



**Banner**  
**University Medical Center**  
 Supportive Care for Healing

**INTEGRATIVE THERAPY SCHEDULE - SEPTEMBER 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SHIATSU</b> Michael Off until October</p>	<p><b>MASSAGE and REFLEXOLOGY</b> John 8:30—11:30 a.m.</p>	<p><b>SHIATSU</b> Michael Off until October</p> <p><b>BREATHE WELL</b> <b>Feel Calmer</b> Steve 10:00 a.m. - 12:00 p.m.</p>	<p><b>HEALING TOUCH</b> Heidi 9:00 a.m. - 11:00 a.m. (21)</p> <p><b>MASSAGE</b> Denise 8:30 a.m. - 11:30 a.m. (7, 14, 28)</p>	<p><b>ACUPUNCTURE</b> Elizabeth 8:00 a.m. - 11:00 a.m. (1, 15)</p> <p><b>MASSAGE AND REFLEXOLOGY</b> John 8:30—11:30 (8, 22, 29)</p>
<p><b>MASSAGE</b> Denise 1:00 p.m. - 4:00 p.m. <b>CLOSED FOR LABOR DAY HOLIDAY</b></p>	<p><b>LYMPH DRAINAGE CRANIO-SACRAL REFLEXOLOGY</b> Justine 1:00 p.m. - 4:00 p.m.</p>	<p><b>REIKI</b> Frank 1:30 p.m. - 3:30 p.m.</p>	<p><b>ACUPUNCTURE</b> Jessica 12:30 p.m. - 4:00 p.m.</p>	<p><b>LYMPH DRAINAGE CRANIO-SACRAL REFLEXOLOGY</b> Justine 1:00 p.m. - 4:00 p.m.</p>

*Touch Therapy fee: \$50.00 for 50-minute treatment session. Reduced Rate Scholarships are available for **CANCER PATIENTS ONLY**. Application 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—SEPTEMBER 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>BEADING</b> Lobby 9:00 a.m. - 12:00 p.m. <b>Closed on Labor Day</b> <b>Open on 3rd Monday</b> <b>(Donations accepted toward class fee)</b></p> <p><b>CHAIR YOGA</b> Peter/ Felicia Room 2114 1:30p.m. - 2:45 p.m. <b>No classes on Labor Day Holiday</b></p>	<p><b>EASY QI GONG</b> Stefanie 12:00 p.m. -1:00 p.m. Room 1127 or Lobby</p> <p><b>MOVING with LYMPHADEMA</b> Katherine 11:00 a.m. -12:00 p.m. Room 1127 Lobby [2nd Tuesday]</p>	<p><b>LAUGH, STRETCH &amp; DE-STRESS</b> Emily 1:00 p.m. -1:45 p.m. Room 1290 <b>In September 1st and 3rd Wednesdays</b> <b>(Note: Class is FREE, donation accepted)</b></p> <p><b>MEDITATION</b> Steve 4-SESSION Class 11:00 p.m.-12:00 p.m. (fee) Open Meditation 12:00 p.m.—1:00 p.m. (fee) (Room 1127)</p> <p><b>GENTLE YOGA</b> 2:00 p.m. - 3:15 p.m. Room 2114 Call for dates available</p>	<p><b>NO CLASSES</b></p>	<p><b>TAI CHI</b> James 12:00 p.m.—1:00 p.m. Hallway near Room 1290</p>

*Class fee: \$8.00 - No appointment necessary to attend. Sign-in and payments are only accepted at the volunteer desk. Discount cards are offered for \$40.00 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 \$35.00 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.**