# Integrative Medicine weekly events

**Integrative Medicine Video Archive** or **YouTube**  
**Integrative Medicine Resources**  
Email **Gisela.Boxleitner@ynhh.org** for more information

| Monday 7/13/20 | **Virtual Guided Imagery Meditation**  
10.30-11.00am with Michele Grand  
**Virtual T’ai Chi/Qigong**  
3.00 – 4.00pm with Bill Banick |
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| Tuesday 7/14/20 | **Phone Meditation** @ 12.30pm  
Call 888-398-2342, access code 3862125, 15-20 min with Ellen McNally  
**Virtual Zumba Gold**  
1.00-2.00pm with Anne Marie Rosaler  
**Virtual Restorative Yoga**  
3.00-4.00pm with Ellen McNally |
| Wednesday 7/15/20 | **Virtual T’ai Chi/Qigong**  
2.00 – 3.00pm with Bill Banick  
**Phone Meditation** @ 4.00pm  
Call 888-398-2342, access code 3862125  20 min with Phil Levine |
| Thursday 7/16/20 | **Virtual Gentle Yoga**  
10.00– 11.00am with Ellen McNally  
**Virtual Guided Imagery Meditation**  
1.30-2.00pm with Michele Grand |
| Friday 7/17/20 | **Phone Meditation** @ 1.00pm  
Call 888-398-2342, access code 3862125, 15-20 min with Ellen McNally |
| Creative Expression Projects | **Unity Peace and Healing Flags**  
Gather materials and create a flag for our Smilow Cancer Hospital and YNHH community promoting Unity, Peace and Healing. Inspiration for this project comes from the YNHH Peace pole, a gift from the YNHH Auxiliary created by artist Maureen Baldino, and Tibetan prayer flags. Please contact Dana Brewer our Integrative Medicine creative expression coordinator at dana.brewer@ynhh.org If you would like to participate in this project |

**Integrative Medicine Consultations** Gary Soffer MD, 203 200 4325  
Integrative Medicine clinical consultations provide guidance for lifestyle modifications while undergoing cancer treatment including mind/body modalities and nutritional interventions