

**Welcome to The Bendheim Integrative Medicine Center**, located at 74th Street and First Avenue. Our programs are available to the entire community and 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

## 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, further information and to register for classes

## touch therapies

**Single 1-hr session, \$100; \$110 with Sr therapist**

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

### Kinesio Taping

Kinesio tape is not just for athletes! Restore optimal functioning while reducing pain and swelling. Speed recovery from muscular and fascial ailments including strains, sprains, and tendinitis. Your session begins with a 15 minute concentrated massage of the area(s) to be treated, after which a painless, waterproof tape is applied by a certified KT practitioner (CKTP). Kinesio taping enhances the positive healing effects of your therapeutic massage well after the session is over. Massage modality determined by the CKTP. *30 min, \$60; 1 hr, \$100*

*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.*

**Manual Lymph Drainage (MLD)** 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 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.

**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 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.

**Thai Massage** creates suppleness and ease of movement through deep stretching and mobilization. Sessions are performed on a padded floor mat with the client wearing comfortable clothing. Modifications to the series of yoga-like stretches that Thai massage is known for allows its benefits to be experienced comfortably and safely by all clients.

## mind-body therapies

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

**Meditation** means focused concentration. Our individualized meditation instruction draws on Eastern and Western traditions to design a meditation practice that is right for you. Meditation supports relaxation, physical comfort, emotional well-being and healing.

### Mind-Body Therapy for Couples, Families & Loved Ones

Practicing mind-body therapies with a loved one can 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 such as relaxation, improved sleep, reduction of 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 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 dieting. The program is creative, fun and empowering.

## mind-body classes

**Single 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; preregistration is encouraged. Note: An individual session with the group leader is required prior to participating.*

## physical fitness

**Single class, \$20; private session, \$90; 1 hour**

**Chair Aerobics** is designed for individuals recovering from medical treatment or with limited physical condition or restricted mobility. This class helps participants decrease breathlessness and fatigue, control panic, improve muscle tone and flexibility, and increase endurance for everyday activities.

**Empowering Yoga** 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.

**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.

**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 monthly.*

**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.

**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 tightens, tones, strengthens, stretches, and energizes as it works 5–7 muscles simultaneously. It also improves body alignment through strength training, isometrics, balance training, and flexibility exercises.

## acupuncture

**Private sessions: Initial, \$120; follow-up, \$90**  
**Community acupuncture: Initial, \$55; follow-up, \$40**  
*~45 minutes; also available at the Brooklyn Infusion Center*

**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.

**Restorative Facial Acupuncture** is a method of gentle, pain-free acupuncture and acupressure to look better 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 acupuncturists. Please wear comfortable clothing for treatments.

## nutritional & herbal counseling

**Nutrition & Supplement Counseling** Individual or family sessions offer scientifically based 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 1-hour class that provides dietary guidance for disease prevention and for those undergoing treatment. **Tuesdays at 6pm on April 9, July 9, and Sept 10.** Please call 646-888-0800 to register.

Visit [AboutHerbs.com](http://AboutHerbs.com) for more on herbs, botanicals and vitamins.

### Learn More > About How Our Services Can Help

Meet with one of our Senior Clinicians at no charge to learn more about integrative therapies and how they may benefit you. We also offer free acupuncture-specific consultations.

## physician consultations

Consultations with one of our Integrative Medicine Physicians are available weekdays at 3 locations:

Rockefeller Outpatient Pavilion	160 E 53rd St
Evelyn H. Lauder Breast Center	300 E 66th St
Sidney Kimmel Center	353 E 68th St

Visits are billed directly through your insurance carrier. Please call **646-888-0800** for more information and to make an appointment.

## at-home tools for self-care

*These free training media designed by our experts are available at the MSKCC Breast Center, the Integrative Medicine Center front desk, at [www.mskcc.org/integrativemedicine](http://www.mskcc.org/integrativemedicine), or by calling **646-888-0800**.*

**Self-Hypnosis for Relaxation & Stress Relief** Our 30-minute audio program focuses on 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**

**Well-Being Passport** **\$ 810**

*For any individual session normally priced \$90.*

**KT-Massage Passport** **\$ 540**

*For 10 half-hour kinesio tape/mini massage sessions.*

**Fitness Passport** **\$ 180**

*For any group class normally priced \$20.*

*Gift certificates are available for all of our offerings. Thank you for your generosity, but we do not accept gratuities.*

*Please arrive 10 minutes early for your first visit.*

*24-hour notice is required for cancellations/appointment changes.*

## class schedule Spring/Summer 2013 (Apr–Sep)

MON	TUE	WED	THU	FRI	SAT
Focused Fitness for Women 9–10 AM		T'ai Chi/ Qi Gong 9:30–10:30	Focused Fitness for Women 9–10 AM	Community Acupuncture (~45 min)	
Strong Bones & Muscular Health 10–11 AM		<b>Focused Fitness for Women 9:30–10:30 at BAIC</b>	Strong Bones & Muscular Health 10–11 AM	9:30–10:30 11:30	9:30–10:30
Chair Aerobics 11:15 AM–12:15 PM		<b>Community Acupuncture 11:30 at BIC</b>	Chair Aerobics 11:15 AM–12:15 PM	12:30–2:00 3:00	
	Community Acupuncture (~45 min) 3, 4 & 5 PM		Mindfulness Practice Group 12:30–1:30PM		
T-Tapp–The Wellness Workout 5:30–6:30 PM		Empowering Yoga 6–7 PM	Just Breathe 3–4 PM (1st Thu monthly)		

**Bold italicized sessions are conducted at other locations:**

**BAIC**, Breast and Imaging Center, 300 E 66th Street at 2nd Avenue  
**BIC**, Brooklyn Infusion Center, 557 Atlantic Ave, Brooklyn, NY 11217

*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.*



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)

## Spring/Summer 2013 (April–September)

NEW this season:

- ◆ Kinesio Taping
- ◆ Thai Massage

*Details inside*