



INTEGRATIVE HEALTH

VCU Massey Cancer Center

SEPTEMBER 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



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.



Mindfulness Group

Friday, September 8 & 22, 12 pm
Relax and relieve stress. To register and receive the Zoom link, contact freda.wilkins@vcuhealth.org



Refreshments Stand

Thursday, September 14, 10 am– 2 pm
Adult Outpatient Pavilion, 4th floor
Every month, our volunteers host a free refreshment stand. Come for a snack, stay for the conversation!



Coffee & Conversation

Friday, September 15, 9 am-12 pm
Adult Outpatient Pavilion, 4th Floor
Chat with cancer survivors while enjoying light refreshments courtesy of volunteers.



The RAMble: Walking for Wellness

Saturday, September 16, 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/masseynamble.



Women's Support Group

Monday, September 18, 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



Men's Support Group

Tuesday, September 19, 6:30 pm – 7:30 pm
A safe space for men affected by cancer. To register and receive the Zoom link, contact charles.riffie@vcuhealth.org or call 804-573-5456.



Food Safety During Cancer Treatment

Wednesday September 20, 12 pm
Facebook.com/VCUMasseyCancerCenter
Join registered dietitian Samantha Haswell as she discusses how to prepare food safely during cancer treatment.



Evening Unwind Yoga for Cancer Patients & Survivors

Thursday, September 21, 5:30 pm – 6:30 pm
Waiver required to participate. To sign up and receive the Zoom link, contact IntegrativeHealth@vcuhealth.org



Finding Community and Peers: The Value of Support Groups

Tuesday September 26, 12 pm
Facebook.com/VCUMasseyCancerCenter
Join us for a discussion with Chaplain Charles to discuss the impact of support groups on men during their cancer journey.



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 or email IntegrativeHealth@vcuhealth.org.





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RESOURCES

Free



Weaving a Web: Understanding the Complexity of Self and the World in Spiritual Care

Thursday, September 28, 1 pm

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

Join Chaplain Charles as he discusses Bonnie J. Miller-McLemore's metaphor of the "Living Human Web" as a means to explore the spiritual complexity of others.

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

