Integrative Oncology Lecture Series: Learn more about modalities designed to help improve quality of life during and after treatment. Open to patients and care partners. Held on the 3rd Tuesday of every month from 5:30-7pm, September through June in the Luellen Patient & Family Resource Room (Room 1.0701). Contact: Susan Nelson, Integrative Oncology Coordinator at 585.275.7773 or Susan_Nelson@urmc.rochester.edu

Restorative Massage Therapy: Tuesdays: 12-2pm Chair Massage in Radiation Oncology. 2-3pm Table or chair Massage in the Luellen Resource Room or Infusion Room Massage Services (hand, foot or shoulder massage). Wednesdays: 12-2pm Chair Massage in the Luellen Resource Room or Infusion Room Massage Services. Thursdays: 12-3pm Inpatient Unit Massage Services on WCC–6 and WCC–7. Table or chair massage for cancer center patients in the infusion room or the Luellen Patient and Family Resource Room (Room 1.0701) Also available to staff $1 per minute. Registration recommended at the Wilmot Cancer Center Information Desk. Sponsored by the Integrative Oncology Committee and The Wish List Society. Contact: Susan Nelson, Integrative Oncology Coordinator at 585.275.7773 or Susan_Nelson@urmc.rochester.edu

Pluta Cancer Center Location

Gentle Yoga: Meets Thursdays at 1-2:15pm. Location may vary; please call for more information. Contact: Susan Nelson, Integrative Oncology Coordinator at 585.275.7773 or Susan_Nelson@urmc.rochester.edu

Massage Therapy: Free gentle restorative table massage for Pluta Cancer Center patients under treatment. Monday, Tuesday, Thursday; hours vary. Appointments required. Please contact Sonia Jones at 585.487.1672 to schedule. Please contact Lauren O’Neill, LMT for more information at lauren_oneill@urmc.rochester.edu.

“Recipes for Wellness” Cooking Class: Meets the 3rd Tuesday of every month from 12-2pm. Learn how to transition to the plant-based eating plan by preparing and tasting recipes featuring seasonal fruits, vegetables, whole grains, and beans. Classes at Gilda’s Club, 255 Alexander St., Rochester, NY 14607. To register call 585.423.9700 or info@gildasclubrochester.org*

Tai Chi: Class meets every Monday and Friday (no holidays) from 1:30-2:30pm. Open to patients and care partners. Classes are structured for beginners and to accommodate those with physical limitations. Location may vary; please call for more information. Contact: Susan Nelson, Integrative Oncology Coordinator at 585.275.7773 or Susan_Nelson@urmc.rochester.edu

Sponsered by the Pluta cancer Center Foundation.