

**Welcome** to The Bendheim Integrative Medicine Center at 74th Street. Our programs, available to the entire community, were designed to enhance quality of life, increase self-awareness and help prevent and manage health-related problems through healing regimens that address the body, mind and spirit.

At the Center, we offer a variety of complementary modalities including massage therapy, acupuncture, meditation, nutrition counseling, reiki, and many movement and fitness classes that manage physical and emotional symptoms.

- Alleviate stress, anxiety and depression
- Reduce pain & muscle strain
- Relieve fatigue and sleeplessness
- Increase energy, confidence and strength
- Improve stamina and flexibility, and speed healing

## hours of operation

Monday – Thursday	9 am – 8 pm
Friday	9 am – 5 pm
Saturday	9:30 am – 4 pm

Please call to schedule appointments and register for classes.

**646-888-0800**

## touch therapies

**Aromatherapy Massage** includes the use of pleasing scented essential oils, derived from plants, to engage the senses and enhance relaxation and a sense of well-being. **\$100**

**Massage** involves the therapeutic manipulation of muscles with a variety of hand movements to relieve muscular tension, stimulate circulation, and induce feelings of deep relaxation and tranquility. **\$100**

**Pregnancy Massage** Especially suited for the pregnant woman, this gentle massage is relaxing and restorative. Through the application of specific techniques that include positioning and support, this massage relieves stress and soothes tight and aching muscles. **\$100**

**Reflexology** is an ancient practice of applying pressure to specific parts of the feet and hands. A reflexology treatment is deeply relaxing and helps to reduce stress, relieve pain, increase circulation, and enhance well-being. Perfect for the busy person on the go. **\$100**

**Reiki** promotes the healing of physical and emotional ailments through gentle touch. Reiki utilizes holistic, hands-on healing techniques for restoring harmony and providing deep relaxation and a sense of clarity. **\$100**

**Repetitive Stress Injury Massage** Focuses on work- and sports-related injuries such as carpal tunnel, “mouse shoulder” and “tennis elbow”. In this customized session, various massage techniques are used to relieve areas of pain, restriction, and tension with recommendations to improve ergonomics. **\$100**

**Shiatsu**, a Japanese massage form, uses gentle hand pressure and stretching techniques to adjust the body’s physical structure and to quiet and center the mind. (Traditional futon on the floor or massage table sessions are available). *Please wear loose fitting, comfortable clothing.* **\$100**

**Urban Hiker Tune Up** is for the city walker, biker or runner, and includes a combination of massage and stretching of the lower back, hips and legs to relieve the aches and pains of a fast-paced urban lifestyle. **\$100**

**\*Senior Therapist Rate \$110**

*All of our massage therapists are New York State licensed. They bring many years of training and experience to the Integrative Medicine Service. Our therapists are skilled in applying different forms of massage and can combine several massage modalities within one massage session upon request.*

## mind-body therapies

**Meditation** can help teach us how to calm our minds and to be more present in each of the moments of our lives. This can lead to powerful reductions in stress, anxiety, and depression. Meditation and guided imagery can alleviate pain, as well as other symptoms. Through meditation we can reconnect with our unique inner strengths – which can be a strong ally during times of illness or stress. **\$100**

**Mindfulness Meditation for Wellness and Recovery** Learn to use meditation as a tool for managing stress. Concepts, content and number of sessions developed to meet your unique needs. **\$100** Ongoing practice group **\$20**

**Self-Hypnosis** is a powerful and natural resource that we all have capacity for. We can learn to use this tool more effectively in our lives to reduce anxiety, decrease pain, manage phobias or eliminate negative habits (e.g., smoking). Hypnotherapy prior to surgery or treatment can alleviate anticipatory anxiety, enhance recovery, reduce needs for pain medication, and optimize healing. **\$100**

**Self-Hypnosis Programs** Focus your learning and your resources to manage specific symptoms.

**Pre-Surgical Hypnosis Program:** In this uniquely tailored one-on-one session, you will learn to use self-

hypnosis to reduce pre-surgery anxiety, minimize post-op pain, fatigue or depression, optimize your return to normal functioning, and reduce length of your hospital stay. You will receive an audio CD for home practice.

**Relieve Hot Flashes through Self-Hypnosis:** Learn to reduce the frequency and/or intensity of hot flashes after normal or medically induced menopause. Includes an audio practice CD.

**Reduce IBS Symptoms through Self-Hypnosis:** Learn self-hypnosis techniques that have been known to help alleviate symptoms of irritable bowel syndrome. Program includes home practice CD.

