers.</i> <b>Email: <a href="mailto:Admin@HirschCenter.org">Admin@HirschCenter.org</a> Call: 336-209-0259</b></p>
<p><b>Enneagram: Discover Your Type (online) with Beverly Vaughn</b> The Enneagram is a tool that looks into your emotionally driven motivations. This helps you to not react to situations, but instead to respond in a healthier manner.</p>	