

# 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 (drop-ins welcome)  
Private Pilates Sessions  
Pink Ribbon Program  
Intermediate Pilates Mat Class (drop-ins welcome)  
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

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

### Yoga

Yoga for Optimal Health (drop-ins welcome)  
Yoga for Restoration & Healing (drop-ins welcome)  
Private Session

Instructor: Karen Johns

**Our classes are by appointment only.  
Please contact us at 513-475-9567 to schedule.**

*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 and pricing, please visit us at:  
**[uhealth.com/IntegrativeMedicine](http://uhealth.com/IntegrativeMedicine)**



## Wellness Support Services Schedule

### Mondays

9:30am – 5:00pm                      Massage                                      Joyce Cowens

### 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.

### Thursdays

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

### Fridays

8:00am – 12:00pm                      Health & Wellness Coaching                      Ann Bobonick

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

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