

DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 **NO EXERCISE TODAY** Reiki – 10:00-12:00 (4 th Floor during treatments)	3 Strong & Limber – 10:00-11:00 (Zoom) Caregiver Connections – 11:00-12:00 (Zoom) Reiki – 10:00-12:00 (4 th Floor during treatments) **NO YOGA TODAY**	4 Meditation – 11:00-12:00 (In person or Zoom) Acupuncture – 12:00-5:00 (By appointment) Art for Healing – 2:00-3:15 (Zoom)	5 Strong & Limber – 10:00-11:00 (In Person) Balance & Mobility – 11:00-12:00 (In Person)
8	9 Strong & Limber – 10:00-11:00 (Zoom) Balance & Mobility – 11:00-12:00 (Zoom) Reiki – 10:00-12:00 (4 th Floor during treatments)	10 Strong & Limber – 10:00-11:00 (Zoom) Education Group 10:00-11:00 Caregiver Connections – 11:00-12:00 (Zoom) Reiki – 10:00-12:00 (4 th Floor during treatments) Yoga – 12:45-2:00 (In Person)	11 Meditation – 11:00-12:00 (In person or Zoom) Acupuncture – 12:00-5:00 (By appointment) Art for Healing – 2:00-3:15 (Zoom)	12 Strong & Limber – 10:00-11:00 (In Person) Balance & Mobility – 11:00-12:00 (In Person)
15 Styles & Smiles – 10:00-11:30 Men with Cancer Support Group – 4:00-5:00	16 Strong & Limber – 10:00-11:00 (In Person) Balance & Mobility – 11:00-12:00 (In Person) Reiki – 10:00-12:00 (4 th Floor during treatments)	17 Strong & Limber – 10:00-11:00 (Zoom) Caregiver Connections – 11:00-12:00 (Zoom) Reiki – 10:00-12:00 (4 th Floor during treatments) Yoga – 12:45-2:00 (In Person)	18 Meditation – 11:00-12:00 (In person or Zoom) Acupuncture – 12:00-5:00 (By appointment) Art for Healing – 2:00-3:15 (Zoom)	19 Strong & Limber – 10:00-11:00 (In Person) Balance & Mobility – 11:00-12:00 (In Person)
22	23 **NO EXERCISE TODAY** Reiki – 10:00-12:00 (4 th Floor during treatments)	24 **NO EXERCISE TODAY** Caregiver Connections – 11:00-12:00 **NO REIKI TODAY** **NO YOGA TODAY**	25 	26 **NO EXERCISE TODAY**
29	30 **NO EXERCISE TODAY** Reiki – 10:00-12:00 (4 th Floor during treatments)	31 **NO EXERCISE TODAY** Caregiver Connections – 11:00-12:00 (Zoom) Reiki – 10:00-12:00 (4 th Floor during treatments) Yoga – 1:00-2:00 (In Person)		

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.

SPECIAL GROUP:

EDUCATION GROUP

TOPIC: Women's Sexual Health

DATE: December 10th

TIME: 10:00am – 11:00am

BY ZOOM:

<https://zoom.us/j/97165969894>

Meeting ID: 971 6596 9894

Passcode: Women25!

Registration required –

Call 413-997-5867 to register



Strong & Limber

Tuesday, Wednesday, Friday
10:00-11:00am
HEAL Room or Zoom

Balance & Mobility

Tuesday, Wednesday, Friday
10:00-11:00am
HEAL Room or Zoom

Yoga – Guest Teacher Kathleen

Wednesdays
12:45-2:00pm
HEAL Room
For questions or to register call
413-997-5867

Acupuncture (by appointment only)

Thursdays
12:00-5:00pm
HEAL Room – For an appointment
Call (413) 443-6000

Reiki (during infusion treatments)

Tuesday & Wednesday
10:00m-12:00pm
Fourth Floor

Wig Fitting Program

Tuesday, December 2nd
9:00am -11:00am
Call (413) 997-5867 for an appointment



Men with Cancer Support Group

3rd Monday of the month
December 15th
4:00-5:00pm
Pink Petal Room

Caregiver Connections

Wednesdays
11:00am-12:00pm
Zoom Session

Art for Healing

3 Thursdays per month
12/4; 12/11; 12/18
2:00-3:15pm by Zoom

Meditation

Thursdays 11:00am – 12:00pm
Meditation Room or Zoom
Call (413) 997-5867 to register.

Healing Imagery (guided relaxation)

All week by phone.
Call (413) 997-5867 to register.

Styles & Smiles – Helpful hints on skin care, makeup & more!

December 15

One Monday per month
10:00-11:30am
HEAL Room
Call (413) 997-5867 to register.

Denise Kaley Health Coaching for Women

For information or to register
Call (413) 997-5867



Berkshire Medical Center
Berkshire Health Systems

