



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>NO CLASSES</b> <b>LABOR DAY</b>	<b>1</b> Triad Yoga (online & at Market Street location) 4:30-5:30pm <b>2</b> Chair Qigong (online) 6-6:30pm	<b>3</b> Creative Hands (in person) 1-3pm	<b>4</b> Nature Drawing (online) 1-2:30pm  Awakened Heart, Awakened Mind (online) 6-7:30pm	<b>5</b> Storytelling Improv (in person) 1-3pm  Rhythms of Resilience (in person) 4-5pm	<b>6</b> Paint Your Pulse (in person) 11am-1pm  Therapeutic Aquatics (in person) Club Fitness: Oak Branch Location, 3-4pm
<b>8</b> Zentangle (online) 1-2:30pm  Taiji-Qigong (in person & online) 6-7pm  Monday Meditation (online) 7:15-8pm	<b>9</b> Creative Exploration with Paint (in person) 1-3pm  Triad Yoga (online & at Market Street location) 4:30-5:30pm  Chair Qigong (online) 6-6:30pm EFT Tapping (online) 7-8pm	<b>10</b> CD Weaving (in person) 1-3pm	<b>11</b> Let's Make a Scene (in person) 1-2:30pm  A Still Forest Pool (online) 6-7pm	<b>12</b> The Joy of Painting (in person) 1-3pm  	<b>13</b> Herbal Tea Explorations (in person) 12-2pm  Therapeutic Aquatics (in person) Club Fitness: Oak Branch Location, 3-4pm
<b>15</b> Happy Painting (in person) 1-3pm  Taiji-Qigong (in person & online) 6-7pm  Monday Meditation (online) 7:15-8pm	<b>16</b> Beaded Bracelet (in person) 1-3pm  Triad Yoga (online & at Market Street location) 4:30-5:30pm  Chair Qigong (online) 6-6:30pm Reiki (online) 7-8pm	<b>17</b> Book Club (online) 1:30-3pm  	<b>18</b> Recycled Paper Vase (in person) 12-2pm  Awakened Heart, Awakened Mind (online) 6-7:30pm	<b>19</b> Painting En Plein Air (in person) 9:30am-12:30pm	<b>20</b> Therapeutic Aquatics (in person) Club Fitness: Oak Branch Location, 3-4pm
<b>22</b> Macrame Charms (in person) 1-3pm  Taiji-Qigong (in person & online) 6-7pm  Monday Meditation (online) 7:15-8pm	<b>23</b> "Story of a _____" (in person) 1-3pm  Triad Yoga (online & at Market Street location) 4:30-5:30pm  Chair Qigong (online) 6-6:30pm	<b>24</b> All About YOU (in person) 1-3pm  	<b>25</b> Textile Open Studio (in person) 12-2pm  A Still Forest Pool (online) 6-7pm	<b>26</b>	<b>27</b> Therapeutic Aquatics (in person) Club Fitness: Oak Branch Location, 3-4pm
<b>29</b> Taiji-Qigong (in person & online) 6-7pm  Monday Meditation (online) 7:15-8pm	<b>30</b> Paint Open Studio (in person) 1-3pm  Triad Yoga (online & at Market Street location) 4:30-5:30pm  Chair Qigong (online) 6-6:30pm				

