

NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Strong & Limber – 10:00-11:00 (Zoom) Balance & Mobility – 11:00-12:00 (Zoom) Reiki – 10:00-12:00 (4 th Floor during treatments)	5 Strong & Limber – 10:00-11:00 (Zoom) Caregiver Connections – 11:00-12:00 (Zoom) Reiki – 10:00-12:00 (4 th Floor during treatments)	6 Meditation – 11:00-12:00 (In person or Zoom) Art for Healing – 2:00-3:15 (Zoom) Acupuncture – 12:00-5:00 (By appointment)	7 Strong & Limber – 10:00-11:00 (In Person) Balance & Mobility – 11:00-12:00 (In Person)
10	11 Strong & Limber – 10:00-11:00 (Zoom) Balance & Mobility – 11:00-12:00 (Zoom) Reiki – 10:00-12:00 (4 th Floor during treatments)	12 Strong & Limber – 10:00-11:00 (Zoom) Caregiver Connections – 11:00-12:00 (Zoom) Reiki – 10:00-12:00 (4 th Floor during treatments)	13 Meditation – 11:00-12:00 (In person or Zoom) Art for Healing – 2:00-3:15 (Zoom) Acupuncture – 12:00-5:00 (By appointment)	14 Strong & Limber – 10:00-11:00 (In Person) Balance & Mobility – 11:00-12:00 (In Person) COOKING DEMO – 10:30-11:30
17 Style & Smile – 10:00-11:30 Men with Cancer Support Group – 4:00-5:00	18 Strong & Limber – 10:00-11:00 (Zoom) Balance & Mobility – 11:00-12:00 (Zoom) Reiki – 10:00-12:00 (4 th Floor during treatments)	19 Strong & Limber – 10:00-11:00 (Zoom) Caregiver Connections – 11:00-12:00 (Zoom) Reiki – 10:00-12:00 (4 th Floor during treatments)	20 Meditation – 11:00-12:00 (In person or Zoom) Art for Healing – 2:00-3:15 (Zoom) Acupuncture – 12:00-5:00 (By appointment)	21 Strong & Limber – 10:00-11:00 (In Person) Balance & Mobility – 11:00-12:00 (In Person)
24	25 **NO EXERCISE TODAY** Reiki – 10:00-12:00 (4 th Floor during treatments)	26 **NO EXERCISE TODAY** Caregiver Connections – 11:00-12:00 (Zoom) Reiki – 10:00-12:00 (4 th Floor during treatments)	27 	28 **NO EXERCISE TODAY**
				 Awareness month PANCREATIC CANCER

INTEGRATIVE HEALTH PROGRAMS

Phelps Cancer Center

Hillcrest Campus of Berkshire Medical Center



The integrative health programs at the Phelps Cancer Center are offered free of charge to people experiencing cancer as a patient, caregiver, or in survivorship.

For questions or to register for our offerings please call Jody at (413) 997-5867 or email junderhill@bhs1.org

For Pastoral or Spiritual Care, please call (413) 447-2251.

Don't miss our Cooking Demo!

Fall Comfort Foods

Friday, November 14th

10:30-11:30am

Pink Petal Room

COMING SOON

Women's Support Group

Special Topic: Sexual Health

Wednesday, December 10th

10:00am – 11:00am

Strong & Limber

Tuesday, Wednesday, Friday

10:00-11:00am

HEAL Room or Zoom Online

Balance & Mobility

Tuesday, Wednesday, Friday

10:00-11:00am

HEAL Room or Zoom Online

Yoga

Wednesdays

12:45pm - 2:00pm

HEAL Room

Stay Tuned!
Watch your
email for
updates

Acupuncture (by appointment only)

Thursdays

12:00-5:00pm

HEAL Room – For an appointment

Call (413) 443-6000

Reiki (during infusion treatments)

Tuesday, Wednesday, Friday

10:00am-12:00pm

Fourth Floor during Treatments

Healing Imagery (guided relaxation)

All week by phone.

Call (413) 997-5867 to register.

Denise Kaley Health Coaching for Women

For information or to register

Call (413) 997-5867

Men with Cancer Support Group

3rd Monday of the month

November 17th

4:00-5:00pm

Pink Petal Room

Caregiver Connections

Wednesdays

11:00am-12:00pm

Zoom Online

Art for Healing

3 Thursdays per month

11/6; 11/13; 11/20

2:00-3:15pm by Zoom Online

Styles & Smiles – November 17th

One Monday per month

10:00-11:30am

HEAL Room

Call (413) 997-5867 to register.

Meditation

Thursdays 11:00am – 12:00pm

Meditation Room or Zoom Online

Wig Fitting Program

Tuesday, November 4th

9:00am -11:00am

Call (413) 997-5867 for an appointment



Berkshire Medical Center
Berkshire Health Systems

