

UC Health Integrative Medicine Fall 2014

STUDIO CLASS SCHEDULE

Wednesdays

6 - 7:15 p.m. Urban Zen Restorative Yoga Megan McCliment
(Rolling admission, 6-week series starts October 1, ends December 17)

Thursdays

12 - 1 p.m. Tai Chi for Parkinson's Jennifer Woods
(Rolling admission, 6-week series starts September 18, ends October 18)

6:30 - 7:45 p.m. Yoga for Fertility Meredith Amann
(Rolling admission, 6-week series starts September 18, ends October 18)

For more information,
including a list of condition-
focused classes, visit us at:

**UCHealth.com/
IntegrativeMedicine**

Please call (513) 475-WLNS (9567)
for pre-registration/pre-payment.

WELLNESS THERAPIES SCHEDULE

Mondays

Acupuncture 8 a.m. - Noon
Massage Therapy 9:30 a.m. - 5:30 p.m.

Tuesdays

Massage Therapy 9:30 - 11:30 a.m. / 3:30 - 5:30 p.m.

Wednesdays

Reflexology/Acupressure 8 - 11:30 a.m.
Massage Therapy 9:30 a.m. - 2:00 p.m.
Group Acupuncture 11:30 a.m. - 1:30 p.m.

Thursdays

Massage Therapy 9:30 - 11:30 a.m. / 3:30 - 5:30 p.m.
Acupuncture 8 a.m. - Noon

Fridays

Massage Therapy 1:30 - 5:30 p.m.

Women's Center | **UC Health.**

7675 Wellness Way, 4th Floor
West Chester, Ohio 45069

UCHealth.com/women