**Mind-body Therapy for Couples, Families and Loved Ones** Meditation, self-hypnosis and guided imagery with a loved one to support patients and care-givers. **\$120**

## fitness physical & more

*All movement and fitness classes can be taken in either a group (see rates listed below) or private session (\$90 per 50-minute session).*

**Yoga for Everyone** is a philosophy and exercise system that combines movement and simple poses with deep breathing and meditation to promote healing and relaxation and to reduce fatigue. **\$20**

**Slow Flow Yoga** is a luxurious yoga practice with slower movements, nourishing breath work and subtle alignment cues. Techniques will be taught which enhance circulation, rejuvenate tired muscles and increase ease of motion in the joints. This class is appropriate for all levels and will increase self awareness and energize the body. **\$20**

**Flow Yoga** is a vigorous, more athletic yoga characterized by flowing poses and sequences linked to breath. Each position is a preparation for the next creating an uplifted and centered experience. **\$20**

**The Alexander Technique** is a method of restoring natural balance, flexibility, and ease of movement. It teaches the use of the appropriate amount of effort for a particular activity, thereby releasing more energy for all activities. **\$90 per private session**

**Qi Gong** combines movement and meditation and can be practiced by individuals of almost any age or fitness level. Regular practice of Qi Gong can reduce stress, increase stamina, establish balance, improve sleep, and bring a sense of harmony. **\$20**

**Fitness Conditioning & AB Attack** is a total body workout that is challenging; combining cardiovascular movements and weight training. Great for all levels of fitness. **\$20**

**Chair Aerobics NY Style** is a fitness program for individuals recovering from medical treatment or those whose physical condition, restricted mobility, or age limit participation in other programs. The class helps decrease breathlessness and fatigue, control panic, improve muscle tone and flexibility, and increase endurance for everyday activities. **\$20**

**Circuit Training – Jog, Row & Jump** is the best way to get leaner and fitter! This class is a no nonsense workout that will challenge you to a new level. You will work hard and have fun. We will utilize light weights, balls, bars, rowing machine, etc. **\$20**

**Focused Fitness** is a therapeutic exercise program for breast cancer and lymph node dissection patients to help reduce the risk of lymphedema and frozen shoulder. These exercises improve range of motion and enhance physical and psychological well-being. **\$20**

**Strong Bones** is an exercise program for those who have or who are at risk for osteoporosis. This class includes resistance and strength training that can help restore bone loss. **\$20**

**Trim & Tone** is an exercise program designed for all fitness levels to trim from head to toe. This class will help rebuild strength and flexibility, regain full range of motion, relieve stiff joints, restore physical and emotional balance and raise your energy level. **\$20**

**Pilates Mat** focuses on increasing strength, flexibility, mind/body connection, postural awareness, core stability, and proper use of abdominal muscles. It reduces back pain and stress. We will utilize the Magic Circle, balls, resistance bands, and weights. **\$90 per private session**

**Arms, Legs & Abs** A new wellness workout for all fitness levels to help rebalance, rebuild and revive. We will work with you on a series of movements designed to put the body in proper functional alignment and improve strength and balance through T-Tapp™. This program works all layers of muscle and develops muscle density instead of muscle bulk. Come tone and tighten your body while increasing your energy, mental clarity and overall health. **\$20**

**Using all the Senses** Dance, music, relaxation, imagery, meditation, talk and fun combine to support recovery, release tension, increase mobility, and energize the body and soul. This special program will help children and adults manage the stresses of serious illness. **\$90 per private session**

## training for treatment™ & beyond

**Self-Hypnosis for Relaxation and Healing CD** A deeper type of meditation, self-hypnosis gives you the ability to minimize fatigue and depression, control anxiety before surgery, medical tests or any other anxiety-provoking situation, increase relaxation, relieve sleeplessness and speed healing. This CD is available for purchase for **\$9.95** at [www.mskcc.org/integrativemedicine/cd](http://www.mskcc.org/integrativemedicine/cd), in the MSKCC Breast Center and Main Campus gift shops, and at the Integrative Medicine Center front desk.

# acupuncture

**Acupuncture** is a safe, painless, and effective form of Traditional Chinese Medicine. Disposable, ultra-thin needles are applied to specific points on the body to stimulate the nervous system to release certain chemicals in the brain. The improved energy and balance stimulate the body's natural healing abilities, relieve many physical ailments, promote physical and emotional well-being, and assist with lifestyle issues such as smoking cessation or weight loss. Initial Visit **\$120**, Follow Up Visit **\$90**

**Restorative Facial Acupuncture** is a method of gentle, pain-free acupuncture and acupressure that revitalizes the mind and body—a wonderful way to look better and feel great. Facial acupuncture may help improve skin tone and appearance, and minimize fine lines. **\$90**

# nutritional and herbal counseling

**Nutrition and Supplement Counseling** This individual session includes scientifically-based recommendations for healthful eating to encourage optimal well-being, as well as expert advice on the proper use of supplements both for disease prevention and during treatment. *Phone consults available.* **\$90**

**Nutrition and Cancer Basics** A free one-hour class that will give participants a basic introduction to what diet may have to offer for those undergoing treatment or those interested in disease prevention. **Class will meet the 2nd Tuesday of every month from 6-7 pm.** Please call 646-888-0800 to register.

