

# FREE GROUPS FOR THE COMMUNITY!

## ZUMBA (ENG/ESP)

### With Marcie Bey

MUSIC, FITNESS, and FUN? Zumba has it all! Feel the music and move your body to the beat. This easy to follow class will help you tone and strengthen your body and feel great!

### Tuesdays (online): 6-7 PM

Meeting ID: 850 1275 1237

**Wednesdays & Thursdays: In person outside of CMSA** (7212 N Clark St.) 6:15-7:30 PM until October 28

### Saturdays (online): 10-11 AM

Meeting ID: 969 2024 1457

## YOGA CON CORAZÓN (ESP)

### con Claudia Portilla

Transfórmate de adentro hacia afuera en esta clase que no solo relajará tu cuerpo sino también tu mente y tu espíritu.

### 12 de Agosto - 28 de Octubre

#### Jueves 6-7 PM

**Winnemac Park**, 5100 N Leavitt St, Chicago, IL 60625 (Argyle y Damen cerca de la área de juegos de niños)

### A partir del 4 de Noviembre

#### Jueves 6-7 PM

Meeting ID: 862 6714 8140

## FREE YOGA WITH PHOENIX YOGA PROJECT

Yoga for all bodies and levels of experience, just come ready to learn! Meets weekdays and weekends, available in person and via livestream.

Sign up at [phoenixyogaproject.org](https://phoenixyogaproject.org)

**Mondays, in person at Morse Beach, 6:30 PM**

**Tuesdays, in person at Winnemac Park, 6 PM**

**Wednesdays, ONLINE at 5:30 PM**

**Saturdays, ONLINE at 10 AM**

**Sundays, ONLINE at 10 AM**

**Sundays, ONLINE at 11:30 AM**

# FALL 2021 WELLNESS GROUPS

HEARTLAND  
HEALTH CENTERS  
HEALTHCARE FROM THE HEART



# GROUPS FOR PATIENTS

## LUNA Y SOL (ESP)

con Maggie Espinoza, LCSW y Claudia Portilla

Para la mejor hora de su día, únase a este grupo de yoga restaurativo. Nos enfocaremos nuestra atención en nuestro cuerpo, el momento y la respiración. No tienes que ser flexible para participar, solo tienes que ser interesado en relajación.

**Viernes 12:30-1:30 PM**

**17 de Septiembre - 17 de Diciembre**

## GENTLE YOGA FOR CHRONIC PAIN

with David Freedman, MD and Helen Bordon

Practice gentle yoga moves and other techniques aimed to increase relaxation and reduce pain.

**Thursdays 10-11 AM**

**Year-round**

## TAI CHI AND ACUPUNCTURE

with Dave Freedman, MD  
at Devon clinic

Tai Chi: gentle movements to increase blood flow, flexibility and body awareness and relieves stress.

Acupuncture: treats pain and stress using thin needles inserted at strategic points on your body. **By referral only.**

Tai Chi

**Mondays 1-1:45 PM**

Acupuncture only

**Mondays 2-4:30 PM**

**Wednesdays 1:30-4:30 PM**

## FINDING JOY IN FOOD

with Sreela Namboodiri, MD and  
Amanda Montgomery, RD

Explore and heal your relationship with your food, body and mind, and become the expert in your body's needs.

**Tuesdays 3-4 PM**

**Year-round**

## CALMING GUIDED MEDITATION

with Kristin Alexander, LCSW and  
Sara Girardi

Learn about and practice a guided meditation practice called iRest which allows an opportunity to find relaxation and healing.

**Thursdays 1-2:30 PM**

**October 7-28**

**Devon clinic and via livestream**

## KID'S WELLNESS

with Michelle Phan, MD and Amanda Montgomery, RD

Join youth ages 8-13 for exciting cooking, arts, and movement activities to feel good, take a break from school, and make new friends!

**Tuesday evenings**

**Year-round beginning September 21**

## PREGNANCY SUPPORT GROUP

with Anuj Shah, MD and Meghan Murphy, RN

For anyone in the first or second trimesters of pregnancy, join our virtual prenatal education class to learn about HHC's Obstetric care team, nutrition during pregnancy, and other important information!

**First Tuesdays of every month 6-7 PM**

**ALL GROUPS ARE ONLINE VIA ZOOM  
UNLESS SPECIFIED TO BE IN PERSON**

# SIGN UP TODAY!

Call, text or email us at

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