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2025



12 Cambridge Dr. Trumbull
203.590.4044
THRIVEwellnessCT.org

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

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
	6 pm Caregivers Conversation~ Where do we go from here?	10 am Strength and Endurance 6 pm Yoga	10 am Sound Meditation with Gabby 6 pm Workout with Dr. Fischbach	10 am Functional Fitness 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
8	9	10	11	12	13	14
	1 pm-6 pm Blood Drive 6 pm Fundraising Committee Meeting	10 am Strength and Endurance 6 pm Yoga	10 am Chair Plus Yoga 11:30 am Book Club~The Husband By Daniel Hurst 6 pm Workout with Dr. Fischbach	10 am Functional Fitness 5 pm Functional Fitness 6 pm MEN's Group~Radiation Options	10 am Foundation Training 2 pm-4 pm Gym Time with Austin *Must book time	Walk-a-Thon Fairfield University 9 am - 11 am CENTER CLOSED
15	16	17	18	19	20	21
	6 pm Fundraising Committee Meeting 6 pm Navigating Grief and Loss~ Where do we go from here?	10 am Strength and Endurance 6 pm Yoga 6:30 pm BBML Group	10 am Chair Plus Yoga 3:30 pm Pause for Prayer 4 pm Gong 6 pm Workout with Dr. Fischbach	10 am Functional Fitness 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
22	23	24	25	26	27	28
		10 am Strength and Endurance 6pm Talk-O-Tuesday 7 pm Support Group - BCS/DE	10 am Chair Plus Yoga 6 pm Workout with Dr. Fischbach	10 am Functional Fitness 5 pm Functional Fitness 6pm Nutrition w/ Amanda	10 am Foundation Training 2 pm-4 pm Gym Time with Austin *Must book time	9 am Bootcamp 10 am Yoga
29	30	Light Blue Classes = Hybrid Class (Join in the center or on Zoom)		Registration Required*~Reserve your spot~ THRIVEwellnessCT.org or call 203.590.4044 <small>*Schedule is subject to change. Visit the THRIVE website for our most up to date schedule.</small> 		

BCS - Breast Cancer Survivor.

BBML - Blood, Bone Marrow, and Lymphoid Cancer

DE - Diagnosed Early

LMD - Living with Metastatic Cancer

June 2025 Special Events



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



Mon. June 2 @ 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.



Wed. June 4 @ 10 AM~Sound Meditation with Gabby

Join Gabrielle Nicole for an immersive sound experience that promotes balance, inner peace, and overall well-being.



Mon. June 9 @ 1 PM to 6 PM~GIVE BLOOD at THRIVE

Give Life, Give Blood



Wed. June 11 @ 11:30 AM~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. June's Book is The Husband by Daniel Hurst



Thur. June 12 @ 6 PM~Men's Group

Led by Dr. Larry Muldoon. June Topic: Radiation Options



Sat. June 14 @ 9 AM - 11 AM~Walk, Jog, Run-A-Thon (Held at Fairfield University)

Come be part of the fun. Raise \$30 and earn an event t-shirt. Raising funds for programming. Visit our website for more details.



Mon. June 16 @ 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.



Wed. June 18 @ 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.



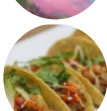
Wed. June 18 @ 4 PM~Relaxing Gong Sound Session

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.



Fri. June 20 @ 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



Tue. June 24 @ 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.

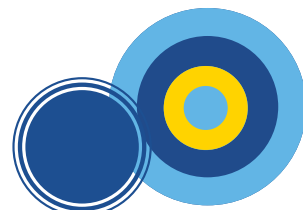


Thur. June 26 @ 6 PM~Nutrition with Amanda

Join Amanda for an evening of nutrition. Check website calendar for more details.

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 TUESDAY CLASS 6 PM*

(JUNE 3, 10, & 17)**

EVERY SATURDAY 10 AM**

CHAIR PLUS YOGA

WEDNESDAY CLASS 10 AM

(JUNE 11, 18, & 25)

MINDFULNESS

JUNE 4 @ 10:00 AM SOUND MEDITATION

JUNE 18 @ 3:30 PM PAUSE FOR PRAYER

JUNE 18 @ 4:00 PM GONG

JUNE 20 @ 5:00 PM ART THERAPY

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*Schedule valid through June 30, 2025. **No Tuesday Yoga on the 4th Tuesday of the month. June 14th Center Closed No classes



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 10 am & 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 (In Center or Zoom)

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:

Check online schedule for Friday sessions.

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SPEAKERS AND GROUPS

JUNE 2025



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



Breast Cancer and Diagnosed Early

Dr. Mindy Hersh

June 24 @ 7 pm



Caregiver Conversation

Lori Burns-Galdenzi, LCSW

Topic: Where do we go from here?

June 2 @ 6 pm



Living with Metastatic Disease

Dr. Mindy Hersh

June 5 @ 11 am

June 19 @ 11 am

Navigating Grief and Loss

Lori Burns-Galdenzi, LCSW

Topic: Where do we go from here?

June 16 @ 6 pm



MEN's Group

Dr. Larry Muldoon & Austin

Topic: Radiation Options

June 12 @ 6 pm

Blood, Bone Marrow, and Lymphoid Cancer Group

Dr. Mindy Hersh

June 17 @ 6:30 pm



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*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:

June 18th at 3:30 pm

(This will precede Gong)