

Welcome to The Bendheim Integrative Medicine Center, located at 74th Street and First Avenue. Our programs, available to the entire community, provide symptom control, enhance quality of life, increase self-awareness and help prevent and manage a broad range of physical and emotional problems.

Our Center offers a variety of complementary modalities including massage therapy, acupuncture, meditation, nutrition counseling, reiki (very light touch massage), and many movement and fitness classes. We provide both services and tools with which you can self manage physical & 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 **646-888-0800** for appointments and to register for classes.

touch therapies

Aromatherapy Massage includes the use of aromatic plant extracts and authentic essential oils to improve mood and promote health. A popular stress reliever, it is used to restore balance throughout the body. ***\$100***

Manual Lymph Drainage (MLD) is an important part of Complete Decongestive Therapy (CDT) in managing lymphedema. This treatment is now offered at the Integrative Medicine Center. MLD is a gentle, non-invasive massage technique that directs excessive lymph fluid away from affected body areas towards regions which can support drainage. It can be utilized by clients at risk of lymphedema as well as those experiencing early lymphedema symptoms, such as heaviness or discomfort. For more information about MLD appointments call (646) 888-0800. MLD benefits include reducing pain or discomfort, promoting relaxation, and stimulating the lymphatic system. ***\$100***

Medical Qigong Therapy is the oldest therapeutic modality of Chinese Medicine. It is a practice that supports one's quality of life by integrating focused attention, movement, breathing techniques and gentle touch therapy that follows the body's meridian map. This therapy supports well-being, reduces stress, and manages symptoms including pain, fatigue, nausea, and headache. ***\$100***

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

Reflexology is an ancient practice of applying pressure to specific parts of the feet, hands or ears. 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 consists of gentle, hands-on healing techniques that restore harmony and provide deep relaxation and a sense of clarity. ***\$100***

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

Shiatsu, a type of massage developed in Japan, applies hand pressure and stretching techniques to promote balance and to quiet and center the mind. Traditional futon on the floor or massage table sessions are available. As with all of our therapies, Shiatsu is individualized to suit the client's clinical needs. *Please wear loose fitting, comfortable clothing.* ***\$100***

Swedish Massage, the most common kind of massage encountered in the US, 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***

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

mind-body therapies

Meditation means focused concentration. Our individualized meditation instruction draws on Eastern and Western traditions to help you develop a meditation practice that is right for you. Meditation supports relaxation, physical comfort, emotional well-being and healing. *(60 minutes, \$100)*

Mind-body Therapy for Couples, Families and Loved Ones Learning to practice mind-body therapies with a loved one can support and deepen the learning experience during the session and at home. Participants learn guided imagery and self-hypnosis and various forms of meditation to address common goals such as, relaxation, improved sleep, reduction of chronic pain and behavior change *(60 minutes, \$120)*

Hypnotherapy will teach you to practice self-hypnosis, the oldest form of mind-body medicine. The role of the hypnotherapist is to teach you to harness this powerful, natural resource that we all possess. Self-hypnosis helps you master the art and science of self-regulation. Its benefits include relaxation, reduced pain, improved sleep, improved digestion and behavior change *(60 minutes, \$100)*

Pre-Surgical Self-Hypnosis will teach you to manage pre-surgical anxiety, minimize post-operative pain, fatigue or depression, and optimize your return to normal functioning. The session includes an audio CD to support your practice at home. *(60 minutes, \$100)*

Self-Hypnosis for Weight Loss is a specially designed weight loss program tailored to help you lose weight easily, without dieting. The program is creative, fun and empowering. *(60 minutes, \$100)*

mind-body classes

Mindfulness Practice Group is a weekly meditation group that focuses on the practices of mindfulness meditation, the foundation of all meditation traditions. While mindfulness meditation is simple to learn, its benefits are profound and long lasting. A brief conversation with the group leader is required prior to participating; this can be arranged with the front desk. ***\$20***

Space is limited for these classes, pre-registration is encouraged.

physical fitness

Chair Aerobics is a fitness program for individuals recovering from medical treatment or those whose participation in other programs is limited by physical condition, restricted mobility or age. This class helps participants decrease breathlessness and fatigue, control panic, improve muscle tone and flexibility, and increase endurance for everyday activities. ***\$20 for class / \$90 for private session***

Empowering Yoga This class cultivates a connection to strength and flexibility. The mix of yoga positions and transitions opens the heart, challenges the core, strengthens the legs and revitalizes the body for active living. ***\$20 for class / \$90 for private session***

Focused Fitness for Women is an exercise program for breast cancer patients who had lymph node dissection to help reduce the risk of lymphedema and frozen shoulder. These exercises improve range of motion and enhance physical and psychological well-being. ***\$20 for class / \$90 for private session***

Just Breathe is a class focused on taking deep breaths, the quickest way to decrease stress and engage the mind and body in a relaxation response. ***\$20 (class held on 1st Thursday of the month)***

