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. Our services and tools help to:

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

mind-body therapies

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.

Reflexology is an ancient practice of applying pressure to specific parts of the feet, hands and ears. Deeply relaxing, it reduces stress, relieves pain and increases circulation to enhance well-being.

Reiki promotes the healing of physical and emotional ailments through gentle touch. Use of light pressure techniques restores harmony and provides deep relaxation and a sense of clarity.

Repetitive Stress Injury Massage addresses work- and sports-related injuries such as carpal tunnel, "mouse shoulder" and "tennis elbow." The session is customized using various techniques to relieve pain, rest and tension. The client also receives recommendations to improve ergonomics.

Shiatsu, a type of massage developed in Japan, uses hand pressure and stretching techniques to promote balance and quiet and center the mind. Shiatsu may be performed on the floor or on a massage table, depending on client preference and clinical status. Please wear loose-fitting, comfortable clothing.

Swedish Massage, the most common form in the US, involves therapeutic manipulation of muscles using a variety of hand movements to relieve muscular tension, stimulate circulation, and induce deep relaxation.

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

mind-body classes

Single group class, $20; prerequisite: individual session

Mindfulness Practice Group meets weekly to practice mindfulness meditation, the foundation of all meditation traditions. While simple to learn, its benefits are profound and long-lasting. Space is limited and preregistration is encouraged. Note: An individual session with the group leader is required prior to participating.

Hypnotherapy assists in the mastery of self-regulation through self-hypnosis, the oldest form of mind-body medicine. The client works with and receives instruction from a hypnotherapist to access one’s own unique natural resources. Benefits include relaxation, reduced pain, improved sleep, improved digestion and behavior change.

Presurgical Self-Hypnosis teaches practical techniques to manage presurgical anxiety, postoperative pain, fatigue or depression, and to facilitate the return to normal functioning. The session includes an audio CD to support home practice.

Self-Hypnosis for Weight Loss is a specially designed program to help you lose weight easily and without diets. The program is creative, fun and empowering.

misch璃 therapeutics

Individual session, $100; $110 with senior therapist

Aromatherapy Massage includes the use of aromatic plant extracts and essential oils to promote mood, health and restore balance.

Manual Lymph Drainage (MLD) is an important part of Complete Decongestive Therapy to manage lymphedema. Gentle, non-invasive massage techniques direct excessive lymphatic fluid away from affected body areas toward regions which can support drainage. Clients at risk of lymphedema or with early symptoms of heaviness or discomfort experience reduced pain and discomfort, relaxation, and stimulation of the lymphatic system.

Medical Qi Gong Therapy: the oldest therapeutic modality of Chinese Medicine, uses focused attention, movement, breathing techniques, and gentle touch therapy that follow the body’s meridian map. Benefits include increased well-being, stress reduction, and management of symptoms such as pain, fatigue, nausea and headache.

Pilates Mat increases strength, flexibility, mind/body connection, postural awareness, core stability, and proper use of abdominal muscles while reducing back pain and stress. The Magic Circle, balls, resistance bands, and weights are used. Private sessions only.

Strong Bones & Muscular Health is designed for those who have, or are at risk for, osteoporosis. Maintain bone density and/or stimulate bone growth by using a program of mechanical stresses that includes walking, aerobics, and balance and weight training.

Tai Chi/Qi Gong: Improve balance, strength and vitality with Master Yang, Ph.D. His evidence-based program is safe, gentle, and appropriate for patients, survivors, and caregivers of all ages and physical abilities.

T-Tapp – The Wellness Workout: Improve posture and lose inches with this rehabilitative approach to fitness. T-Tap tightens, tones, strengthens, stretches, and energizes as it works 5–7 muscles simultaneously. It also improves body alignment through strength training, kinesthetics, balance training, and flexibility exercises.

All fitness sessions are 1 hour in length.

acupuncture

Private sessions: Initial visit, $120; follow-up visit, $90
Community acupuncture: Initial visit & consult, $55; follow-up visit, $40

Acupuncture is a safe, painless, and effective component of Traditional Chinese Medicine. Disposable, ultra-thin needles are applied at specific body points to stimulate the nervous system to release certain chemicals in the brain. Acupuncture relieves pain and many other physical ailments, promotes well-being, and assists with lifestyle issues such as smoking cessation and weight loss. Sessions are also available at the Brooklyn Infusion Center.

