

February 2025 Special Events



12 Cambridge Dr. Trumbull

Registration Required~Reserve
your spot~ THRIVEwellnessCT.org
or call 203.590.4044

All events are **FREE** for members (\$25 a month) or \$10 Day Pass

THE POWER OF WE!
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Mon. February 3 and 17 @ 10 AM~Mindful Monday

Mindful Monday is an intentional way to kick off the week, focusing on slowing down and cultivating presence through creative activities. By engaging in puzzles, coloring, and art, you can embrace the therapeutic benefits of mindfulness, allowing yourself to be fully immersed in the moment and set a calm, positive tone for the days ahead.



Fri. February 7 @ 5:00 PM~Art Therapy

Unleash your inner spirit through a rainbow of colors, a paintbrush and simple instructions that end up as an incredible beauty on canvas. No experience or previous talent needed



Mon. February 10 and 24 @ 10 AM~Tea and Tech Time with Shari

Tea and Tech is more than just a class; it's a community where curiosity meets relaxation. Grab your favorite tea, settle in, and let's embark on a journey to make tech a more accessible, enjoyable part of your life.



Mon. February 10 and 24 @ 6 PM~Fundraising Committee

Become part of the THRIVE Fundraising Committee. Meetings are monthly and are always open to newcomers. Open to members and non-members. Thank you for being active part of our community as we learn, grow, and THRIVE together.



Wed. February 19 @ 3:30 PM~Pause for Prayer

Plan to join before Gong while you pause your busy schedule for some meditative minutes. All faiths/beliefs are welcome to gather in prayer, peace and for tranquility.



Wed. February 19 @ 4:00 PM~Relaxing Gong Sound Session

Let the soothing rhythm of the gong wash away tensions as the sound and frequencies open the healing relaxation response to your parasympathetic nervous system. Lay flat or seated in a chair.



Tue. February 25 @ 6 PM~TALK-O-Tuesday

Grab a taco shell, add toppings, and fill up on questions answered, things you forgot to ask or topics you need more detail on from a favorite oncologist, Dr. Neal Fischbach.



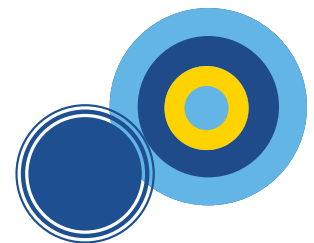
Thur. February 27 @ 6 PM~Mindful Eating with Amanda

Explore mindful eating and how it can transform your relationship with food. Learn practical strategies to tune into hunger and fullness cues, reduce emotional eating, and develop a more balanced, joyful approach to nourishment. Join us to practice these simple techniques.

Evolving from surviving cancer to THRIVING!

Questions or suggestions Email~

info@THRIVEwellnessCT.org





YOGA CLASS

Keep your mind healthy and release stress through our weekly yoga classes.



GENTLE FLOW YOGA

EVERY TUESDAY 5 PM*
EVERY SATURDAY 10 AM*

CHAIR PLUS YOGA

EVERY WEDNESDAY 10 AM

CHAIR YOGA
WITH FLOOR
ADAPTATIONS.

MINDFULNESS

FEBRUARY 3 & 17 @ 10:00 AM MINDFUL MONDAY
FEBRUARY 19 @ 3:30 PM PAUSE FOR PRAYER
FEBRUARY 19 @ 4:00 PM GONG

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SPEAKERS AND GROUPS

February 2025

You are warmly invited to join one of our groups. Kindly reserve your spot.*



Breast Cancer and Diagnosed Early

Dr. Mindy Hersh

February 11 @ 7 pm

February 20 @ 9:30 am

February 25 @ 7 pm



Caregiver Conversation

Lori Burns-Galdenzi, LCSW

Topic: Burnout

February 10 @ 6 pm



Living with Metastatic Disease

Dr. Mindy Hersh

February 6 @ 11 am

February 20 @ 11 am

Navigating Grief and Loss

Lori Burns-Galdenzi, LCSW

Topic: Types of Loss and Stages

February 17 @ 6 pm



MEN's Group

Dr. Larry Muldoon

Topic: PSA All You Need to Know

February 13 @ 6 pm

Blood, Bone Marrow, and Lymphoid Cancer Group

Dr. Mindy Hersh

Speaker: Ana Kress, MD

February 18 @ 6 pm



FREE for members \$25/month or \$10/Day Pass

*Registration is required. Depending on group size, meetings are subject to rescheduling.

Members can register online or by phone.



