

# FREE GROUPS

FOR THE COMMUNITY!

## ZUMBA WITH MARCIE BEY (ENG/SP)

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!  
**No registration needed.**

Zoom Meeting ID: 873 1370 8559

**TUE 6:30-7:30 PM**, online year-round

**SAT 10-11 AM**, online year-round

**THU 6:30-7:30 PM**, online until March 17 and in-person starting March 24 at CMSA parking lot (7212 N Clark St, Chicago, IL, 60626)

## FREE YOGA PHOENIX YOGA PROJECT

Yoga for all bodies and levels of experience. Just come ready to learn! Meets EVERY DAY except Fridays!

SIGN UP at [phoenixyogaproject.org](http://phoenixyogaproject.org)

## GENTLE YOGA FOR CHRONIC PAIN

*"The stretches and poses are really helpful, and instructors (Helen, Allison and Dr. Freedman) really tailor everything to us folks with pain and/or limited mobility. It's a great class! ... I'm able to relax and learn something important each time!"*

# TESTIMONIALS

## ACUPUNCTURE

*"I would like to say acupuncture has saved me, I was in constant pain and no matter what I did it wouldn't go away and I was starting to feel hopeless and down. Acupuncture didn't only take the pain away it also helped me get out of hopelessness and I would definitely recommend anyone to just give it a chance because they won't regret it at all."*

*"Acupuncture has been life changing. The instructor helped me learn how to listen to my body and its limitations and still find joy in what it can do. They're extremely patient with newcomers and work with you individually to build a pain management plan. I've been in chronic pain for years and this is the only thing that's ever brought that pain down to a zero!"*

## LUNA Y SOL

*"Si la recomendaría. Porque a mi me ha ayudado muchísimo, tengo problemas matrimoniales, estaba presentando depresión, ansiedad, ahora ando más liberada, relajada a esas sensaciones, o emociones, que me hacían sentir mal, mal, me ayudado a relajarme, a ver las cosas de manera más prudente, a despejar mi mente, a sentirme que estoy aquí, que hay quien aún me quiere. Mis emociones han sido una tras otra y mi matrimonio se destruyó, no ha sido nada fácil y gracias a ustedes he mantenido un poco el equilibrio, pensé que de esto no iba a salir, pero gracias a Dios y ustedes aquí voy, espero que estas clases estén disponibles, para personas que estamos pasando por problemas, no dudemos en buscar ayuda; solas a veces no podemos sobre llevar, de hecho las felicito, por estar dispuestas ayudarnos."*

## ZUMBA

*"Si la recomendaría porque siempre me ha gustado bailar. Me desestreso mucho es mi mejor ejercicio después de tener un día con mucho trabajo la zumba de Marce me relaja y me fascina"*

# WINTER 2022 WELLNESS GROUPS

HEARTLAND  
HEALTH CENTERS  
HEALTHCARE FROM THE HEART



# GROUPS FOR PATIENTS

## LUNA Y SOL

1/7-3/25

**Margaret Espinoza, LCPC and Marcie Bey**  
(IN SPANISH ONLY) Join this caring group for emotional support and movement practices for relaxation. In this group you will learn how to connect with your mind and body in simple ways you can do from the comfort of your home.  
**Fridays 12:30-1:30 PM**

## GENTLE YOGA FOR CHRONIC PAIN

YEAR-ROUND

**David Freedman, MD and Helen Bordon**  
Practice gentle yoga moves and learn about techniques aimed at increasing relaxation and reducing pain in various parts of the body.  
**Thursdays 10-11 AM**

## TAI CHI & ACUPUNCTURE

DEVON CLINIC (1300 W DEVON)

**David Freedman, MD and others**  
Tai Chi: series of 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. **7-week program, provider referral required.**

**Mondays 1-5 PM** (Tai Chi & Acupuncture)  
**Wednesdays 1:30-4:30 PM** (Acupuncture only)

## CALMING GUIDED MEDITATION

DEVON CLINIC (1300 W DEVON) & VIRTUAL

2/10-3/3

**Kristin Alexander, LCSW**  
Learn about and practice a guided meditation practice called iRest, which allows an opportunity to find relaxation and healing.  
**Thursdays 1-2:30 PM**

## COOKING & NUTRITION FOR JOY

YEAR-ROUND

**Sreela Namboodiri, MD and Amanda Montgomery, RD**  
Come join this relaxing group to cook and share recipes, explore nutrition in a non-judgmental way that makes you feel good, and find healing in a supportive community!  
**Tuesdays 10-11 AM**

## KID'S WELLNESS

WILSON CLINIC (845 W WILSON)

2/7-3/14

**Michelle Phan, MD**  
Join youth ages 7-13 for exciting cooking, arts, and movement activities to feel good, take a break from school, and make new friends!  
**Mondays 4-5 PM**

## PRENATAL EDUCATION

YEAR-ROUND

**Anuj Shah, MD**  
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! You only need to attend once.  
**Contact your care team to schedule.**  
**First Tuesdays of every month 6-7 PM**

## DIABETES EDUCATION

1/26-3/30

**Courtney Mapes, MD**  
In this group, patients with prediabetes or diabetes can come together to review basic information about diabetes, share and learn tips for success, and discuss challenges in a supportive environment. **10-week program.**  
**Wednesdays 10:15-11:15 AM**

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

# SIGN UP TODAY!

Call, text or email

**Ryan T**

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