



# INTEGRATIVE HEALTH

## VCU Massey Cancer Center

MAY 2023

Free Events

The goal of Integrative Health at Massey Cancer Center is to provide you with programs that support your mind, body and spirit during your cancer journey to support your treatment outcomes and enhance your quality of life. Check out everything happening this month!



### Women's Support Group

**Monday, May 1 & 15, 6:30 – 7:30 pm**

A safe space for women affected by cancer. To register and receive the Zoom link, contact [freda.wilkins@vcuhealth.org](mailto:freda.wilkins@vcuhealth.org).



### Weekly Patient Farm Stand

**Wednesdays through Dec 6, 10 am – 12 pm**

**Adult Outpatient Pavilion, Ground Level**  
Purchase fresh, locally grown produce every week at the Shalom Farms Mobile Market. Season ends December 6.



### More Flavor, Less Salt!

**Wednesday, May 3, 1:00 pm**

Join registered dietitian Samantha Haswell, as she provides tips to enhance flavor while reducing salt in our foods. To register and receive the Zoom link, contact [IntegrativeHealth@vcuhealth.org](mailto:IntegrativeHealth@vcuhealth.org).



### The RAMble: Walking for Wellness

**Saturday, May 6, 8:30 am**

**Monroe Park, 620 W Main St (meet by fountain)**  
Join us for a brief health talk and a 1.5-mile walk with a VCU Provider. Rain location VCU Cary St Gym, 101 S Linden. Updates: [bit.ly/masseyramble](https://bit.ly/masseyramble).



### Mindfulness Group

**Friday, May 12 & 26, 12:00 pm**

Relax and relieve stress. Open to patients, caregivers, and staff. To register and receive the Zoom link, contact [freda.wilkins@vcuhealth.org](mailto:freda.wilkins@vcuhealth.org)



### Men's Support Group

**Tuesday, May 16, 6:30 – 7:30 pm**

A safe space for men affected by cancer. To register and receive the Zoom link, contact [charles.riffie@vcuhealth.org](mailto:charles.riffie@vcuhealth.org) or call 804-573-5456.



### Refreshments Stand

**Thursday, May 18, 10 am – 2 pm**

**Adult Outpatient Pavilion, 4<sup>th</sup> floor**  
Every month, our volunteers host a free refreshment stand. Come for a snack, stay for the conversation!



### Evening Unwind Yoga for Cancer Patients & Survivors

**Thursday, May 18, 5:30 – 6:30 pm**

Waiver required to participate. To sign up and receive the Zoom link, contact [IntegrativeHealth@vcuhealth.org](mailto:IntegrativeHealth@vcuhealth.org).



### Coffee & Conversation

**Friday, May 19, 9 am – 12 pm**

**Adult Outpatient Pavilion, Ground Level**  
Chat with cancer survivors while enjoying light refreshments courtesy of our volunteers.



### The RAMble: Walking for Wellness

**Saturday, May 20, 8:30 am**

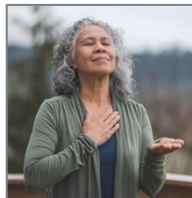
**Stony Point Fashion Park**  
Join us for a brief health talk and a 1.5-mile walk with a VCU Provider. Weather permitting. Updates at [bit.ly/masseyramble](https://bit.ly/masseyramble).



### Activate Your Wellness Plan

**Tuesday, May 23, 12:00 pm**

[Facebook.com/VCUMasseyCancerCenter](https://www.facebook.com/VCUMasseyCancerCenter)  
Dr. Alex Lucas from Pauley Heart Center shares tips and strategies to incorporate activity and movement into your daily schedule.



### Self-Advocacy through Mindful Listening

**Thursday, May 25, 1:00 pm**

[Facebook.com/VCUMasseyCancerCenter](https://www.facebook.com/VCUMasseyCancerCenter)  
Join Chaplain Charles as he discusses mindful listening techniques to improve bodily awareness, emotional awareness, and communication with others.



Scan the QR code or visit [www.masseynintegrativehealth.org](http://www.masseynintegrativehealth.org) to sign up for our monthly Integrative Health newsletter, Health in Harmony! For more information call 804-828-8478 or email [IntegrativeHealth@vcuhealth.org](mailto:IntegrativeHealth@vcuhealth.org).



A Cancer Center Designated by the National Cancer Institute