

Patient and Caregiver Resources

Wilmot Cancer Center Location

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**

Sponsored by the Pluta cancer Center Foundation.