### Integrative Medicine weekly events

**Integrative Medicine Video Archive** or [YouTube](#)

**Integrative Medicine Resources**

[Gisela.Boxleitner@ynhh.org](mailto:Gisela.Boxleitner@ynhh.org) for more information

| Monday  
<table>
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<th>5/31/21</th>
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<tr>
<td><strong>Memorial Day</strong></td>
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| Tuesday  
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| **Phone Meditation** @ 12.30pm  
Call 888-398-2342, access code 3862125, 15-20 min with Ellen McNally |
| **Virtual Self Massage Techniques For Neuropathy**  
12.30-1.00pm with Michele Grand LMT |
| **Virtual Restorative Yoga**  
3.00-4.00pm with Ellen McNally |

| Wednesday  
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| **Phone Meditation** @ 4.00pm  
Call 888-398-2342, access code 3862125 20 min with Phil Levine |

| Thursday  
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| **Virtual Gentle Yoga**  
10.00–11.00am with Ellen McNally |
| **Virtual T’ai Chi/Qigong**  
2.00 – 3.00pm with Bill Banick |

| Friday  
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| **Phone Meditation** @ 1.00pm  
Call 888-398-2342, access code 3862125, 15-20 min with Ellen McNally |

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<th>Creative Expression Projects</th>
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| **Haiku** A traditional Japanese haiku is a three-line poem with seventeen syllables, written in a 5/7/5 syllable count. Share your Haiku by sending to [dana.brewer@ynhh.org](mailto:dana.brewer@ynhh.org)  
**Illustration**—using your Art media of choice select from an original Smilow Haiku sent in to us for this project and create an interpretation that captures the feeling of the poem. Contact [dana.brewer@ynhh.org](mailto:dana.brewer@ynhh.org) or all 203.200.6129 |
| **A Moment in Nature** watch our archived video clips |

| Integrative Medicine Consultations  
| schedule appointment  
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| 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”** |