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 complimentary 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 and emotional symptoms:

- 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

**Aromatherapy Massage**

Aromatherapy massage includes the use of essential oils to improve mood, promote health and restore balance throughout the body.

- **Medical Qi Gong Therapy**, the oldest therapeutic modality of Chinese Medicine, supports quality of life by integrating 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.

- **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, restriction and tension. The client also receives recommendations to improve ergonomic.

- **Qi Gong** combines movement and meditation for any age or fitness level. Regular practice reduces stress, increases stamina and balance, and improves concentration. Our Qi Gong classes are generally suitable for those who have or are at risk for osteoporosis, maintain bone density and/or stimulate bone growth.

- **Mind-Body Therapy for Couples, Families & Loved Ones** helps couples and families work as a team to support and deepen the learning experience during the session and at home. Participants learn guided imagery, self-hypnosis and various forms of meditation to address common goals, improve sleep, reduce chronic pain and behavior change.

- **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 control postoperative pain, reduce fatigue and 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 dieting. The program is creative, fun and empowering.

**touch therapies**

**Individual session**, $100; $120 with senior therapist

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

**Lymph Drainage** is an important part of Complete Decongestive Therapy to manage lymphedema. Gentle, non-invasive massage techniques direct excessive lymph fluid away from affected body areas towards regions which can support drainage. Clients at risk of lymphedema or with early symptoms of heaviness or discomfort may benefit from Lymph Drainage therapy. Our Lymph Drainage sessions last half an hour and are designed to improve circulation, reduce swelling, relieve pain and stress, and promote a sense of well-being.

**Mind-Body Therapies**

**Individual session**, $100; $120 for couples/family therapy

**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 pre-registration is encouraged. Note: An individual session with the group leader is required prior to participating.

**Physical Fitness**

**Single group class**, $20; **prerequisite: individual session**

**Mindfulness Practice**

**Mindfulness Practice**

- **Mind-Body Therapy for Couples, Families & Loved Ones** helps couples and families work as a team to support and deepen the learning experience during the session and at home. Participants learn guided imagery, self-hypnosis and various forms of meditation to address common goals, improve sleep, reduce chronic pain and behavior change.

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**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 pre-registration is encouraged. Note: An individual session with the group leader is required prior to participating.

**physical fitness**

**Single group class**, $20; **private session**, $90

**Chair Aerobics** is designed for individuals recovering from medical treatment or with limited physical condition or restricted mobility. This class helps patients decrease breathlessness and fatigue, control pain and stress. The Magic Circle, balls, resistance bands, and weights are used. Private sessions are also available.

**Empowering Yoga** cultivates a connection to strength and flexibility. The mix of yoga poses and transitions opens the heart, challenges the core, strengthens the legs and revitalizes the body.

**Focused Fitness for Women** is specifically for breast cancer patients who had lymph node dissection to reduce the risk of lymphedema and frozen shoulder, improve range of motion, and enhance physical and psychological well-being.

**Healthy Body Workout** If you are experiencing fatigue, you may benefit from a retreat our center. This class is guaranteed to give you back your energy, increase strength, improve stamina, and drop those unwanted pounds associated with the side effects of treatment. Class held at Breast and Imaging Center.

**just breathe** focuses on taking deep breaths, the quickest way to decrease stress and engage the mind and body in a relaxation response. Classes held 1st Thursday of the month.

**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 are also available.

**Qi Gong** combines movement and meditation for any age or fitness level. Regular practice reduces stress, increases stamina and balance, improves sleep, and instills a sense of harmony.

**Rejuvenation Yoga** This adaptable series of movements, postures, and breathwork provides essential tools to improve stamina, balance, and range of motion while supporting psychological well-being at any stage of treatment. Especially helpful for those whose physical condition may be limited by age or restricted mobility.

**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.

**T’ai Chi/Qi Gong** Improve 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.

**T-Tapp – The Wellness Workout** Improve posture and lose inches with this rehabilitative approach to fitness. T-Tapp includes tucks, stretches, and band exercises as it works 5–7 muscles simultaneously. It also improves body alignment through strength training, isometrics, balance training, and flexibility exercises.

**Zumba** integrates Latin Dance moves with exercises that stretch and strengthen core muscles and is designed for those who love to move and want to firm the abs.

**indicates new offerings.**

All sessions are 1 hour in length unless otherwise noted.
Community Acupuncture and appearance, and minimize fine lines. Acupuncture at a lower cost by enrolling in a small class.

Treatments are performed with clothes on.

Please note prerequisite of free initial in-person consult.

Restorative Facial Acupuncture is a method of gentle, pain-free acupuncture and acupressure to look better and feel great. It may also improve sleep, minimize fine lines and stress. Experience the benefits of this ageless practice.

Mind-Body Nutrition Counseling: Learn an effective weight management strategy that combines nutritional counseling with a Mediterranean-style diet and cutting edge mind-body therapy. In a half-hour session with a nutrition counselor and a 1-hour session with a mind-body therapist, you will acquire the tools and information to help you achieve your weight management goals.

Nutrition & Cancer Basics: A free 1-hour class that provides dietary guidance for disease prevention and for those undergoing treatment. Spring/Summer sessions: Tuesday, April 10 and August 14. Please call 646-888-0800 to register.

10-session passports

Touch & Mind-Body Therapy Passport: $ 900

Well-Being Passport: $ 810

Fitness Passport: $ 180

Nutritional & herbal counseling

Nutrition & Supplement Counseling 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. Individual 1-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 going through 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-style diet and cutting edge mind-body therapy. In a half-hour session with a nutrition counselor and a 1-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

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

class schedule

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
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</thead>
<tbody>
<tr>
<td>Focused Fitness for Women 9–10 AM</td>
<td>Zumba 9–10 AM</td>
<td>Tai Chi/ Qi Gong 9:30–10:30 AM</td>
<td>Focused Fitness for Women 9–10 AM</td>
<td>Community Acupuncture (~45 min)</td>
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<tr>
<td>Healthy Body Workout 9:45–10:45 AM (at BAIC)</td>
<td>Rejuvenation Yoga 12:15–1:15 PM</td>
<td>Focused Fitness for Women 9–10 AM</td>
<td>Strong Bones &amp; Muscular Health 10–11 AM</td>
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<tr>
<td>Qi Gong 1:30–2:30 PM</td>
<td>Chair Aerobics 11:15 AM–12:15 PM</td>
<td>12:30 PM</td>
<td>10:30 AM</td>
<td>11:30 AM</td>
<td>9:30 AM</td>
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<tr>
<td>Strong Bones &amp; Muscular Health 10–11 AM</td>
<td>Community Acupuncture (~45 min)</td>
<td>3:45 PM</td>
<td>10:30 AM</td>
<td>11:30 AM</td>
<td>9:30 AM</td>
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<tr>
<td>Chair Aerobics 1:15 PM</td>
<td>Rejuvenation Yoga 10:30 AM</td>
<td>Empowering Yoga 6–7 PM</td>
<td>Just Breathe 3–4 PM</td>
<td>(1st Thu monthly)</td>
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BAIC, Breast and Imaging Center, 300 E 66th Street at 2nd Avenue Fitness classes are open to all levels. Classes in bold are new to the schedule.

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.

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

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

NEW this season:

Healthy Body Workout Details inside

Rejuvenation Yoga

Spring/Summer 2012 (April–September)

Integrative Medicine Service overview

Meet 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.