



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

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

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