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

<b><i>Tuesdays at Triad Yoga (in person &amp; online) with Terry Brown</i></b> Enjoy Terry's yoga and movement class at the Triad Yoga studio or on Zoom!	<b><i>Let's Make a Scene (in person) with Kim Cuny</i></b> We combine the joy of reading aloud with props, characters, and costume pieces!
<b><i>Chair Qigong (online) with Bill Savage</i></b> Experience the health benefits Taiji-Qigong in a supportive, seated position.	<b><i>A Still Forest Pool - A Meditation Practice (online) with Ash Poirier</i></b> A reading and guided meditation. <i>There will occasionally be a practice leader.</i>
<b><i>Creative Hands (in person) with Dalene J-Lowery</i></b> Create a surprise make 'n' take craft project with Dalene!	<b><i>The Joy of Painting (in person) with Betsy Bevan</i></b> We'll paint from the heart and explore making painted paper to use to draw on.
<b><i>Nature Drawing for Beginners (online) with Alex Gaal</i></b> Learn the steps to capture the textures of the natural world around you!	<b><i>Herbal Tea Explorations (in person) with Xin Roberson</i></b> Learn about herbal traditions, research-backed uses, and preparation methods.
<b><i>Awakened Heart, Awakened Mind (online) with Ash Poirier</i></b> Join us for an ongoing exploration of mindfulness meditation. <i>There will occasionally be a practice leader.</i>	<b><i>Happy Painting (in person) with Warren Moses, Jr.</i></b> Have fun painting in a style similar to that of Bob Ross! All levels welcome.
<b><i>Storytelling Improv (in person) with Bruce Kirchoff</i></b> Unleash your creative mind and learn how to tell great group stories!	<b><i>Beaded Bracelet (in person) with Kelly Joel</i></b> Get creative, crafty, and have fun making beautiful, beaded bracelets!
<b><i>Rhythms of Resilience (in person) with Mary Schneider</i></b> Explore self expression, reduce anxiety, and connect with others through music!	<b><i>Reiki Meditation (online) with Bev Vaughn</i></b> Join us for an ongoing exploration of the Japanese energy healing technique.
<b><i>Paint Your Pulse (in person) with Brianna Jones</i></b> We'll use natural paints and European green clay to express our internal rhythms!	<b><i>Book Club (online) with Bev Vaughn</i></b> This month, we'll be reading <i>The Invisible Life of Addie LaRue</i> by V.E. Schwab.
<b><i>Therapeutic Aquatics (in person) at Club Fitness – Oak Branch</i></b> Guided aquatic sessions promote movement, muscle strengthening, and FUN!	<b><i>Recycled Paper Vase (in person) with Xin Roberson</i></b> We will fold, layer, and shape repurposed materials into something new!
<b><i>Zengangle (online) with Deveta Glenn</i></b> Learn the art of meditative drawing involving repeating patterns and lines.	<b><i>Painting En Plein Air (in person) with Mavis Liggett</i></b> Learn to observe light, shadow and color, while creating art outdoors!
<b><i>Taiji-Qigong (in person &amp; online) with Bill Savage</i></b> Gentle, meditative movements done at your own pace in person or on Zoom.	<b><i>Macrame Charms (in person) with Kim Shue</i></b> We will learn the knot-tying art of macrame to create a charm or key chain.
<b><i>Monday Meditation Drop-In (online) with Ash Poirier</i></b> A shorter meditation for all levels. <i>There will occasionally be a practice leader.</i>	<b><i>Creative Writing: "Story of A ____" (in person) with Molly Haile</i></b> We'll use Art Live Here Gala pieces as inspiration for our poems and/or stories!
<b><i>Creative Exploration with Paint (in person) with Bob Nordbruch</i></b> Explore the process of creation and painting with acrylics! All levels welcome.	<b><i>All About YOU (in person) with Dalene Johnson-Lowery</i></b> Tell your story through scrapbooking! Each month, we'll have a different theme.
<b><i>EFT Tapping (online) with Bev Vaughn</i></b> EFT (Emotional Freedom Technique) Tapping helps to relieve anxiety and pain.	<b><i>Textile Open Studio (in person) with Xin Roberson</i></b> Bring a textile project you started in a Hirsch Wellness class and join us!
<b><i>CD Weaving (in person) with Deveta Glenn</i></b> Create a circular weaving using a CD for our loom and other embellishments!	<b><i>Paint Open Studio (in person) with Bob Nordbruch</i></b> Continue working on paint projects you started in classes with Hirsch Wellness.

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