

JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 WIG FITTINGS - 9:00-11:00AM	2	3 Strong & Limber – 10:00-11:00 <i>(Zoom)</i> Caregiver Connections – 11:00-12:00 <i>(Zoom)</i> Reiki – 10:00-12:00 <i>(4th Floor during treatments)</i> Yoga – 1:00-2:15 <i>(In Person)</i> Yoga Nidra Session – 2:15-2:45 <i>(In Person)</i>	4 Meditation – 11:00-12:00 <i>(In person or Zoom)</i> Acupuncture – 12:00-5:00 <i>(By appointment)</i>	5 Strong & Limber – 10:00-11:00 <i>(In Person)</i> Balance & Mobility – 11:00-12:00 <i>(In Person)</i>
8	9 Strong & Limber – 10:00-11:00 <i>(In Person)</i> Balance & Mobility – 11:00-12:00 <i>(In Person)</i>	10 *NO EXERCISE TODAY* Caregiver Connections – 11:00-12:00 <i>(Zoom)</i> Reiki – 10:00-12:00 <i>(4th Floor during treatments)</i> Yoga – 1:00-2:15 <i>(In Person)</i>	11 Meditation – 11:00-12:00 <i>(In person or Zoom)</i> Art for Healing – 2:00-3:15 <i>(Zoom)</i> Acupuncture – 12:00-5:00 <i>(By appointment)</i>	12 Strong & Limber – 10:00-11:00 <i>(Zoom)</i> Balance & Mobility – 11:00-12:00 <i>(Zoom)</i> Virtual Nutrition Drop In – 1:00pm <i>(Zoom)</i>
15 Styles & Smiles 10:00-11:30AM MEN WITH CANCER SUPPORT GROUP 4:00-5:00PM	16 Strong & Limber – 10:00-11:00 <i>(In Person)</i> Balance & Mobility – 11:00-12:00 <i>(In Person)</i>	17 Strong & Limber – 10:00-11:00 <i>(Zoom)</i> Caregiver Connections – 11:00-12:00 <i>(Zoom)</i> Reiki – 10:00-12:00 <i>(4th Floor during treatments)</i> Yoga – 1:00-2:15 <i>(In Person)</i>	18 *NO MEDITATION TODAY* Art for Healing – 2:00-3:15 <i>(Zoom)</i> Acupuncture – 12:00-5:00 <i>(By appointment)</i>	19 *NO EXERCISE TODAY*
22	23 Strong & Limber – 10:00-11:00 <i>(Zoom)</i> Balance & Mobility – 11:00-12:00 <i>(Zoom)</i>	24 Strong & Limber – 10:00-11:00 <i>(Zoom)</i> Caregiver Connections – 11:00-12:00 <i>(Zoom)</i> Reiki – 10:00-12:00 <i>(4th Floor during treatments)</i> Yoga – 1:00-2:15 <i>(In Person)</i>	25 Meditation – 11:00-12:00 <i>(In person or Zoom)</i> Art for Healing – 2:00-3:15 <i>(Zoom)</i> Acupuncture – 12:00-5:00 <i>(By appointment)</i>	26 Strong & Limber – 10:00-11:00 <i>(In Person)</i> Balance & Mobility – 11:00-12:00 <i>(In Person)</i>
29 MASTECTOMY BRA & PROSTHETIC FITTINGS 10:00AM-4:30PM	30 Strong & Limber – 10:00-11:00 <i>(In Person)</i> Balance & Mobility – 11:00-12:00 <i>(In Person)</i>			

INTEGRATIVE HEALTH PROGRAMS

Phelps Cancer Center
Hillcrest Campus of Berkshire Medical Center

June 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.



COMING SOON

**NEXT COOKING DEMO COMING
JULY 7th 2026 11:00AM-12:30PM**
Stay tuned for more info!

NEW!

Virtual Nutrition Drop Ins!!

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

When: FRIDAY, JUNE 12TH at 2:00pm
via Zoom

Topic: EATING HEALTHY ON A BUDGET

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 10:00m-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 JUNE 15TH
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
6/11; 6/18; 6/25
2:00-3:15pm by Zoom

Styles & Smiles

Treatment related options for:
•Hair loss
•Skin Care
•Make-up
•Gift bag provided
MONDAY JUNE 15TH
10:00-11:30am in the HEAL Room
Call (413) 997-5867 to register.

Wig Fitting Program

MONDAY, JUNE 1ST
9:00am -11:00am
Call (413) 997-5867 for an appointment

Mastectomy Bra & Prosthetic Fittings

MONDAY, JUNE 29TH
10:00am – 4:30pm
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

COLLABORATIVE MEMBER

