



February 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
| 2 | 3 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) WIG FITTINGS – 9:00-11:00 | 4 Strong & Limber – 10:00-11:00 (Zoom) Caregiver Connections – 11:00-12:00 (Zoom) Yoga – 1:00-2:00 (In Person) **NO REIKI TODAY** | 5 **NO MEDITATION TODAY** Acupuncture – 12:00-5:00 (By appointment) | 6 Strong & Limber – 10:00-11:00 (In Person) Balance & Mobility – 11:00-12:00 (In Person) |
| 9 | 10 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) COOKING DEMO – 11:00-12:30 | 11 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 – 1:00-2:00 (In Person) | 12 Meditation – 11:00-12:00 (In person or Zoom) Art for Healing – 2:00-3:15 (Zoom) Acupuncture – 12:00-5:00 (By appointment) | 13 Strong & Limber – 10:00-11:00 (In Person) Balance & Mobility – 11:00-12:00 (In Person) |
| 16  | 17 **NO EXERCISE TODAY** Reiki – 10:00-12:00 (4 th Floor during treatments) | 18 **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) | 19 Meditation – 11:00-12:00 (In person or Zoom) Art for Healing – 2:00-3:15 (Zoom) Acupuncture – 12:00-5:00 (By appointment) Mastectomy Garment & Prosthesis Fittings - 10:00am – 4:30pm | 20 **NO EXERCISE TODAY** |
| 23 | 24 Strong & Limber – 10:00-11:00 (In Person) Balance & Mobility – 11:00-12:00 (In Person) **NO REIKI TODAY** | 25 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 – 1:00-2:00 (In Person) | 26 Meditation – 11:00-12:00 (In person or Zoom) Art for Healing – 2:00-3:15 (Zoom) Acupuncture – 12:00-5:00 (By appointment) | 27 Strong & Limber – 10:00-11:00 (In Person) Balance & Mobility – 11:00-12:00 (In Person) |
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INTEGRATIVE HEALTH PROGRAMS

Phelps Cancer Center

Hillcrest Campus of Berkshire Medical Center



February 2026

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.

COOKING DEMO

FEBRUARY 10TH 11:00am – 1:00pm **TOPIC: GUT HEALTH**
Call (413) 997-5867 to register

Moving Forward Program

February 11 – March 18th
Wednesdays 9:00-11:00
For more information call (413) 997-5867

Denise Kaley Health Coaching for Women

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

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

Wednesdays
1:00-2:00
HEAL Room

Acupuncture (by appointment only)

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

Reiki (during infusion treatments)

Tuesday & Wednesday
10:00am-12:00pm
Fourth Floor during Treatments

Healing Imagery (guided relaxation)

Call (413) 997-5867 to schedule your phone appointment. Recording to use for future use included!

Men with Cancer Support Group

3rd Monday of the month
No Group d/t Monday Holiday
4:00-5:00pm
Pink Petal Room

Caregiver Connections

Wednesdays
11:00am-12:00pm
Zoom

Art for Healing

3 Thursdays per month
2/12; 2/19; 2/26
2:00-3:15pm by Zoom

Styles & Smiles

No Group d/t Monday Holiday
10:00-11:30am
HEAL Room
Call (413) 997-5867 to register.

Meditation

Thursdays 11:00am – 12:00pm
Meditation Room and Zoom

Wig Fitting Program

Tuesday February 3rd
9:00am -11:00am
Call (413) 997-5867 for an appointment

Mastectomy Bra & Prosthetic Fittings

Thursday, February 19th
10:00am – 4:00pm
Call (413) 997-5867 for questions or an appointment



Berkshire Medical Center
Berkshire Health Systems

