

# April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <b>Strong &amp; Limber</b> – 10:00-11:00 (Zoom) <b>Caregiver Connections</b> – 11:00-12:00 (Zoom) <b>Reiki</b> – 10:00-12:00 (4 <sup>th</sup> Floor during treatments) <b>Yoga</b> – 1:00-2:00 (In Person) <b>Yoga Nidra</b> – 2:15-2:45 (In Person)	<b>2</b> <b>Meditation</b> – 11:00-12:00 (In person or Zoom)  <b>Acupuncture</b> – 12:00-5:00 (By appointment)	<b>3</b> <b>Strong &amp; Limber</b> – 10:00-11:00 (Zoom)  <b>Balance &amp; Mobility</b> – 11:00-12:00 (Zoom)
<b>6</b>	<b>7</b> <b>**NO EXERCISE TODAY**</b>	<b>8</b> <b>**NO EXERCISE TODAY**</b> <b>Caregiver Connections</b> – 11:00-12:00 (Zoom) <b>Reiki</b> – 10:00-12:00 (4 <sup>th</sup> Floor during treatments) <b>Yoga</b> – 1:00-2:00 (In Person) <b>COME CHECK OUT THE COLOSSAL COLON!!</b>	<b>9</b> <b>Meditation</b> – 11:00-12:00 (In person or Zoom) <b>Art for Healing</b> – 2:00-3:15 (Zoom) <b>Acupuncture</b> – 12:00-5:00 (By appointment)	<b>10</b> <b>**NO EXERCISE TODAY**</b>
<b>13</b> <b>WIG FITTINGS</b> - 9:00-11:00AM	<b>14</b> <b>Strong &amp; Limber</b> – 10:00-11:00 (In Person) <b>Balance &amp; Mobility</b> – 11:00-12:00 (In Person)	<b>15</b> <b>Strong &amp; Limber</b> – 10:00-11:00 (Zoom) <b>Caregiver Connections</b> – 11:00-12:00 (Zoom) <b>Reiki</b> – 10:00-12:00 (4 <sup>th</sup> Floor during treatments) <b>Yoga</b> – 1:00-2:00 (In Person)	<b>16</b> <b>Meditation</b> – 11:00-12:00 (In person or Zoom) <b>Art for Healing</b> – 2:00-3:15 (Zoom) <b>Acupuncture</b> – 12:00-5:00 (By appointment)	<b>17</b> <b>Strong &amp; Limber</b> – 10:00-11:00 (In Person)  <b>Balance &amp; Mobility</b> – 11:00-12:00 (In Person)
<b>20</b> 	<b>21</b> <b>**NO EXERCISE TODAY**</b>	<b>22</b> <b>**NO EXERCISE TODAY**</b> <b>Caregiver Connections</b> – 11:00-12:00 (Zoom) <b>Reiki</b> – 10:00-12:00 (4 <sup>th</sup> Floor during treatments) <b>Yoga</b> – 1:00-2:00 (In Person)	<b>23</b> <b>Meditation</b> – 11:00-12:00 (In person or Zoom) <b>Art for Healing</b> – 2:00-3:15 (Zoom) <b>Acupuncture</b> – 12:00-5:00 (By appointment)	<b>24</b> <b>**NO EXERCISE TODAY**</b>
<b>27</b>	<b>28</b> <b>Strong &amp; Limber</b> – 10:00-11:00 (In Person) <b>Balance &amp; Mobility</b> – 11:00-12:00 (In Person)	<b>29</b> <b>Strong &amp; Limber</b> – 10:00-11:00 (Zoom) <b>Caregiver Connections</b> – 11:00-12:00 (Zoom) <b>Reiki</b> – 10:00-12:00 (4 <sup>th</sup> Floor during treatments) <b>Yoga</b> – 1:00-2:00 (In Person)	<b>30</b> <b>Meditation</b> – 11:00-12:00 (In person or Zoom) <b>Acupuncture</b> – 12:00-5:00 (By appointment)	

# INTEGRATIVE HEALTH PROGRAMS

Phelps Cancer Center  
Hillcrest Campus of Berkshire Medical Center

## April 2026



**EARLY DETECTION SAVES LIVES**

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.



**Check out the COLOSSEL COLON and walk your way through learning why screening colonoscopies are so important and BOOK YOURS WHILE YOU'RE THERE!**  
**APRIL 8<sup>TH</sup> at The Medical Arts Building**

### COMING SOON:

- NEW program offering Nutrition Education & Support starting Tues May 5<sup>th</sup>
- WOMEN'S SEXUAL HEALTH EDUCATION SESSION COMING IN MAY

### Denise Kaley Health Coaching for Women

•Make changes to support your health  
For information or to register  
Call (413) 997-5867

### Strong & Limber Exercise Class

•Body Strengthening & Balance  
Tuesday, Wednesday and Friday  
10:00-11:00am in the HEAL Room

### Balance & Mobility Exercise Class

Tuesday and Friday 11:00am -12:00pm  
HEAL Room or Zoom

### Yoga

Wednesdays - 1:00-2:00pm  
**\*\*First Wednesday of the month – Yoga Nidra session following class**  
HEAL Room 2:15-2:45pm  
All levels welcome/no experience needed

### Acupuncture (by appointment only)

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

### Reiki (during infusion treatments)

Wednesdays 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!

### Meditation

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

### For Pastoral or Spiritual Care

please call (413) 447-2251

### Men with Cancer Support Group

3rd Monday of the month  
**CANCELLED THIS MONTH due to Patriot's Day**  
4:00-5:00pm  
Pink Petal Room

### Caregiver Connections

Support Group for this unique role  
Wednesdays 11:00am-12:00pm  
Zoom

### Art for Healing

• Inspiration & hope through art  
• No art experience needed  
3 Thursdays per month  
**4/9; 4/16; 4/23**  
2:00-3:15pm by Zoom

### Styles & Smiles

Treatment related options for:  
•Hair loss  
•Skin Care  
•Make-up  
•Gift bag provided  
**CANCELLED THIS MONTH due to Patriot's Day**  
10:00-11:30am in the HEAL Room  
Call (413) 997-5867 to register.

### Wig Fitting Program MONDAY, April 13TH

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

### Mastectomy Bra & Prosthetic Fittings

**Next Date: MONDAY, April 27TH**  
10:00am – 4:00pm  
Call (413) 997-5867 for questions or an appointment



Berkshire Medical Center  
Berkshire Health Systems

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

