



# Quest Center Fall 2020 Zoom Group:



**Groups and Workshops Open to Quest Clients**  
please speak to your provider if you are interested in a group

Groups / Workshops	Description	Day & Time	Facilitators
<b>Movement</b>			
<b>Yoga Class</b> <i>Free, open and ongoing</i>	Yoga class for beginners to intermediate students	Mondays 3:00 - 4:00 pm Through Zoom	Jennifer Neimeck Sahar Muranovic
<b>Bailé (Therapeutic Dance)</b> <i>Open and ongoing group</i>	A safe space to come learn hip-hop and Latin dance rhythms.	Thursdays 5:30-6:30 pm Through Zoom	Fernando Moreno, CRM, Certified Zumba Instructor
<b>QiGong</b> Open and ongoing group	Mindful movement to help find your center to help relieve pain and stress.	Thursdays starting August 27 <sup>th</sup> 11:00 am -12:30 pm Through Zoom	Harty Kelley, LAc
<b>Wellness &amp; Nutrition</b>			
<b>Nutrition Group for WISH</b> <i>8 weeks</i>	This quarter's focus: Cooking Basics	Tuesdays 1:00 pm–2:30 pm Starting September 15th Through Zoom	Heidi Nestler, Personal Chef
<b>Neuroscience</b>			
<b>Morning Meditation Practice</b> <i>Ongoing</i>	Meditation Practice offers guided meditations focused on mindfulness and holistic healing.	Fridays 09:00 -09:50 am Through Zoom	Kara Edge, LCSW
<b>Skills/Process/Support</b>			
<b>Women of Wisdom (WOW)</b> <i>Ongoing group</i>	Community sisterhood for HIV+ Women. Free childcare provided	Wednesdays 5:00 PM – 7:00 pm Through Zoom	DiKeeshea Witherspoon CRM, PSS Justine DaCosta
<b>IFS advanced</b> <i>Ongoing group</i>	Ongoing group for individuals who have already taken IFS	Fridays 10:00-12:00 Pm Through Zoom	Lusijah Marx, PsyD Wendy Neal, DO, ND
<b>IFS intermediate</b> <i>Ongoing group</i>	Ongoing group for individuals who have already taken IFS	Wednesdays 2:00-4:00 pm Through Zoom	Lusijah Marx, PsyD
<b>Men's HIV Peer Community Group</b> <i>Ongoing group</i>	A safe space for men who are HIV+ to come together in community	Friday 3:00-5:00 pm Through Zoom	Alex Lopez, PSS
<b>Sexual Wellness Workshop</b> <i>Single day offering</i>	Sensate focus; mindful technique applied to touch and physical sensation	Thursday October 15 <sup>th</sup> 1:00 pm – 4:00 pm Through Zoom	Katie Borofka, MPH, LCSW
<b>Cultivating Self-Compassion &amp; Easing Anxiety</b> <i>8-weeks</i>	Cultivating skills and tools for Mindful-Based Stress Reduction	Tuesdays 11:00am–12:30pm Starting September 29 <sup>th</sup> Through Zoom	Jenny Benson, MSW, CSWA Samantha Lee, MA, QMHP Ladera Perez-Linn, MA, QMHP

**BE WELL**  **BE YOU**

**QUEST**   
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FOR INTEGRATIVE HEALTH