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Pause For Prayer

Please join us for a Pause in the busy schedule of your day .
to reflect and be encouraged by a peaceful environment, time for
meditation and prayer.

All are welcome!

Our 20-minute gathering will start with a welcome and
introductions, lighting of the peace candle, listening to a
selected reading or prayer, and an opportunity to share
reflections.

Our schedule is as follows:

February 19th at 3:30 pm

(This will precede Gong)



FITNESS

FOR EVERYBODY

WEEKLY RECURRING CLASSES*



Tuesday 10 am Strength and Endurance

This is a total body workout focused on bodyweight movements, high repetitions, and cardiovascular stamina. This class enhances our ability to maintain different positions for longer, making it ideal for anyone looking to improve endurance for walking, prolonged activities, or comfortable long car rides.



Wednesday 6 pm Workout w/ Dr. Fischbach

Discover the Power of We! Join Dr. Fischbach and our vibrant community for an inclusive guided workout session. Go at your own pace—everyone is welcome!



Thursday 5 pm Functional Fitness

We emphasize strength with added weight, using dumbbells and kettlebells to enhance resilience against life's stresses. This class focuses on form under pressure, challenging you both physically and mentally.



Friday 10 am Foundation Training**

This training is designed for everyone to prevent pain and enhance performance. Through poses and breathing techniques, it helps combat chronic pain and counteract sedentary lifestyles. If you experience back, hip, or knee pain, or feel achy and immobile from screen time, this class is for you. All you need is a mat—expect to leave smiling and invigorated!



Saturday 9 am Bootcamp

Don't be intimidated by the name—Bootcamp is a fun way to kick off your weekend! This class features varied intensities and equipment, with a new workout each week. Expect entertaining exercises designed to push you just past your comfort zone and bring out your best.



Gym Time with Austin

Reserve Time with our esteemed Trainer Austin to master the art of gym equipment usage.

When:

Every Friday from 2 PM to 4 PM**

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FEBRUARY 2025



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*enrollment and payment for challenge required

SUN	MON	TUE	WED	THU	FRI	SAT
						1 9 am Bootcamp 10 am Yoga w/Jen 11 am Fitness Challenge*
2	3 10 am Mindful Monday	4 10 am Strength and Endurance 5 pm Yoga w/Jen	5 10 am Chair Plus Yoga w/Jeannie 6 pm Workout with Dr. Fischbach	6 11 am Support Group - LMD 5 pm Functional Fitness	7 10 am Foundation Training 2 pm-4 pm Gym Time with Austin *Must book time 5 pm Art Therapy	8 9 am Bootcamp 10 am Yoga w/Al
9	10 10 am Tea and Tech 6 pm Caregivers Conversation~ Burnout 6 pm Fundraising Committee Meeting	11 10 am Strength and Endurance 5 pm Yoga w/Joan 7 pm Support Group - BCS/DE	12 10 am Chair Plus Yoga w/Jeannie 6 pm Workout with Dr. Fischbach	13 5 pm Functional Fitness 6 pm MEN's Group (PSA What you need to know)	14 10 am Foundation Training 2 pm-4 pm Gym Time with Austin *Must book time	15 9 am Bootcamp 10 am Yoga w/Austin 11 am Fitness Challenge*
16	17 10 am Mindful Monday 6 pm Navigating Grief and Loss~ Types of Loss and Stages	18 10 am Strength and Endurance 5 pm Yoga w/Austin 6 pm BBML Speaker Ana Kress, MD	19 10 am Chair Plus Yoga w/Jeannie 3:30 pm Pause for Prayer 4 pm Gong 6 pm Workout with Dr. Fischbach	20 9:30 am Support Group - BCS/DE 11 am Support Group - LMD 5 pm Functional Fitness	21 10 am Foundation Training 2 pm-4 pm Gym Time with Austin *Must book time	22 9 am Bootcamp 10 am Yoga w/Deb
23	24 10 am Tea and Tech 6 pm Fundraising Committee Meeting	25 10 am Strength and Endurance 5 pm Yoga w/Joan 6 pm Talk-O-Tuesday 7 pm Support Group - BCS/DE	26 10 am Chair Plus Yoga w/Jeannie 6 pm Workout with Dr. Fischbach	27 5 pm Functional Fitness 6 pm Mindful Eating and Nutrition with Amanda	28 CENTER OPEN NO FITNESS CLASSES	

BCS - Breast Cancer Survivor.

BBML - Blood, Bone Marrow, and Lymphoid Cancer

DE - Diagnosed Early

LMD - Living with Metastatic Cancer