



Welcome to Hirsch Wellness! Our caring community empowers cancer patients in treatment, survivors, and caregivers with **FREE** self-expressive Arts & Wellness classes! Visit us at **HirschWellnessNetwork.org** to view full descriptions and to register for classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Zentangle (online) 1-3pm <b>1</b>	Therapeutic Aquatics (in person) <b>2</b> Club Fitness: Oak Branch Location, 3-4pm
Taiji-Qigong (in person & online) 6-7pm <b>4</b> Monday Meditation (online) 7:15-8pm	Let's Make a Scene (in person) 1-2:30pm <b>5</b> Triad Yoga (online & at Market Street location) 4:30-5:30pm Chair Qigong (online) 6-6:30pm	Creative Hands (in person) 1-3pm <b>6</b> 	Perspective Drawing (online) 1-2:30pm <b>7</b> Rhythms of Resilience (in person) 4-5pm Awakened Heart, Awakened Mind (online) 6-7:30pm	<b>8</b>	Therapeutic Aquatics (in person) <b>9</b> Club Fitness: Oak Branch Location, 3-4pm
Happy Painting (in person) 1-3pm <b>11</b> Taiji-Qigong (in person & online) 6-7pm Monday Meditation (online) 7:15-8pm	Triad Yoga (online & at Market Street location) 4:30-5:30pm <b>12</b> Chair Qigong (online) 6-6:30pm Reiki Meditation (online) 7-8pm	Cre8Art: Whimsical Flowers (in person) 1-3pm <b>13</b> 	A Still Forest Pool (online) 6-7pm <b>14</b> 	<b>15</b>	Therapeutic Aquatics (in person) <b>16</b> Club Fitness: Oak Branch Location, 3-4pm
Taiji-Qigong (in person & online) 6-7pm <b>18</b> Monday Meditation (online) 7:15-8pm	Storytelling Improv (in person) 1-3pm <b>19</b> Triad Yoga (online & at Market Street location) 4:30-5:30pm Chair Qigong (online) 6-6:30pm	Winged Charms (in person) 1-3pm <b>20</b> 	CreativiTEA: Tie Art (in person) 1-3pm <b>21</b> Awakened Heart, Awakened Mind (online) 6-7:30pm	<b>22</b>	Therapeutic Aquatics (in person) <b>23</b> Club Fitness: Oak Branch Location, 3-4pm
Taiji-Qigong (in person & online) 6-7pm <b>25</b> Monday Meditation (online) 7:15-8pm	"Dear One" (in person) 1-3pm <b>26</b> Triad Yoga (online & at Market Street location) 4:30-5:30pm Chair Qigong (online) 6-6:30pm EFT Tapping (online) 7-8pm	All About YOU (in person) 1-3pm <b>27</b> 	Fiber Friendship Circle (in person) 1-3pm <b>28</b> A Still Forest Pool (online) 6-7pm	Single Page Book (in person) 12:30-2:30pm <b>29</b> 	Therapeutic Aquatics (in person) <b>30</b> Club Fitness: Oak Branch Location, 3-4pm

# August 2025 Arts & Wellness Programs

Classes are FREE for cancer patients in treatment, survivors, and caregivers. REGISTER ONLINE: [HirschWellnessNetwork.org](https://HirschWellnessNetwork.org)

<p><b>Zentangle (online) with Deveta Glenn</b> Try this meditative drawing method to create beautiful works of art!</p>	<p><b>Reiki Meditation (online) with Bev Vaughn</b> Join us for an ongoing exploration of the Japanese energy healing technique.</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>Cre8 Art: Whimsical Flowers (in person) with Deveta Glenn</b> Create your own playful, unique, and whimsical button flowers!</p>
<p><b>Taiji-Qigong (in person &amp; online) with Bill Savage</b> Gentle, meditative movements done at your own pace in person or on Zoom.</p>	<p><b>A Still Forest Pool - A Meditation Practice (online) with Ash Poirier</b> A reading and guided meditation. <i>There will occasionally be a practice leader.</i></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>Storytelling Improv (in person) with Bruce Kirchoff</b> Unleash your creative mind and learn how to tell great group stories!</p>
<p><b>Let's Make a Scene (in person) with Kim Cuny</b> We combine the joy of reading aloud with props, characters, and costume pieces!</p>	<p><b>Winged Beaded Charms (in person) with Kelly Joel</b> Make beaded dragonflies, butterflies, and/or angel charms, perfect for keychains, purses, name tags, or heartfelt gifts!</p>
<p><b>Tuesdays at 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>CreativiTEA: Tie Art (in person) with Xin Roberson</b> We'll transform the colors and textures of vintage neckties into meaningful art!</p>
<p><b>Chair Qigong (online) with Bill Savage</b> Experience the health benefits Taiji-Qigong in a supportive, seated position.</p>	<p><b>Creative Writing: "Dear One" (in person) with Molly Haile</b> We'll write letters to loved ones past and/or present.</p>
<p><b>Creative Hands (in person) with Dalene J-Lowery</b> Create a surprise make 'n' take craft project with Dalene!</p>	<p><b>EFT Tapping (online) with Bev Vaughn</b> 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><b>Perspective Drawing for Beginners (online) with Alex Gaal</b> Learn to use lines and vanishing points to create the illusion of space on paper.</p>	<p><b>All About YOU (in person) with Dalene Johnson-Lowery</b> Tell your story through scrapbooking! Each month, we'll have a different theme.</p>
<p><b>Rhythms of Resilience (in person) with Mary Schneider</b> Supportive and empowering, this class offers a chance to explore self expression, reduce anxiety, and connect with others through music! No experience needed.</p>	<p><b>Fiber Friendship Circle (in person) with Xin Roberson</b> Bring a textile project you started in a Hirsch Wellness class and join us!</p>
<p><b>Awakened Heart, Awakened Mind (online) with Devin Berry</b> Special guest instructor Devin Berry will lead the meditation on <b>August 7</b>. Devin is a guiding teacher at Insight Meditation Society and teaches across the country.</p>	<p><b>Single Page Book (in person) with Mary Beth Boone</b> We'll draw a bit, cut stencils, print, and fold a book from a single page of paper! The finished piece can be folded</p>
<p><b>Happy Painting (in person) with Warren Moses, Jr.</b> Have fun painting in a style similar to that of Bob Ross! All levels welcome.</p>	

Registration is required. For questions,  
email: [Admin@HirschCenter.org](mailto:Admin@HirschCenter.org) or call: **336-209-0259**