

UC Health Integrative Medicine

Wellness Studio Class Schedule

Tuesdays

9:00am – 10:15am
10:30am – 11:45am
12:00am – 1:00pm

Tai Chi & Qigong

Tai Chi for Health
Medical Qigong
Private Sessions

Instructor: Alan Hundley

Wednesdays

9:00 – 9:50am
10:00 – 10:50am
11:00 – 11:30am
11:40 – 12:30pm
2:00 – 2:50pm
3:00 – 3:50pm
4:00 – 4:50pm
5:00 – 5:30pm

Pilates

Beginners Pilates Mat Class
Private Pilates Sessions
Pink Ribbon Program
Intermediate Pilates Mat Class
Pelvic Floor Pilates Workshop
Private Pilates Sessions
Prenatal Pilates
Pink Ribbon Program

Instructor: Carly Hueber

Thursdays

1:00 – 2:15pm
2:30 – 3:45pm
4:00 – 5:15pm

Medical Yoga

Yoga for Chronic Pain
Yoga for Depression
(see below for additional information)
Yoga for Beginners

Instructor: Geraldine Wu, MD

Fridays

12:15 – 1:15pm
1:30 – 2:30pm

Yoga

Private Relaxation Yoga
Private Relaxation Yoga

Instructor: Karen Johns

Our classes are by appointment only.

Please contact us at 513-475-9567 to schedule.

**UC Health Physicians Office South
7675 Wellness Way, Suite 400
West Chester, Ohio 45069**

*Due to the personalized nature of condition-specific yoga classes, a 30-minute assessment is required with the MD Yoga Therapist before joining **Yoga for Chronic Pain** or **Yoga for Depression**. Assessment may be scheduled on the day of your first class or the week prior. The cost is included in the fee for the 6-week series.*

For more information, please visit us at:
uhealth.com/IntegrativeMedicine



Wellness Support Services Schedule

Mondays

9:30am – 5:00pm	Massage	Joyce Cowans
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Tuesdays

8:00am – 12:00pm	Acupuncture	Martyn Thomas
11:00am – 12:30pm	Living with Cancer Group	Richard Sears, PsyD.
12:30am – 2:00pm	Living with Pain Group	Richard Sears, PsyD.

Wednesdays

8:00am – 12:00pm	Ear Acupuncture/ Reflexology	Judy Morey
7:00pm – 8:30pm	Mindfulness Clinician Group	Richard Sears, PsyD.
8:00am – 5:00pm	Health & Wellness Coaching	Ann Bobonick

Thursdays

8:00am – 12:00pm	Massage	Polly Collins
8:00am – 5:00pm	Acupuncture	Martyn Thomas

**Call 513-475-9567(WLNS) for more information regarding our support services
or to schedule an appointment**

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