## INTEGRATIVE THERAPY SCHEDULE - MAY 2016

<table>
<thead>
<tr>
<th>MONDAY</th>
</tr>
</thead>
</table>
| SHIATSU  
Michael  
8:00 a.m.—11:00 a.m. |
| MASSAGE  
Denise  
10:00 a.m. - 11:00 a.m. |

<table>
<thead>
<tr>
<th>TUESDAY</th>
</tr>
</thead>
</table>
| MASSAGE, LYMPH DRAINAGE CRANIO-SACRAL  
Justine  
10:00 a.m. - 11:00 a.m. [1st and 3rd Tuesday] |

<table>
<thead>
<tr>
<th>WEDNESDAY</th>
</tr>
</thead>
</table>
| SHIATSU  
Michael  
8:30 a.m. —11:30 a.m. |
| BREATHE WELL  
Feel Calmer  
Steve  
10:00 a.m. - 12:00 p.m. (except 3rd Wed) |

<table>
<thead>
<tr>
<th>THURSDAY</th>
</tr>
</thead>
</table>
| HEALING TOUCH  
Barb  
10:00 a.m. - 11:00 a.m. (5, 19) |
| MASSAGE  
Denise  
8:30 a.m. - 11:30 a.m. (12, 26) |

<table>
<thead>
<tr>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| REFLEXOLOGY  
Carol  
8:30 a.m. - 10:30 a.m. (13, 27) |
| ACUPUNCTURE  
Elizabeth  
8:00 a.m. - 11:00 a.m. (6, 20) |

| MASSAGE  
Denise  
1:00 p.m. - 3:00 p.m. |

| LYMPH DRAINAGE CRANIO-SACRAL  
Justine  
1:00 p.m. - 4:00 p.m. |
| REFLEXOLOGY  
Carol  
1:00 p.m. - 4:00 p.m. |
| ACUPUNCTURE  
Jessica  
1:00 p.m. - 4:00 p.m. |
| REIKI  
Frank  
1:00 p.m. - 3:00 p.m. |
| LYMPH DRAINAGE CRANIO-SACRAL  
Justine  
1:00 p.m. - 4:00 p.m. |

Touch Therapy fee: $40.00 for 50-minute treatment session. Reduced Rate Scholarships are available for pre-qualified patients. Applications forms can be picked up at Banner—University Cancer Center volunteer desk. Cash (no bills larger than $50), checks and credit cards are accepted for payment. Touch Therapy appointments can be scheduled at the Supportive Care Volunteer Desk (520) 694-1812.

## CLASS SCHEDULE—MAY 2016

<table>
<thead>
<tr>
<th>MONDAY</th>
</tr>
</thead>
</table>
| BEADING  
Lobby  
9:00 a.m. - 12:00 p.m. (Donations accepted toward class fee) |

<table>
<thead>
<tr>
<th>TUESDAY</th>
</tr>
</thead>
</table>
| EASY QI GONG  
Stefanie  
12:00 p.m. - 1:00 p.m. 
Room 1127 |

<table>
<thead>
<tr>
<th>WEDNESDAY</th>
</tr>
</thead>
</table>
| LAUGH, STRETCH & DE-STRESS  
Emily  
1:00 p.m. - 1:45 p.m. Room 1290  
1st and 3rd Wednesday  
(Note: Class is FREE) |
| MEDITATION  
Steve  
4– Session Class 12:30 p.m. -1:30 p.m. (fee) 
Open Meditation 1:30 p.m.—2:00 p.m. (donation welcome) |

<table>
<thead>
<tr>
<th>THURSDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>NO CLASSES</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| TAI CHI  
James  
12:00 p.m.—1:00 p.m. 
Hallway near Room 1290 |

Class fee: $7.00 - No appointment necessary to attend. Sign-in and payments are only accepted at the volunteer desk. Discount cards are offered for $35.00 for 6 classes. **Come try a first class for FREE!**

QIGONG: (Chee Kung) is the corner stone of an ancient holistic healing system that teaches fun, simple, and easy to learn practices anyone can learn and apply any time to foster wellness – body, mind, spirit. One focuses on natural breathing, body alignment, intention, slow and gentle movement - allowing ones natural state of wellness to flourish. Practices can be adapted to all levels of mobility.

TAI CHI: T’ai Chi is a systematic Qigong practice engaging slow, precise, smooth body movements, natural breath, moving meditation to achieve a state of relaxation of body and mind.

GENTLE YOGA: Yoga is a healing system of theory and practice. It’s a combination of breathing exercises, physical postures and meditation; which has been practiced for more than 5,000 years.

LAUGH, STRETCH AND DE-STRESS: A modified form of laughter yoga class, that is open to anyone, can be done anywhere and you can laugh for no reason! You do not need jokes, comedy or even to be in the mood to laugh. Experience a new sensation in yoga breathing, stretching and mental relaxation. Depression will have a hard time hanging around after this fun class. Open to all patients, family & staff.

MEDITATION: A 4 session continuous class that addresses myths and misunderstandings about meditation, providing a relaxed and comfortable introduction to this important practice. **Fee for Meditation class is $28.00 for 4 classes and only available by appointment.**

Note: All classes are held at Banner—University Medical Center North. Payments for Touch Therapy and Classes are due at the time of your appointment. Please call the volunteer desk to make appointments or ask questions, (520) 694-1812.