### Integrative Medicine weekly events

**Integrative Medicine Video Archive** or **YouTube**

**Integrative Medicine Resources**

Email **Gisela.Boxleitner@ynhh.org** for more information

<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
<th>Time</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>Monday</td>
<td><strong>Virtual T’ai Chi/Qigong</strong></td>
<td>3.00 – 4.00pm</td>
<td>Bill Banick</td>
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<td>9/21/20</td>
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<tr>
<td>Tuesday</td>
<td><strong>Phone Meditation</strong> @ 12.30pm</td>
<td></td>
<td>Ellen McNally</td>
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<tr>
<td>9/22/20</td>
<td>Call 888-398-2342, access code 3862125</td>
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<td></td>
<td>15-20 min with Ellen McNally</td>
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<td></td>
<td><strong>Virtual Zumba Gold</strong></td>
<td>1.00-2.00pm</td>
<td>Anne Marie Rosaler</td>
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<td></td>
<td><strong>Virtual Restorative Yoga</strong></td>
<td>3.00-4.00pm</td>
<td>Ellen McNally</td>
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<tr>
<td>Wednesday</td>
<td><strong>Virtual T’ai Chi/Qigong</strong></td>
<td>2.00 – 3.00pm</td>
<td>Bill Banick</td>
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<td>9/23/20</td>
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<td></td>
<td><strong>Phone Meditation</strong> @ 4.00pm</td>
<td></td>
<td>Phil Levine</td>
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<td></td>
<td>Call 888-398-2342, access code 3862125</td>
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<tr>
<td></td>
<td>20 min with Phil Levine</td>
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<tr>
<td>Thursday</td>
<td><strong>Virtual Gentle Yoga</strong></td>
<td>9.30- 10.30am</td>
<td>Ellen McNally</td>
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<td>9/24/20</td>
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<td></td>
<td><strong>Virtual Guided Imagery Meditation</strong></td>
<td>11.30am -12.00pm</td>
<td>Michele Grand</td>
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<tr>
<td>Friday</td>
<td><strong>Phone Meditation</strong> @ 1.00pm</td>
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<td>Ellen McNally</td>
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<tr>
<td>9/25/20</td>
<td>Call 888-398-2342, access code 3862125</td>
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<td>15-20 min with Ellen McNally</td>
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**Creative Expression Projects**

“A Moment in Nature”  
**watch our new videos every week**

A daily dose of nature promotes wellness and our Integrative medicine team encourages you to explore moments in nature with tranquil awareness. Share your moments with our team- here are the details! Videos should be 45 to 60 seconds (one minute preferred). Filmed horizontally, title video (part of the creativity) and add location. We’d love to share some of your videos in our Integrative Medicine Archives.

Send video to **dana.brewer@ynhh.org**

**Special Event**

**10/8/20 , 4.-5.15pm**

Smilow Wellness Workshop presents

“**Emotional Intelligence: Permission to feel to achieve well-being**”  
*Presented by Marc Brackett, PhD*

**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.

Visit our Integrative Medicine video archives/YouTube “**Helpful Tips with Gary Soffer, MD**”