

SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Strong & Limber – 10:00-11:00 (In Person) Balance & Mobility – 11:00-12:00 (In Person)	2 Strong & Limber – 10:00-11:00 (Zoom) Caregiver Connections – 11:00-12:00 (Zoom) Reiki – 10:00-12:00 (4 th Floor during treatments) Yoga – 1:00-2:15 (In Person) Yoga Nidra Session – 2:15-2:45 (In Person)	3 Meditation – 11:00-12:00 (In person or Zoom) Reiki – 11:00-2:00 (4 th Floor during treatments) Acupuncture – 12:00-5:00 (By appointment)	4 Strong & Limber – 10:00-11:00 (In Person) CANCELLED Balance & Mobility – 11:00-12:00 (In Person) CANCELLED
7 	8 Strong & Limber – 10:00-11:00 (In Person) Balance & Mobility – 11:00-12:00 (In Person)	9 Strong & Limber – 10:00-11:00 (Zoom) Caregiver Connections – 11:00-12:00 (Zoom) Reiki – 10:00-12:00 (4 th Floor during treatments) Yoga – 1:00-2:15 & 5:00-6:15 (In Person)	10 Meditation – 11:00-12:00 (In person or Zoom) Reiki – 11:00-2:00 (4 th Floor during treatments) Art for Healing – 2:00-3:15 (Zoom) Acupuncture – 12:00-5:00 (By appointment)	11 Strong & Limber – 10:00-11:00 (In Person) Balance & Mobility – 11:00-12:00 (In Person)
14 Reiki – 12:00-2:00 (4 th Floor during treatments)	15 Strong & Limber – 10:00-11:00 (In Person) Balance & Mobility – 11:00-12:00 (In Person)	16 MOVING FORWARD 9:00- 11:00 Strong & Limber – 10:00-11:00 (Zoom) Caregiver Connections – 11:00-12:00 (Zoom) Reiki – 10:00-12:00 (4 th Floor during treatments) Yoga – 1:00-2:15 & 5:00-6:15 (In Person)	17 Meditation – 11:00-12:00 (In person or Zoom) - Reiki – 11:00-2:00 (4 th Floor during treatments) Art for Healing – 2:00-3:15 (Zoom) Acupuncture – 12:00-5:00 (By appointment)	18 Strong & Limber – 10:00-11:00 (In Person) CANCELLED Balance & Mobility – 11:00-12:00 (In Person) CANCELLED Cooking Demo – 11:00 – 12:30
21 WIG FITTINGS 9:00-11:00 Styles & Smiles 10:00-11:30AM MEN WITH CANCER SUPPORT GROUP 4:00-5:00PM	22 Strong & Limber – 10:00-11:00 (In Person) Balance & Mobility – 11:00-12:00 (In Person)	23 MOVING FORWARD 9:00- 11:00 Strong & Limber – 10:00-11:00 (Zoom) Caregiver Connections – 11:00-12:00 (Zoom) Reiki – 10:00-12:00 CANCELLED (4 th Floor during treatments) Yoga – 1:00-2:15 & 5:00-6:15 (In Person)	24 Meditation – 11:00-12:00 (In person or Zoom) Reiki – 11:00-2:00 (4 th Floor during treatments) Acupuncture – 12:00-5:00 (By appointment)	25 Strong & Limber – 10:00-11:00 (In Person) Balance & Mobility – 11:00-12:00 (In Person)
28 Reiki – 12:00-2:00 (4 th Floor during treatments) Creative Journaling - 2:00-3:00pm (In Person)	29 Strong & Limber – 10:00-11:00 (In Person) Balance & Mobility – 11:00-12:00 (In Person)	30 MOVING FORWARD 9:00- 11:00 Strong & Limber – 10:00-11:00 (Zoom) Caregiver Connections – 11:00-12:00 (Zoom) Reiki – 10:00-12:00 (4 th Floor during treatments) Yoga – 1:00-2:15 & 5:00-6:15 (In Person)		

INTEGRATIVE HEALTH PROGRAMS

Phelps Cancer Center

Hillcrest Campus of Berkshire Medical Center

SEPTEMBER 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.



COOKING DEMO

FRIDAY, SEPTEMBER 18
11:00am – 12:30pm

TOPIC: Protein Intake



MOVING FORWARD PROGRAM

September 16 – October 21

Wednesdays 9:00am – 11:00am – in person in our HEAL Room

Skills to navigate physical & emotional challenges during survivorship

To register call 413-997-5867 or email junderhill@bhs1.org

New Creative Journaling Series

Mondays at 2:00pm

Starting **September 28 – November 23**

In Person in our Pink Petal Room

8-wk series to explore journaling as a tool to process thoughts and feelings and learn mindfulness techniques. No writing experience needed.

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

AND AT 5:00-6:15pm NEW!!

****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)

Mondays 12:00-2:00pm **NEW!!**

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!

For Pastoral or Spiritual Care

please call (413) 447-2251

Men with Cancer Support Group

3rd Monday of the month

MONDAY, SEPTEMBER 21ST

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

9/10 • 9/17 • 9/24

2:00-3:15pm by Zoom

Styles & Smiles

Treatment related options for:

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

MONDAY SEPTEMBER 21ST

10:00-11:30am in the HEAL Room

Call (413) 997-5867 to register.

Wig Fitting Program

MONDAY, SEPTEMBER 21ST

9:00am -11:00am

Call (413) 997-5867 for an appointment

Mastectomy Bra & Prosthetic Fittings

MONDAY, OCTOBER 5TH

10:00am – 4:30pm

Call (413) 997-5867 for questions or an appointment

Meditation

Thursdays 11:00am – 11:45am

Meditation Room and Zoom



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

