

March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p>	<p>3 Strong & Limber – 10:00-11:00 (In Person) Balance & Mobility – 11:00-12:00 (In Person)</p> <p>**NO REIKI TODAY**</p>	<p>4 **NO EXERCISE TODAY** Caregiver Connections – 11:00-12:00 (Zoom) Reiki – 10:00-12:00 (4th Floor during treatments) Yoga – 1:00-2:00 (In Person) Yoga Nidra – 2:15-2:45 (In Person)</p>	<p>5 Meditation – 11:00-12:00 (In person or Zoom)</p> <p>Acupuncture – 12:00-5:00 (By appointment)</p>	<p>6 Strong & Limber – 10:00-11:00 (In Person)</p> <p>Balance & Mobility – 11:00-12:00 (In Person)</p>
<p>9 WIG FITTINGS - 9:00-11:00AM</p>	<p>10 Strong & Limber – 10:00-11:00 (In Person) Balance & Mobility – 11:00-12:00 (In Person)</p> <p>**NO REIKI TODAY**</p>	<p>11 Strong & Limber – 10:00-11:00 (Zoom) Caregiver Connections – 11:00-12:00 (Zoom) Reiki – 10:00-12:00 (4th Floor during treatments) Yoga – 1:00-2:00 (In Person)</p>	<p>12 **NO MEDITATION TODAY**</p> <p>Art for Healing – 2:00-3:15 (Zoom) Acupuncture – 12:00-5:00 (By appointment)</p>	<p>13 Strong & Limber – 10:00-11:00 (In Person)</p> <p>Balance & Mobility – 11:00-12:00 (In Person)</p>
<p>16 STYLES & SMILES – 10:00-11:30AM</p> <p>MEN WITH CANCER SUPPORT GROUP – 4:00-5:00PM</p>	<p>17 Strong & Limber – 10:00-11:00 (In Person) Balance & Mobility – 11:00-12:00 (In Person)</p> <p>**NO REIKI TODAY**</p>	<p>18 Strong & Limber – 10:00-11:00 (Zoom) Caregiver Connections – 11:00-12:00 (Zoom) Reiki – 10:00-12:00 (4th Floor during treatments)</p>	<p>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)</p>	<p>20 **NO EXERCISE TODAY**</p>
<p>23</p>	<p>24 **NO EXERCISE TODAY**</p> <p>**NO REIKI TODAY**</p>	<p>25 Strong & Limber – 10:00-11:00 (Zoom) Caregiver Connections – 11:00-12:00 (Zoom) Reiki – 10:00-12:00 (4th Floor during treatments) Yoga – 1:00-2:00 (In Person)</p>	<p>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)</p>	<p>27 Strong & Limber – 10:00-11:00 (In Person)</p> <p>Balance & Mobility – 11:00-12:00 (In Person)</p>
<p>30</p>	<p>31 Strong & Limber – 10:00-11:00 (In Person) Balance & Mobility – 11:00-12:00 (In Person) Reiki – 10:00-12:00 (4th floor during treatments)</p>			

INTEGRATIVE HEALTH PROGRAMS

Phelps Cancer Center
Hillcrest Campus of Berkshire Medical Center

March 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.

NEW CLASS STARTING!

YOGA NIDRA – A guided meditation technique that induces profound relaxation. Benefits include: stress reduction, improved sleep, and enhanced emotional regulation.

WILL BE HELD THE 1ST WEDNESDAY OF THE MONTH FOLLOWING OUR REGULAR YOGA CLASS

Denise Kaley Health Coaching for Women

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

Strong & Limber

Tuesday and Friday
10:00-11:00am
HEAL Room

Balance & Mobility

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

Yoga

Wednesdays - 1:00-2:00pm
****First Wednesday of the month –
Yoga Nidra session following class**
2:15-2:45pm
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
MONDAY, MARCH 16TH
4:00-5:00pm
Pink Petal Room

Caregiver Connections

Wednesdays
11:00am-12:00pm
Zoom

Art for Healing

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

Styles & Smiles

Monday, March 16TH
10:00-11:30am
HEAL Room
Call (413) 997-5867 to register.

Meditation

Thursdays 11:00am – 11:45am
Meditation Room and Zoom

Wig Fitting Program

Tuesday March 9th
9:00am -11:00am
Call (413) 997-5867 for an appointment

Mastectomy Bra & Prosthetic Fittings

Next Date: TBD
10:00am – 4:00pm
Call (413) 997-5867 for questions or an appointment



Berkshire Medical Center
Berkshire Health Systems

