



INTEGRATIVE HEALTH

VCU Massey Cancer Center

JANUARY 2023

Free Events

The goal of Integrative Health at Massey Cancer Center is to provide programs that support the mind, body and spirit of those impacted by cancer to improve treatment outcomes and enhance quality of life. Check out everything happening this month!



Art at the Infusion Center

Tuesdays at 10:00 am

Adult Outpatient Pavilion

One-on-one art sessions for patients receiving chemo. Contact alexis.shockley@vcuhealth.org to schedule an individual session.



Wellness Wednesdays Recipes

Sign up to receive healthy recipes from our registered dietician every Wednesday.

For more information, visit <https://bit.ly/3Ktwfn0>.



The RAMble: Wellness Walking Group

Saturday, January 7, 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/masseynamble.



Mindfulness Group

Friday, January 13 & 27, 12:00 pm

Relax and relieve stress. To register and receive the Zoom link, contact freda.wilkins@vcuhealth.org



Women's Support Group

Monday, January 16, 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



Refreshments Stand

Wednesday, January 18, 10:00 am – 2:00 pm

Adult Outpatient Pavilion, 4th floor

Every month, our volunteers host a free refreshment stand. Come for a snack, stay for the conversation!



Setting SMART Nutrition Goals

Wednesday, January 18, 12:00 pm

[Facebook.com/VCUMasseyCancerCenter](https://www.facebook.com/VCUMasseyCancerCenter)

Learn how to set realistic and achievable goals for wellness this new year with Integrative Health dietitian Samantha Haswell.



Evening Unwind Yoga for Cancer Patients & Survivors

Thursday, January 19, 5:30 – 6:30 pm

Waiver required to participate. To sign up and receive the Zoom link, contact IntegrativeHealth@vcuhealth.org.



The RAMble: Wellness Walking Group

Saturday, January 21, 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: bit.ly/masseynamble.



Exploring Spiritual Practices

Thursday, January 26, 1:00 pm

[Facebook.com/VCUMasseyCancerCenter](https://www.facebook.com/VCUMasseyCancerCenter)

Join Chaplain Charles as he explores different aspects of spiritual expression and evidence-based findings of these practices.



Coffee & Conversation

Friday, January 27, 9:00 am – 12:00 pm

Adult Outpatient Pavilion, Ground Level

Chat with cancer survivors while enjoying light refreshments courtesy of our volunteers.



Optimizing your Health and Cancer Outcomes with Wearable Technology

Monday, January 30, 6:00 pm

[Facebook.com/VCUMasseyCancerCenter](https://www.facebook.com/VCUMasseyCancerCenter)

Dr. Raouf Gharbo discusses the future of whole health and cancer outcomes with the use of remote heart rate variability (HRV) wearable technology.

For more information call 804-828-8478, email IntegrativeHealth@vcuhealth.org or visit www.masseymintegrativehealth.org.





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RESOURCES

Free



Wig Salon Services

Adult Outpatient Pavilion, 5th floor & VCU Health Tappahannock Cancer Center

Free wig fitting and styling, head shaving, headwear, makeup and skincare services. Call or text 804-678-9703 to set up your appointment. For more information, visit <https://bit.ly/3AAByz>.



CancerLINC: Legal and financial services

Free services available for eligible cancer patients. MLP attorney Barton Zedd is on-site downtown with limited hours. Call 804-517-9110 for information.



Tobacco Cessation Support

Get help with quitting tobacco products. Massey patients: ask your doctor for a referral or call 804-628-8920 or fresh.air@vcuhealth.org. All other patients, contact wecanquit@vcu.edu or call 1-800-QUIT-NOW for more information.



Chemo 101

[Watch on Massey's YouTube page](#)

Are you curious to learn more about chemo? Watch online for an overview of chemotherapy, including potential side effects and helpful resources.

Patient Resource Libraries

Integrative Health Resource Center

VCU Massey Cancer Center
Adult Outpatient Pavilion, ground floor
1001 E Leigh St, Richmond, VA 23219

Lois Trani Patient Resource Library

VCU Massey Cancer Center
Stony Point 9000, 2nd Floor, Room 202
9000 Stony Point Pkwy, Richmond, VA 23235

Massey Cancer Center provides a variety of free services for patients, family members, and caregivers. Resources include health information and support for topics ranging from specific types of cancer, treatments, side effects, supportive care, survivorship, and much more:

- Integrative Health programs and activities
- Educational materials on a variety of cancer topics
- Lists of support groups in the Richmond area
- Tools to search the Internet for reliable information
- Resources to help you thrive during treatment and in survivorship

Scan the QR code or visit www.masseyintegrativehealth.org to sign up for our monthly Integrative Health newsletter, Health in Harmony!



For more information call 804-828-8478, email IntegrativeHealth@vcuhealth.org or visit www.masseyintegrativehealth.org.

