

FREE WELLNESS FOR THE COMMUNITY!

Scan below to see our FREE community programs, no sign up or registration required! Now offering:

- Zumba (English and Spanish)
- Yoga (English and Spanish)
- And more!



OR VISIT THE HEALTH & WELLNESS TAB
AT HEARTLANDHEALTHCENTERS.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 a 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 mi mejor ejercicio despues de tener un un día con mucho trabajo la zumba de Marce me relaja y me fascina"

SUMMER 2022 WELLNESS GROUPS

HEARTLAND
HEALTH CENTERS
HEALTHCARE FROM THE HEART



FOR HHC PATIENTS!

**NOW OFFERING IN-PERSON,
VIRTUAL, AND HYBRID**

GENTLE YOGA FOR CHRONIC PAIN (ENG)

5/5-8/25, VIRTUAL ON ZOOM & DROP-IN

Helen Bordon and David Freedman, MD

Practice gentle yoga moves and learn about techniques to increase relaxation and reduce pain in various parts of the body, like deep breathing, meditation, and more.

Thursdays 10-11 AM

TAI CHI (ENG)

5/2-6/13, 6/20-8/1

HYBRID: HHC-DEVON AND VIRTUAL ON ZOOM

JR Zumwalt and David Freedman, MD

Tai Chi is a slow, gentle movement practice that involves meditation and breathwork; it originates from ancient China as a martial art. In this class, you will learn about techniques & flows for increasing relaxation and reducing pain, especially for those with chronic disease, and more.

7-week program.

Mondays 1-2 PM

ACUPUNCTURE (ENG)*

HHC-DEVON (1300 W DEVON)

**Thiera Smith, LAc, Pacific Coll. of Health & Science,
David Freedman, MD**

Acupuncture is an effective treatment for chronic pain as well as digestive, emotional and neurological issues, and much more! It is part of traditional Chinese medicine and works with energy pathways throughout the body, which are understood to be responsible for overall health. There is a waitlist to sign up.

7-week program, 1-hour sessions.

***PROVIDER REFERRAL REQUIRED.**

Mondays 2-5 PM

Wednesdays 1-5 PM

COOKING & NUTRITION FOR JOY (ENG)

5/3-7/26, VIRTUAL ON ZOOM & DROP-IN

Sreela Namboodiri, MD & 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

DIABETES EDUCATION (ENG)

6/9-8/11, VIRTUAL ON ZOOM

Courtney Mapes, MD and others

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.

Thursdays 11:30-12:30 PM

NUTRITION FOR DIABETES (ENG)

8/16-9/27, VIRTUAL ON ZOOM

Anuj Shah, MD and others

Learn interesting nutrition information, cook and share recipes, and refresh on the basics of diabetes in this fun class! Open to anyone with Type 2 diabetes, prediabetes, caregivers of diabetics or anyone interested in nutrition.

7-week program.

Tuesdays 3:30-5 PM

EMOTIONAL WELLNESS FOR MY CHILD* (ENG)

WEISMAN PLAYGROUND (901 W OAKDALE AVE, 60657)

6/24-8/26

Megan Ponte, LCSW

For children ages 3-6 (and their parent or caregiver). In this caregiver/child class, playfulness is used to increase calm and attention in children and promote safe, secure, and soothing interactions in the parent-child relationship. This class is routine-oriented and draws on activities that include mindfulness, sensory integration, and Theraplay™.

***Caregiver adults must be vaccinated to participate.**

Fridays 10:30-11:30 AM

LUNA Y SOL (SP)*

5/25-8/12, VIRTUAL ON ZOOM & DROP-IN

Margaret Espinoza, LCPC and others

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 may do from the comfort of your home.

***IN SPANISH ONLY**

Fridays 11-12 PM

PRENATAL EDUCATION (ENG/SP)*

VIRTUAL ON ZOOM

Spanish: 6/7, 8/2, 10/4, 11/1, 12/6

English: 6/7, 7/5, 8/2, 9/6, 10/4, 11/1, 12/6

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.**

Spanish with Yasmine Goelzer, MD: 1-2 PM

English with Anuj Shah, MD: 6-7 PM

SIGN UP TODAY!

TEXT 'GROUPS' TO

872-263-0371

**AS OF 4/30/22, COVID VACCINATION IS
REQUIRED FOR IN-PERSON
PARTICIPATION (THIS DOES NOT APPLY
TO GROUPS ON ZOOM).
TO BE VACCINATED MEANS MINIMUM 14
DAYS SINCE DOSE 2.**

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