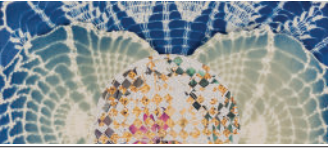








# July 2024 Hirsch Arts & Wellness Programs

*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 Monday Meditation (online) 7:15-8pm	Triad Yoga (in person & online) 4:30-5:30pm Chair Qigong (online) 6-6:30pm	Creative Hands (in person) 1-3pm	NO CLASSES	Zentangle (online) 1-2:30pm	Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm
Happy Painting (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	Cyanotypes (in person) 1-3pm 	A Still Forest Pool (online) 6-7pm 	Watercolors for Beginners (in person) 1-3pm 	Papermaking (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	Triad Yoga (in person & online) 4:30-5:30pm Chair Qigong (online) 6-6:30pm	Bringing Your Story to Life (in person) 1-3pm 	Awakened Heart, Awakened Mind (online) 6-7:30pm 	Nature Drawing (online) 1-2:30pm 	Nutcracker Intro to Hip-Hop FOR TEENS (in person) 1-2pm Nutcracker Intro to Ballet FOR ADULTS (in person) 1-2pm Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm
Taiji-Qigong (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	Hirsch Wellness Open Studio (in person) 1-3pm Triad Yoga (in person & online) 4:30-5:30pm Chair Qigong (online) 6-6:30pm Huna Basics (online) 7-8pm	Poetry Alchemy Studio (in person) 1-3pm 	A Still Forest Pool (online) 6-7pm	Creating Your Own Art Journal (in person) 1-3pm	KIDS WITH ADULTS Creative Sweet Treats (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	Triad Yoga (in person & online) 4:30-5:30pm Chair Qigong (online) 6-6:30pm Reiki (online) 7-8pm	Weaving Winter (in person) 1-3pm			

Classes are Free of Charge for cancer patients in treatment, survivors, and caregivers. Email: [Admin@HirschCenter.org](mailto:Admin@HirschCenter.org) Call: 336-209-0259

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

<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>Creative Hands (in person) with Dalene Johnson-Lowery</b> Join Dalene for a surprise Make 'N' Take art project!</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>Zentangle (online) with Michele Rieder</b> "Tangling" is the art of making simple marks on paper that emerge into beautiful designs! <b>Register by June 24 if you need art supplies to be mailed to you.</b></p>
<p><b>Triad Yoga (in person &amp; online) with Terry Brown</b> Enjoy Terry's yoga and movement class at the Triad Yoga studio or on Zoom!</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>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>Cyanotypes (in person) with Tricia Drummond</b> Create a beautiful image using a photographic process first developed in 1842! We will use cut shapes, lace, ephemera, or plants to compose our "photograms."</p>
<p><b>Therapeutic Aquatics (in person) at Club Fitness – Oak Branch</b> Guided aquatic sessions promote movement, muscle strengthening, and FUN!</p>	<p><b>Watercolor Workshop for Beginners (in person) with Mavis Liggett</b> This workshop will explore a variety of watercolor painting techniques!</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>Papermaking (in person) with Susanne Baker</b> Learn how to form sheets of paper and use pulp painting techniques to decorate.</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>Bringing Your Story to Life (in person) with Kim Cuny</b> This class will give you the tools and confidence to craft a short, captivating story!</p>
<p><b>Nutcracker Intro. to Hip Hop for TEENS (in person) with Dom Alexis</b> An introduction to Hip-Hop dancing for <b>ages 12-18</b>, to be held at Greensboro Ballet inside the Greensboro Cultural Center. No experience is necessary!</p>	<p><b>Nature Drawing for Beginners (online) with Alex Gaal</b> Create illustrations of nature using guided, step-by-step traditional drawing techniques and a pen or pencil. No drawing experience is necessary!</p>
<p><b>Nutcracker Intro. to Ballet for ADULTS (in person)</b> This adults' beginner class will also be held at Greensboro Ballet (at the same time as the Teen class). Male and female students are welcome, no experience is necessary!</p>	<p><b>Hirsch Wellness Open Studio (in person)</b> Bring a creative project you started in a Hirsch Wellness class to work on!</p>
<p><b>Huna Basics for Anxiety (online) with Bev Vaughn</b> Release energy densities and blockages and replace them with healing energy!</p>	<p><b>Poetry Alchemy (in person) with Molly Haile</b> We'll combine words, phrases, and images in playful and unexpected ways to help you find inspiration for poetry (or stories). No writing experience necessary.</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><b>Creating Your Own Art Journal (in person) with Deveta Glenn</b> Using the tools of collage, let's turn an old book into a personal art journal!</p>
<p><i>Classes are FREE 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>KIDS WITH ADULTS Creative Sweet Treats (in person) with Kelly Joel</b> <b>This class is for one adult with one child, ages 7-16.</b> Together, learn the basics of decorating with frosting, piping bags, and candy! Enjoy a treat and take some home!</p>
	<p><b>Weaving Winter in July (in person) with Connie Dellinger-Brooks</b> Using bamboo reed, we will learn basic weaving techniques to create a decoration that you can enjoy year-round! No experience necessary.</p>