

# UC Health Integrative Medicine Fall 2014

## Tuesdays

Noon - 12:50 p.m.      Mixed Level Pilates (*Drop-in, punch card required*)      Carly Hueber

## Wednesdays

5 - 7:15 p.m.      Urban Zen Restorative Yoga\*      Megan McCliment  
*Ongoing 6-week series starts October 1*

## Thursdays

12 - 1 p.m.      Tai Chi for Parkinson's\*      Jennifer Woods  
*Ongoing 6-week series starts September 18*

6:30 - 7:45 p.m.      Yoga for Fertility\*      Meredith Amann  
*Ongoing 6-week series starts September 18*

5:15 - 6:05 p.m.      Mixed Level Yoga (*Drop-in, punch card required*)      Meredith Amann

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 to reserve your spot in the 6-week series. For drop-in classes, please purchase a 10-class punch card from the West Chester Hospital gift shop.*

## WELLNESS SUPPORT SERVICES SCHEDULE

<b>Mondays</b>	Acupuncture	8 a.m. - Noon	Effective 10/1
	Massage Therapy	9:30 a.m. - 5:30 p.m.	
<b>Tuesdays</b>	Massage Therapy	9:30 - 11:30 a.m. / 3:30 - 5:30 p.m.	Effective 10/1
<b>Wednesdays</b>	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.	
<b>Thursdays</b>	Massage Therapy	9:30 - 11:30 a.m. / 3:30 - 5:30 p.m.	
	Acupuncture	8 a.m. - Noon	
<b>Fridays</b>	Massage Therapy	1:30 - 5:30 p.m.	

Women's Center |  UC Health.

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 West Chester, Ohio 45069

[UCHealth.com/women](http://UCHealth.com/women)