

AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 WIG FITTINGS 9:00-11:00	4 Strong & Limber – 10:00-11:00 <i>(In Person)</i> - CANCELLED Balance & Mobility – 11:00-12:00 <i>(In Person)</i> - CANCELLED	5 Strong & Limber – 10:00-11:00 <i>(Zoom)</i> CANCELLED 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>	6 Meditation – 11:00-12:00 <i>(In person or Zoom)</i> Reiki – 11:00-2:00 <i>(4th Floor during treatments)</i> Acupuncture – 12:00-5:00 <i>(By appointment)</i>	7 Strong & Limber – 10:00-11:00 <i>(In Person)</i> CANCELLED Balance & Mobility – 11:00-12:00 <i>(In Person)</i> CANCELLED
10 	11 Strong & Limber – 10:00-11:00 <i>(In Person)</i> Balance & Mobility – 11:00-12:00 <i>(In Person)</i>	12 Strong & Limber – 10:00-11:00 <i>(Zoom)</i> Caregiver Connections – 11:00-12:00 <i>(Zoom)</i> Reiki – 10:00-12:00 CANCELLED <i>(4th Floor during treatments)</i> Yoga – 1:00-2:15 <i>(In Person)</i>	13 Meditation – 11:00-12:00 <i>(In person or Zoom)</i> Reiki – 11:00-2:00 <i>(4th Floor during treatments)</i> Art for Healing – 2:00-3:15 <i>(Zoom)</i> Acupuncture – 12:00-5:00 <i>(By appointment)</i>	14 Strong & Limber – 10:00-11:00 <i>(In Person)</i> Balance & Mobility – 11:00-12:00 <i>(In Person)</i>
17 Styles & Smiles 10:00-11:30AM MEN WITH CANCER SUPPORT GROUP 4:00-5:00PM	18 Strong & Limber – 10:00-11:00 <i>(In Person)</i> Balance & Mobility – 11:00-12:00 <i>(In Person)</i>	19 Strong & Limber – 10:00-11:00 <i>(Zoom)</i> CANCELLED 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>	20 Meditation – 11:00-12:00 <i>(In person or Zoom)</i> - CANCELLED Reiki – 11:00-2:00 <i>(4th Floor during treatments)</i> Art for Healing – 2:00-3:15 <i>(Zoom)</i> Acupuncture – 12:00-5:00 <i>(By appointment)</i>	21 Strong & Limber – 10:00-11:00 <i>(In Person)</i> Balance & Mobility – 11:00-12:00 <i>(In Person)</i>
24 	25 Strong & Limber – 10:00-11:00 <i>(In Person)</i> Balance & Mobility – 11:00-12:00 <i>(In Person)</i>	26 Strong & Limber – 10:00-11:00 <i>(Zoom)</i> Caregiver Connections – 11:00-12:00 <i>(Zoom)</i> Reiki – 10:00-12:00 CANCELLED <i>(4th Floor during treatments)</i> Virtual Nutrition Drop In – 2:00pm <i>(Zoom)</i> Yoga – 1:00-2:15 - CANCELLED	27 Meditation – 11:00-12:00 <i>(In person or Zoom)</i> Reiki – 11:00-2:00 <i>(4th Floor during treatments)</i> Art for Healing – 2:00-3:15 <i>(Zoom)</i> Acupuncture – 12:00-5:00 <i>(By appointment)</i>	28 Strong & Limber – 10:00-11:00 <i>(In Person)</i> Balance & Mobility – 11:00-12:00 <i>(In Person)</i>
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INTEGRATIVE HEALTH PROGRAMS

Phelps Cancer Center

Hillcrest Campus of Berkshire Medical Center

AUGUST 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

MOVING FORWARD PROGRAM

September 16 – October 21

Wednesdays 9:00am – 11:00am – in person

Skills to navigate physical & emotional challenges during survivorship

Next Cooking Demo

Coming in September! More details to come!

Virtual Nutrition Drop In

When: Wednesday, August 26TH – 2:00pm

Topic: From Farm to Fork: Making Sustainable Food Choices

Guest Speaker: Oliver Boomhower, Chemical Engineer & Sustainable Farmer & Owner of Hilltop Farms in Schodack, NY

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 2:00-5:00pm
HEAL Room – For an appointment
Call (413) 443-6000

Reiki (during infusion treatments)

Wednesdays 10:00am-12:00pm
Thursdays 11:00am-2:00pm **NEW!!**
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 AUGUST 17TH
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
8/13 • 8/20 • 8/27
2:00-3:15pm by Zoom

Styles & Smiles

Treatment related options for:

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

MONDAY AUGUST 17TH

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

Wig Fitting Program

MONDAY, AUGUST 3RD

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

Mastectomy Bra & Prosthetic Fittings **NEXT DATE TBD -**

10:00am – 4:30pm
Call (413) 997-5867 for questions or an appointment

For Pastoral or Spiritual Care

please call (413) 447-2251

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



Berkshire Medical Center
Berkshire Health Systems

COLLABORATIVE MEMBER