Pilates Mat increases strength, flexibility, mind/body connection, postural awareness, core stability, and proper use of abdominal muscles. It reduces back pain and stress. The Magic Circle, balls, resistance bands, and weights are used. ***\$90 per private session***

Qi Gong combines movement and meditation and can be practiced by individuals of any age or fitness level. Regular practice of Qi Gong can reduce stress, increase stamina and balance, improve sleep, and instill a sense of harmony. ***\$20 for class/\$90 for private session***

Strong Bones & Muscular Health is an exercise program for those who have or are at risk for osteoporosis. Exercise serves to maintain bone density and/or stimulate bone growth. Bones become stronger when subjected to mechanical stress such as walking aerobics, balance training and weight training. ***\$20 for class / \$90 for private session***

T'ai Chi/Qi Qong Improve your balance, strength and vitality with Master Yang, PhD. His evidence based program is safe, gentle, and appropriate for patients, survivors, and caregivers of all ages and physical abilities. ***\$20 for class***

T-Tapp – The Wellness Workout This is a rehabilitative approach to fitness. This workout tightens, tones, strengthens, stretches and energizes your body. T-Tapp exercise works 5–7 muscles simultaneously. The workout is strength training, isometrics, balance training and flexibility which improves body alignment. Come improve posture and lose inches. ***\$20 for class / \$90 for private session***

Zumba This class integrates Latin Dance moves with exercises that stretch and strengthen core muscles. The class is designed for those who love to move and want to firm the abs. Open to individuals of all fitness levels. ***\$20 for class***

training for treatment™ & beyond

Self-Hypnosis for Relaxation and Healing CD A deeper type of meditation — self-hypnosis gives you the tools to minimize fatigue and depression, control anxiety before surgery, medical tests or any other anxiety-provoking situation. Self-hypnosis also increases relaxation, relieves sleeplessness and speeds healing. This CD is available for purchase for **\$9.95** at 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 component of Traditional Chinese Medicine (TCM). Disposable, ultra-thin needles are applied to specific points on the body to stimulate the nervous system to release certain chemicals in the brain working through the nervous system, acupuncture relieves pain and many other physical ailments, promotes physical and emotional well-being, and assists with lifestyle issues such as smoking cessation and weight loss. Initial Visit **\$120**; Follow Up Visit **\$90**

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

Community Acupuncture Enjoy the benefits of acupuncture at a lower cost by enrolling in a small group session. You will be among a maximum of six people treated by one of Integrative Medicine's senior acupuncturists. The treatment, which will be performed with your clothes on, lasts 40 to 45 minutes. **\$40**

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 for both disease prevention and throughout treatment. *In-person and phone consults are available.* **\$90**

Mind-Body Nutrition Counseling Learn an effective weight management strategy that combines nutritional counseling and cutting edge mind-body therapy. In a half-hour session with a nutrition counselor and a full-hour session with a mind-body therapist*, you will acquire the tools and information to help you to achieve your weight management goals. **\$145 for the two sessions**

**The sessions may not be able to be scheduled on the same day.*

Nutrition and Cancer Basics A free one-hour class that provides dietary guidance for disease prevention and for those undergoing treatment. **During the winter season, the class will meet on Tuesday, February 14th.** Please call 646-888-0800 to register.

Focus on Supplements These individual half-hour sessions review the pros and cons of over-the-counter supplements, including their possible interactions with medications. Guidelines are provided for safe supplementation for disease prevention and for those going through treatment. *Phone consults available.* **\$45**

Integrative Medicine Service Overview

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

passport packages

Our 10-session Passport Packages may be used to explore a variety of 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.

Gratuities are not accepted.

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 cell 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.

Visit the Integrative Medicine Web site at www.mskcc.org/aboutherbs to learn more about herbs, botanicals and vitamins.

class schedule Winter 2012 (January–March)

Winter 2012 (January–March)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Focused Fitness for Women (All Levels) 9:00-10:00	Zumba (All Levels) 9:00-10:00	T'aiChi/ QiQong (All Levels) 9:30-10:30	Focused Fitness for Women (All Levels) 9:00-10:00	Community Acupuncture sessions available 9:30AM – 3PM	Community Acupuncture 9:30 and 10:30 AM
Strong Bones & Muscular Health (All Levels) 10:00-11:00			Strong Bones & Muscular Health (All Levels) 10:00-11:00		
Chair Aerobics (All Levels) 11:15-12:15	Qi Gong (All Levels) 1:30-2:30		Chair Aerobics (All Levels) 11:15-12:15		
	Community Acupuncture 3, 4, and 5:00 PM		Mindfulness Practice Group* (All Levels) Prerequisite individual mindfulness meditation session 12:30-1:30		
T-Tapp – The Wellness Workout (All Levels) 5:30-6:30		Empowering Yoga (All Levels) 6:00-7:00	Just Breathe (All Levels) Class held on 1st Thursday of the month 3:00-4:00		

**Space is limited, pre-registration is encouraged.*

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

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