Restorative Facial Acupuncture is a method of gentle, pain-free acupuncture and acupressure to look younger and feel great. It may also improve skin tone and appearance, and minimize fine lines.

Community Acupuncture Experience the benefits of acupuncture at a lower cost by enrolling in a small group session. A maximum of 6 individuals are treated by one of Integrative Medicine’s senior acupuncturists.

Acupuncture sessions are 45 minutes in length.
Nutritional Counseling & Herbal Counseling

Nutrition & Supplement Counseling: Individual or family sessions offer scientifically based diet and nutrition recommendations for disease prevention. We also offer expert advice on the appropriate use of dietary supplements for disease prevention as well as during treatment. One-hour consults are available by phone or in person. $90

Focus on Supplements: reviews the pros and cons of over-the-counter supplements, including possible interactions with medications. Guidelines are provided for safe supplementation for disease prevention and for those undergoing treatment. Individual half-hour consults are available by phone or in person. $45

Mind-Body Nutrition Counseling: Learn an effective weight-management strategy that combines nutritional counseling with a Mediterranean-styled diet and cutting edge mind-body therapy. In a half-hour session with a nutrition counselor and a one-hour session with a mind-body therapist*, you will acquire the tools and information to help you achieve your weight management goals. *It may not be possible to schedule both sessions for the same day. $145 for both sessions

Nutrition & Cancer Basics: A free one-hour class that provides dietary guidance for disease prevention and for those undergoing treatment. Fall/Winter sessions: Tuesday, October 9 and December 11. Please call 646-888-0800 to register.

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

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.

No charge

The following free training media designed by our experts are available at the MSKCC Breast Center, the Integrative Medicine Center front desk, via our website at www.mskcc.org/integrativemedicine, or by calling 646-888-0800.

Self-Hypnosis for Relaxation & Stress Relief: Our 30-minute audio program will guide you in developing the skill of self-hypnosis. This powerful strategy can help you prepare for surgery, recover more quickly after treatment, relieve anxiety, and reduce the need for pain medication. Important: Do not practice or listen to the program while driving. Also provided as a free download on iTunes. Search MSKCC Cancer Care Podcast.

Training for Treatment™ & Beyond: Exercise, when performed properly, can improve quality of life for people undergoing cancer treatment. Physical training increases oxygen-rich blood flow, boosting energy levels, endurance, and circulation while decreasing stress and fatigue. It also improves strength, flexibility, posture, and self-confidence. Our 40-minute video exercise program for all levels is designed to help you feel physically and emotionally stronger before, during, and after cancer treatment.

10-session passports

Allow you to explore a variety of offerings:

- Touch & Mind-Body Therapy Passport: $900
  For mind-body or touch therapies normally priced $100.

- Senior Therapist Rate: $990
  For any individual session normally priced $90.

- Wellness Passport: $810
  For any group class normally priced $20.

Gift certificates are available for all of our offerings. Gratuities are not accepted. Please arrive 10 minutes early for your first visit. 24-hour notice is required for cancellations/appointment changes.

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Class schedule

Fall 2012/Winter 2013 (Oct–Mar)

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<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
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<tr>
<td>Focused Fitness for Women 9–10 AM</td>
<td>Qi Gong 9:30–10:30 AM</td>
<td>Strong Bones &amp; Muscular Health 10–11 AM</td>
<td>Community Acupuncture (~45 min)</td>
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<tr>
<td>Strong Bones &amp; Muscular Health 10–11 AM</td>
<td>Chair Aerobics 11:15 AM–12:15 PM</td>
<td>Mindfulness Practice Group 12:30–1:30 PM</td>
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<td>9–10 AM</td>
<td>10:30–11:15 AM</td>
<td>12:30–2:00</td>
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<td>Empowering Yoga 6–7 PM</td>
<td>Just Breathe 3–4 PM (1st Thu monthly)</td>
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Fall 2012/Winter 2013 (October–March)

BAIC, Breast and Imaging Center, 300 E 66th Street at 2nd Avenue
Fitness classes are open to all levels. Due to limits on class size, please call 646-888-0800 to ensure your space, as it may not be possible to accommodate walk-ins. If scheduled classes do not meet your needs, please call us with suggestions for additional classes.

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

Visit the Integrative Medicine website at www.mskcc.org/integrativemedicine for self-care