**Eat Healthy, Eat Mediterranean** The Mediterranean diet has scientifically proven health benefits. In this one-on-one counseling session you will learn how it can help you protect your heart, lose weight, and feel better. Learn simple techniques for portion control without calorie counting.

\*The Mediterranean diet is comprised of a variety of grains, fruits, vegetables and nuts/seeds and may not be appropriate for those with multiple food allergies/intolerances, or those with gastrointestinal difficulties which prevent them from following a normal diet. **\$90**

**Focus on Supplements** This individual half-hour session discusses the pros and cons of over-the-counter supplements including their possible interactions with various medications. Guidelines will be provided for safe supplementation both for disease prevention and for those undergoing treatment. *Phone consults also available.* **\$45**

Visit the Integrative Medicine Web site at [www.mskcc.org/aboutherbs](http://www.mskcc.org/aboutherbs) to learn more about herbs, botanicals and vitamins.

# consultations

Meet one of our senior clinicians to learn more about complementary therapies and how they can benefit you. We also offer acupuncture-specific consultations. (Consultations are free of charge.)

# professional workshops, programs & groups

*Reservations are required for workshops, programs and groups.*

**Mindfulness Practice Group** is a program for individuals who have completed the MBSR workshop or individual instruction in meditation at the Center. This ongoing group provides weekly time for meditation practice in a setting of mutual support and self-nourishment. **\$20**

**Reiki Training – Certificate Programs** Reiki is a light touch manual therapy from Japan that supports the whole person by enhancing well-being, relieving fatigue, and reducing physical discomfort. The Center currently offers one-day Certificate Programs for each of the following levels: Beginner, Intermediate & Professional. For more information, please call 646-888-0845.

# passport packages

Our 10-session Passport Packages may be used to explore a variety of our offerings, from touch therapies to nutritional counseling, acupuncture, private exercise and mind/body therapies.

**Passport to Well-Being** 10-sessions \$ 810  
*This 10-session card may be used for any individual therapy normally priced \$90.*

**Passport to Touch & Mind-Body Therapy** 10-sessions \$ 900  
*This 10-session card may be used for any touch therapy normally priced \$100.*

\*Senior Therapist Rate \$ 990

**Passport to Fitness** 10-sessions \$ 180  
*This 10-session card may be used for any group class offering normally priced \$20.*

*Gift certificates are available for all of our offerings.*

*Thank you for your generosity, but we do not accept gratuities.*

*For your first visit to the Center, please arrive ten minutes early to complete paperwork.*

*We require 24-hour notice for cancellations or appointment changes.*

*As a courtesy to all our clients, please turn off your cellular phone upon arrival to the Center.*

*Our experienced therapists have been carefully selected for their skill and sensitivity to provide the most satisfying healing experiences to the entire community.*

# schedule

Fall 2009 (October-December)

Updated October 1, 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Focused Fitness 9:00-10:00			Focused Fitness 9:00-10:00		
Strong Bones 10:00-11:00		Trim & Tone 10:30-11:30	Strong Bones 10:00-11:00		Circuit Training 10:30-11:30
Chair Aerobics NY Style 11:15-12:15	Qi Gong 1:00-2:00		Chair Aerobics NY Style 11:15-12:15		
			Mindfulness Practice* 12:30-1:30	<b>Flow Yoga</b> 1:30-2:30	
Arms, Legs & Abs 6:00-7:00	Yoga for Everyone 6:15-7:15	Slow Flow Yoga 6:00-7:00	Fitness Conditioning & AB Attack 6:00-7:00		

*\*Reservations are required.*

*Classes listed in bold are new additions to the schedule.*

*Due to limited class space, please call 646-888-0800 to ensure your space.*

*If class is full, walk-ins may not be accommodated.*

*If these times do not meet your needs, please call us with suggestions for additional classes.*



Memorial Sloan-Kettering  
Cancer Center

The Bendheim Integrative Medicine Center  
1429 First Avenue (at 74th Street)  
New York, NY 10021  
646-888-0800

Please visit our website at:  
[www.mskcc.org/integrativemedicine](http://www.mskcc.org/integrativemedicine)

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**Please look inside for details  
on our new offerings!!**