

Getting Started

Call **646-888-0800** when you are ready to schedule your first visit with us.

- Classes and services are open to all; patients, survivors, caregivers and the community.
- Payment may be made at the door or in advance.
- One private acupuncture appointment is required prior to signing up for a community session.
- One private session with our mind-body therapist is required prior to joining the Mindfulness Practice Group.

Costs & Insurance

Therapies and classes are fee-for-service. While some insurance carriers may reimburse you for our services, coverage varies based on your plan. Talk with one of our Client Service Representatives about eligibility for reimbursement when scheduling your appointment.

Fitness classes and Mindfulness Practice Group:
\$20 per class

Personal Training: \$75 for 30 minutes; \$100 for 60 minutes

Passport Card: \$180; *package of any 10 classes normally priced \$20*

Community Acupuncture: \$50 per visit

Discover Integrative Medicine

We are a team of doctors, therapists and teachers here to help you conquer the side effects of cancer treatments. From our clinics and classrooms to digital resources, we provide care that is compassionate, innovative and focused on our patients.

Visit www.mskcc.org/integrativemedicine for class schedules, list of services, instructional videos and more.



The Integrative Medicine Service

Weekly Fitness & Group Programs Calendar
Fall 2014 – Winter 2015



Memorial Sloan Kettering
Cancer Center

We redefine the possibilities of life after cancer, every day.

In Integrative Medicine, we are using innovative complementary therapies including exercise, guided meditation and acupuncture to treat the physical and emotional side effects caused by cancer. We understand every day routines like meals with friends, running errands, and a good night's sleep can be disrupted by your diagnosis and treatment. Our therapists and personal trainers will use their expertise to help you get back to the activities most important to you. We will help motivate you to set new goals for your health and wellness beyond cancer and be a resource for you throughout the journey.

Explore all of our weekly classes and group programs to find your favorite.

Cardiovascular Fitness Classes

- Exercise for All
- Focused Fitness for Women
- Just Breathe, *first Thursday of every month only*
- PEX – *New class just for men!*

PEX is a fundamental workout focused on rebuilding muscle strength and endurance through cardio sequences and weight training. Fun and effective for all fitness levels.

- Strong Bones & Muscular Health
- T-Tapp: The Wellness Workout

Community Acupuncture

Mind-Body and Yoga

- Empowering Yoga
- Martial Arts & Meditation
- Mindfulness Practice Group
- Pilates Mat, *private instruction only*
- Tai Chi and Qi Gong

Weekly Class & Group Events Calendar

Updated as of October 2014

Schedule subject to change. Updates will be shared online:
www.mskecc.org/cancer-care/integrative-medicine/group-class-schedule-descriptions

BENDHEIM INTEGRATIVE MEDICINE CENTER 1429 First Avenue at 74th Street	
MONDAY	
9:00–10:00 AM	Focused Fitness for Women
10:00–11:00 AM	Strong Bones & Muscular Health
11:15 AM –12:15 PM	Exercise for All
5:30–6:30 PM	T-Tapp The Wellness Workout
TUESDAY	
9:00–10:00 AM	Martial Arts & Meditation
1:00, 2:00, 3:00 PM	Community Acupuncture*
WEDNESDAY	
9:30–10:30 AM	Tai Chi Qi Gong
4:30–5:30 PM	PEX
6:00–7:00 PM	Empowering Yoga
THURSDAY	
9:00–10:00 AM	Focused Fitness for Women
10:00–11:00 AM	Strong Bones & Muscular Health
11:15–12:15 PM	Exercise for All
12:30–1:30 PM	Mindfulness Practice Group
FRIDAY	
9:00, 10:00, 11:00 AM	Community Acupuncture*
SATURDAY	
9:30, 10:30 AM,	Community Acupuncture*

EVELYN H. LAUDER BREAST CENTER 300 East 66th Street at 2nd Avenue	
WEDNESDAY	
9:30–10:30 AM	Focused Fitness for Women

BROOKLYN INFUSION CENTER 557 Atlantic Avenue, Brooklyn	
WEDNESDAY	
11:00 AM	Community Acupuncture*
FRIDAY	
11:30 AM, 12:30 PM	Community Acupuncture*

*Appointments are reserved every hour.