

March 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



Mon. March 3 @ 6 PM~Caregivers Conversations

Are you a caregiver for a child, partner, parent, or friend going through any difficult situation in life? Join us for a session on compassionate caregiving led by Lori Burns-Galdenzi, LCSW.



Fri. March 7 @ 5 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. March 10 @ 6 PM~Navigating Grief and Loss

Loss includes a body part, a beloved pet, a dear family member or a friend. Join us on Monday as Lori Burns-Galdenzi, LCSW dives into the stages of loss and how we navigate through these emotions.



Mon. March 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.



Mon. March 17 @ 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. March 18 @ 6 pm~Speaker Dr. Ana Kress

Dr. Ana Kress will be in the center speaking about blood, bone marrow, and lymphoid cancers. Join us for this informative session.



Wed. March 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. March 19 @ 4 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. March 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. March 27 @ 6 PM~Mindful Eating with Amanda

Explore meal prepping, why it works and tips and tools to help make your nutritional consumption simple.

Mon. March 31 @ 1 PM to 6 PM ~ GIVE BLOOD at THRIVE

Give Life, Give Blood

Evolving from surviving cancer to THRIVING!

Questions or suggestions Email~

info@THRIVEwellnessCT.org

THE POWER OF WE!

THE POWER OF WE!

THE POWER OF WE!

THE POWER OF WE!





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

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

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MARCH 2025

SUN MON TUE WED THU FRI SAT

	SUN	MON	TUE	WED	THU	FRI	SAT
							1 9 am Bootcamp 10 am Breathwork w/Colleen
	2	3	4	5	6	7	8
		6 pm Caregivers Conversation~ Compassionate Caregiving	10 am Strength and Endurance 6 pm Yoga w/Austin	10 am Chair Plus Yoga w/Austin 6 pm Workout with Dr. Fischbach	11 am Support Group - LMD 5 pm Functional Fitness	10 am Foundation Training 2 pm-4 pm Gym Time with Austin *Must book time 5 pm Art Therapy	9 am Bootcamp 10 am Yoga w/Jen
	9	10	11	12	13	14	15
		6 pm Fundraising Committee Meeting 6 pm Navigating Grief and Loss~ Stages of Grief	10 am Strength and Endurance 6 pm Yoga w/ Jen	10 am Chair Plus Yoga w/Jeannie 6 pm Workout with Dr. Fischbach	10:30 am Support Group - BCS/DE 5 pm Functional Fitness 6 pm MEN's Group	10 am Foundation Training 2 pm-4 pm Gym Time with Austin *Must book time	9 am Bootcamp 10 am Yoga w/Jen
	16	17	18	19	20	21	22
		10 am Tea and Tech	10 am Strength and Endurance 6 pm Yoga w/ Jen 6 pm BBML Speaker Anna Kress, MD	10 am Chair Plus Yoga w/Jeannie 3:30 pm Pause for Prayer 4 pm Gong 6 pm Workout with Dr. Fischbach	11 am Support Group - LMD 5 pm Functional Fitness	10 am Foundation Training 2 pm-4 pm Gym Time with Austin *Must book time	9 am Bootcamp 10 am Yoga w/Jen
	23	24	25	26	27	28	29
		6 pm Fundraising Committee Meeting	10 am Strength and Endurance 6 pm Talk-O-Tuesday 7 pm Support Group - BCS/DE	10 am Chair Plus Yoga w/Jeannie 6 pm Workout with Dr. Fischbach	5 pm Functional Fitness 6 pm Meal Prep and Nutrition with Amanda	10 am Foundation Training 2 pm-4 pm Gym Time with Austin *Must book time	9 am Bootcamp 10 am Yoga w/Austin
		31 Blood Drive 1 pm - 6 pm					

SAVE THE DATE

3/31/25 Blood Drive
4/11/25 Mortality and a Meal
4/26/25 Casino Night Fundraiser



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FREE for members \$25/month or \$10/Day Pass BCS - Breast Cancer Survivor. BBML - Blood, Bone Marrow, and Lymphoid Cancer DE - Diagnosed Early LMD - Living with Metastatic Cancer



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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:

March 19th at 3:30 pm

(This will precede Gong)



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SPEAKERS AND GROUPS

March 2025



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



Breast Cancer and Diagnosed Early

Dr. Mindy Hersh

March 13 @ 10:30 am

March 25 @ 7 pm



Caregiver Conversation

Lori Burns-Galdenzi, LCSW

Topic: Compassionate Caregiving

March 3 @ 6 pm



Living with Metastatic Disease

Dr. Mindy Hersh

March 6 @ 11 am

March 20 @ 11 am



Navigating Grief and Loss

Lori Burns-Galdenzi, LCSW

Topic: Stages of Loss

March 10 @ 6 pm



MEN's Group

Dr. Larry Muldoon & Austin

Topic: The Impact of Exercise

March 13 @ 6 pm

Blood, Bone Marrow, and Lymphoid

Cancer Speaker

Dr. Mindy Hersh

Speaker: Anna Kress, MD

March 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.





YOGA CLASS

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



NEW TIME
for Tuesday Class

GENTLE FLOW YOGA
TUESDAY CLASS 6 PM*
(MARCH 4, 11, & 18)**
EVERY SATURDAY 10 AM*

CHAIR PLUS YOGA
EVERY WEDNESDAY 10 AM

CHAIR YOGA
WITH FLOOR
ADAPTATIONS.

MINDFULNESS

MARCH 7 @ 5:00 PM ART THERAPY

MARCH 19 @ 3:30 PM PAUSE FOR PRAYER

MARCH 19 @ 4:00 PM GONG

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*Schedule valid through March 31, 2025. **No Tuesday Yoga on the 4th Tuesday of the month.