

# MONTHLY CLASS SCHEDULE

All classes are FREE for patients, families, caregivers and College of Nursing faculty, staff and students. No registration needed – drop by at any time.

## FIRST WEDNESDAY OF EACH MONTH

### Journal Workshop

Noon – 1 p.m.

College of Nursing, Room 634 (CON634)

Narrative medicine invites patients and survivors to share stories of life and treatment through guided conversations and personal writing.

## SECOND TUESDAY OF EACH MONTH

### Jin Shin Jyutsu Self Help

12:30 – 1:30 p.m.

College of Nursing, Room 634 (CON634)

Jin Shin Jyutsu uses the power of light touch to assist with pain, stress, nausea and other physical and emotional side effects of cancer treatment.

## FOURTH WEDNESDAY OF EACH MONTH

### Art Therapy Sampler

10 a.m. – 2 p.m.

Whitney-Hendrickson Building lobby

Art therapy samplers use the creative process of making art to improve a person's physical, mental and emotional health.

Learn about other integrative medicine services available.

859-323-HEAL (4325) | [ukhealthcare.uky.edu/IM](http://ukhealthcare.uky.edu/IM) | [ukintegrativemedicine@uky.edu](mailto:ukintegrativemedicine@uky.edu)

M8-0224



# WEEKLY CLASS SCHEDULE

All classes are FREE for patients, families, caregivers and College of Nursing faculty, staff and students. No registration needed – drop by at any time.

## MONDAY

### Meditation

Noon – 12:30 p.m.

College of Nursing, Room 634 (CON634)

Meditation classes teach a variety of techniques to help clear and calm the mind, promoting emotional and mental well-being.

## WEDNESDAY

### Yoga for Cancer & Chronic Illness

9:30 – 11 a.m.

College of Nursing, Room 634 (CON634)

Yoga classes teach gentle movement, breathing and deep relaxation techniques to reduce stress, pain and fatigue. Beginners welcome. Equipment is provided.

### Meditation

11:15 – 11:45 a.m.

College of Nursing, Room 634 (CON634)

Meditation classes teach a variety of techniques to help clear and calm the mind, promoting emotional and mental well-being.

### Tai Chi

1 – 1:30 p.m.

College of Nursing, Room 634 (CON634)

Tai Chi provides a “moving meditation” centered on breathing exercises with the combination of motion and stillness.

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