

April 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! • THE POWER OF WE! • THE POWER OF WE! • THE POWER OF WE!



Tue. April 8 @ 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 tips and tricks led by Lori Burns-Galdenzi, LCSW.



Mon. April 14 @ 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 tools we can add to our toolbox.



Mon. April 14 & 28 @ 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.



Wed. April 16 @ 1 PM ~ Book Club (HYBRID - In center or ZOOM)

Join in the center or via ZOOM to have a cup of tea or coffee, and discuss the book of the month. April's Book is *First Lie Wins*, by Ashely Elston.



Mon. April 21 @ 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.



Tue. April 22 @ 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.



Wed. April 23 @ 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. April 23 @ 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.



Thur. April 24 @ 6 PM~Nutrition with Amanda

Mindful eating and meal prepping, why it works and tips and to make your nutritional consumption simple.



Fri. April 25 @ 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

Evolving from surviving cancer to THRIVING!

Questions or suggestions Email~

info@THRIVEwellnessCT.org

APRIL 2025

SAVE THE DATE

4/11/25 Mortality and a Meal**

SUN	MON	TUE	WED	THU	FRI	SAT
		1 10 am Strength and Endurance 6 pm Yoga w/Jen	2 10 am Chair Plus Yoga w/Jeannie 6 pm Workout with Dr. Fischbach	3 11 am Support Group - LMD 5 pm Functional Fitness	4 10 am Foundation Training 2 pm-4 pm Gym Time with Austin *Must book time	5 9 am Bootcamp 10 am Yoga w/Jen
6	7	8 10 am Strength and Endurance 6 pm Yoga w/Jen 6 pm Caregivers Conversation~ Tips and Tricks 7 pm Support Group - BCS/DE	9 10 am Chair Plus Yoga w/Jeannie 6 pm Workout with Dr. Fischbach	10 5 pm Functional Fitness 6 pm MEN's Group	11 10 am Foundation Training 2 pm-4 pm Gym Time with Austin *Must book time Mortality and a Meal**	12 9 am Bootcamp 10 am Yoga w/Carrie
13	14 6 pm Fundraising Committee Meeting 6 pm Navigating Grief and Loss~ Tools for our Toolbox	15 10 am Strength and Endurance 6 pm Yoga w/ Jen 6 pm BBML Group	16 10 am Chair Plus Yoga w/Jeannie 1 pm Book Club 6 pm Workout with Dr. Fischbach	17 11 am Support Group - LMD 5 pm Functional Fitness	18 10 am Foundation Training 2 pm-4 pm Gym Time with Austin *Must book time	19 9 am Bootcamp 10 am Yoga w/Jen
20	21 10 am Tea and Tech	22 10 am Strength and Endurance 6pm Talk-O-Tuesday 7 pm Support Group - BCS/DE	23 10 am Chair Plus Yoga w/THRIVE 3:30 pm Pause for Prayer 4 pm Gong 6 pm Workout with Dr. Fischbach	24 5 pm Functional Fitness 6pm Nutrition w/ Amanda	25 10 am Foundation Training 2 pm-4 pm Gym Time with Austin *Must book time 5 pm Art Therapy	26 9 am Bootcamp 10 am Yoga w/Jen
27	28 6 pm Fundraising Committee Meeting	29 10 am Strength and Endurance 6 pm Yoga w/Jen	30 10 am Chair Plus Yoga w/Jeannie 6 pm Workout with Dr. Fischbach			



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BCS - Breast Cancer Survivor.

BBML - Blood, Bone Marrow, and Lymphoid Cancer

DE - Diagnosed Early

LMD - Living with Metastatic Cancer

**These events have additional costs



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**
(Zoom or in center for the month of April)

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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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:

April 23 at 3:30 pm

(This will precede Gong)



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SPEAKERS AND GROUPS

April 2025

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



Breast Cancer and Diagnosed Early

Dr. Mindy Hersh

April 8 @ 7 pm

April 22 @ 7 pm



Caregiver Conversation

Lori Burns-Galdenzi, LCSW

Topic: Tips and Tricks

April 8 @ 6 pm



Living with Metastatic Disease

Dr. Mindy Hersh

April 3 @ 11 am

April 17 @ 11 am



MEN's Group

Dr. Larry Muldoon & Austin

Speaker: Dr. Wosnitzer

Topic: Breaking Down Barriers~Sexual Dysfunction

April 10 @ 6 pm



Navigating Grief and Loss

Lori Burns-Galdenzi, LCSW

Topic: Tools for our Toolbox

April 14 @ 6 pm

Blood, Bone Marrow, and Lymphoid Cancer Speaker

Dr. Mindy Hersh

Speaker: Dr. Candelaria

Topic: IV Therapy

April 15 @ 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*
(APRIL 1, 8, & 15, 29)**
EVERY SATURDAY 10 AM*

CHAIR PLUS YOGA
EVERY WEDNESDAY 10 AM

CHAIR YOGA
WITH FLOOR
ADAPTATIONS.

MINDFULNESS

APRIL 23 @ 3:30 PM PAUSE FOR PRAYER
APRIL 23 @ 4:00 PM GONG
APRIL 25 @ 5:00 PM ART THERAPY

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