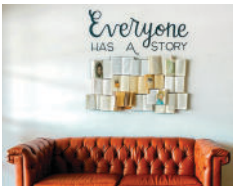









October 2024 Hirsch Arts & Wellness Programs

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Creative Exploration with Paint (in person) 1-3pm 1</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>Writing into Storytelling (in person) 1-3pm 2</p> 	<p>Awakened Heart, Awakened Mind (online) 6-7:30pm 3</p> 	<p>Zentangle (online) 1-2:30pm 4</p> 	<p>Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm 5</p>
<p>Taiji-Qigong (in person & online) 6-7pm 7</p> <p>Monday Meditation (online) 7:15-8pm</p>	<p>Triad Yoga (in person & online) 4:30-5:30pm 8</p> <p>Chair Qigong (online) 6-6:30pm</p> <p>EFT Tapping (online) 7-8pm</p>	<p>Woven Ornaments (in person) 1-3pm 9</p> 	<p>Introduction to Perspective Drawing (online) 1-2:30pm 10</p> <p>A Still Forest Pool (online) 6-7pm</p>	<p>Fall Wreaths (in person) 1:30-3:30pm 11</p>	<p>Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm 12</p>
<p>Happy Painting (in person) 1-3pm 14</p> <p>Taiji-Qigong (in person & online) 6-7pm</p> <p>Monday Meditation (online) 7:15-8pm</p>	<p>Triad Yoga (in person & online) 4:30-5:30pm 15</p> <p>Chair Qigong (online) 6-6:30pm</p>	<p>Open Studio with Bob Nordbruch (in person), 1-2pm 16</p> 	<p>Awakened Heart, Awakened Mind (online) 6-7:30pm 17</p>	<p>"How-To Guides" (online) 1-3pm 18</p> 	<p>Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm 19</p>
<p>Taiji-Qigong (in person & online) 6-7pm 21</p> <p>Monday Meditation (online) 7:15-8pm</p>	<p>Hirsch Wellness Open Studio (in person) 1-3pm 22</p> <p>Triad Yoga (in person & online) 4:30-5:30pm</p> <p>Chair Qigong (online) 6-6:30pm</p>	<p>Zanshi Weaving (in person) 11am-12:30pm 23</p>	<p>Zentangle Pumpkins (in person) 1-3pm 24</p> <p>A Still Forest Pool (online) 6-7pm</p>	<p>Japanese Letter Fold (in person) 1-3pm 25</p>	<p>Therapeutic Aquatics (in person) Club Fitness Oak Branch, 3-4pm 26</p>
<p>Taiji-Qigong (in person & online) 6-7pm 28</p> <p>Monday Meditation (online) 7:15-8pm</p>	<p>The Color of Fall (in person) 1-3pm 29</p> <p>Triad Yoga (in person & online) 4:30-5:30pm</p> <p>Chair Qigong (online) 6-6:30pm</p> <p>Reiki Share (online) 7-8pm</p>	<p>Gourmet Caramel Apples (in person) 1-3pm 30</p> 	<p>31</p> <p>HALLOWEEN NO CLASSES</p>		

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REGISTRATION REQUIRED - GO ONLINE: HirschWellnessNetwork.org

<p>Triad Yoga (in person & online) with Terry Brown Enjoy Terry's yoga and movement class at the Triad Yoga studio or on Zoom!</p>	<p>Creative Exploration with Paint (in person) with Bob Nordbruch Join us for some fun, exploration, and learning with acrylic paints! All levels.</p>
<p>Chair Qigong (online) with Bill Savage Experience the health benefits Taiji-Qigong in a supportive, seated position. This class is for those unable to stand at all, or for long periods of time.</p>	<p>Transform Your Writing Into Storytelling (in person) with Kim Cuny Bring a sample of your writing and learn to transform your words into powerful and engaging oral storytelling in this interactive workshop!</p>
<p>Breathworks, Mindfulness for Anxiety & Pain (online) with Bev Vaughn Breathworks blends Eastern traditions and modern neuroscience and psychology; it has been shown to reduce stress and boost your immune system.</p>	<p>Zentangle (online) with Michele Rieder "Tangling" is the art of making simple marks on paper that emerge into beautiful designs! Let us know by Sept. 23 if you need art supplies to be mailed to you.</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>Woven Ornaments (in person) with Connie Dellinger-Brooks We will create bell ornaments out of bamboo reeds using simple basket weaving techniques. No experience is necessary.</p>
<p>Therapeutic Aquatics (in person) at Club Fitness – Oak Branch Guided aquatic sessions promote movement, muscle strengthening, and FUN!</p>	<p>Perspective Drawing for Beginners (online) with Alex Gaal Learn how to use lines and vanishing points to create the illusion of space on paper!</p>
<p>Taiji-Qigong (in person & online) with Bill Savage Gentle, meditative movements allow you to participate at your own pace.</p>	<p>Fall Wreaths (in person) with Beverly Vaughn We will use grapevine forms to create colorful autumn wreaths!</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 Painting (in person) with Warren Moses, Jr. Learn to paint in a quick acrylic painting method similar to that of Bob Ross!</p>
<p>EFT Tapping (online) with Beverly Vaughn EFT (Emotional Freedom Technique) Tapping involves using the fingers to gently tap the body's acupuncture points along the meridian lines to relieve anxiety and pain.</p>	<p>Open Studio (in person) with Bob Nordbruch Bring your painting project(s) and gain inspiration from Bob and fellow Hirsch participants and enjoy a relaxed time of conversation and art!</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>How-To Guides (online) with Molly Haile How to ... heal a broken heart. How to make the perfect cup of tea. What how-to guide would you like to write? We'll create guides for serious and silly topics!</p>
<p>Reiki Share & Meditation (online) with Bev Vaughn Experience the Japanese energy technique to relieve stress and promote healing.</p>	<p>Hirsch Wellness Open Studio (in person) Bring a creative project (or two!) you've started in Hirsch Wellness classes to work on in a friendly community setting!</p>
<p>The Color of Fall (in person) with Catherine Crowder The rich colors of Fall evoke a sense of warmth and change. Come and join in discussions, a demonstration, and activities related to this season of transition!</p>	<p>Zanshi: Weaving with Leftovers (in person) with Jacqui Mehring "Zanshi" is the Japanese word for "vestige" or "leftover." We will tie together vestige threads to weave a Zanshi design! Feel free to bring leftovers from your yarn stash!</p>
<p>Gourmet Caramel Apples (in person) with Kelly Joel Join Kelly for an afternoon of candy-coated fun, creating sweet and spooky treats!</p>	<p>Zentangle-Style Pumpkins! (in person) with Deveta Glenn Let's celebrate Fall by drawing Zentangle designs on our own pumpkins!</p>
<p>Japanese Letter Fold (in person) with Mary Beth Boone We'll explore ways to make books and cards simply by folding and cutting paper and will create a "sweet suite" of books that may be given as gifts!</p>	

Classes are FREE for cancer patients in treatment, survivors, and caregivers.

Email: Admin@HirschCenter.org Call: 336-209-0259