

# May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> <b>Strong &amp; Limber</b> – 10:00-11:00 (In Person) <b>Balance &amp; Mobility</b> – 11:00-12:00 (In Person)
<b>4</b>	<b>5</b> <b>Strong &amp; Limber</b> – 10:00-11:00 (In Person) <b>Balance &amp; Mobility</b> – 11:00-12:00 (In Person)	<b>6</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> – 1:00-2:15 (In Person) <b>Yoga Nidra Session</b> – 2:15-2:45 (In Person)	<b>7</b> <b>Meditation</b> – 11:00-12:00 (ZOOM ONLY TODAY) <b>Acupuncture</b> – 12:00-5:00 (By appointment)	<b>8</b> <b>Strong &amp; Limber</b> – 10:00-11:00 (In Person) <b>Balance &amp; Mobility</b> – 11:00-12:00 (In Person)
<b>11</b> <b>WIG FITTINGS</b> - 9:00-11:00AM	<b>12</b> <b>Strong &amp; Limber</b> – 10:00-11:00 (In Person) <b>Balance &amp; Mobility</b> – 11:00-12:00 (In Person) <b>Virtual Nutrition Drop In</b> – 2:00pm (Zoom)	<b>13</b> <b>Strong &amp; Limber</b> – 10:00-11:00 (Zoom) <b>Caregiver Connections</b> – 11:00-12:00 (Zoom) <b>Yoga</b> – 1:00-2:15 (In Person) <b>**NO REIKI TODAY**</b>	<b>14</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>COOKING DEMO</b> – 9:00-10:00	<b>15</b> <b>Strong &amp; Limber</b> – 10:00-11:00 (In Person) <b>Balance &amp; Mobility</b> – 11:00-12:00 (In Person)
<b>18</b> <b>Styles &amp; Smiles</b> 10:00-11:30 <b>MEN WITH CANCER SUPPORT GROUP</b> 4:00-5:00PM	<b>19</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>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>Women's Sexual Health Group</b> 10:00-11:00 (Zoom) <b>**NO YOGA TODAY**</b>	<b>21</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>22</b> <b>Strong &amp; Limber</b> – 10:00-11:00 (In Person) <b>Balance &amp; Mobility</b> – 11:00-12:00 (In Person)
<b>25</b> 	<b>26</b> <b>Strong &amp; Limber</b> – 10:00-11:00 (In Person) <b>Balance &amp; Mobility</b> – 11:00-12:00 (In Person)	<b>27</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> – 1:00-2:15 (In Person)	<b>28</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>29</b> <b>Strong &amp; Limber</b> – 10:00-11:00 (In Person) <b>Balance &amp; Mobility</b> – 11:00-12:00 (In Person)

# INTEGRATIVE HEALTH PROGRAMS

## Phelps Cancer Center

Hillcrest Campus of Berkshire Medical Center

### May 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.

**EXCITING NEWS**

### Women's Sexual Health Group

Wednesday, May 20<sup>th</sup> 10:00-11:00am  
Via Zoom  
Information • Questions • Discussion

**NEW!**

### Virtual Nutrition Drop Ins!!

**NEW!**

The oncology dieticians are excited to announce their newly launched monthly virtual seminars! These sessions will take place once a month via Zoom.

**When:** TUESDAY, MAY 12<sup>TH</sup> at 2:00pm  
via Zoom

**Topic:** EATING FOR LOW ENERGY DAYS

### 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 - 1:00-2:15pm  
**\*\*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

### Men with Cancer Support Group

3rd Monday of the month  
**MONDAY MAY 18TH**  
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  
**5/14; 5/21; 5/28**  
2:00-3:15pm by Zoom

### Styles & Smiles

Treatment related options for:

- Hair loss
- Skin Care
- Make-up
- Gift bag provided

**MONDAY MAY 18TH**  
10:00-11:30am in the HEAL Room  
Call (413) 997-5867 to register.

### Wig Fitting Program

**MONDAY, May 11TH**  
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

### For Pastoral or Spiritual Care

please call (413) 447-2251



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)

COLLABORATIVE MEMBER

