Integrative Oncology refers to the use of complementary therapies in collaboration with conventional cancer treatment to enhance wellness, improve quality of life, and relieve the symptoms and side effects of conventional treatments. All services are free thanks to generous philanthropic support.

**MASSAGE**
What it is: Massage used to address muscle stiffness and pain, and to promote relaxation.
When & Where: Mondays & Fridays, 11am-2pm, Hematology/Oncology Infusion
Wednesdays, 11am-2pm, Inpatient Hematology/Oncology
How to Access: Tell your nurse if you are interested in receiving massage during your treatment

**ACUPUNCTURE**
What it is: Thin needles placed at specific points in the body to treat pain, nausea/vomiting, hot flashes, fatigue, stress, anxiety, and sleep disorders.
When & Where: Wednesdays 10am-2pm, Hematology/Oncology Infusion
How to Access: Tell your nurse if you are interested in receiving acupuncture during your treatment

**REIKI**
What it is: A healing technique based on the principle that the therapist can channel energy into the patient by means of touch to activate the natural healing processes of the patient's body and restore physical and emotional well-being.
When & Where: Tuesdays & Thursdays, 11am-2pm, Hematology/Oncology Infusion
How to Access: Tell your nurse if you are interested in receiving Reiki during your treatment

**HEALING TOUCH**
What it is: An energy therapy in which practitioners use their hands in a heart-centered and intentional way to enhance, support and facilitate the physical, emotional, mental and spiritual health and self-healing.
When & Where: By appointment, Radiation Oncology
How to Access: Ask your Radiation Oncology doctor, nurse, or social worker for a referral

**YOGA**
What it is: A mind-body practice used for increasing mobility, balance, and strength, and decreasing stress, anxiety, depression, and fatigue.
When & Where: Various weekly drop-in classes and multi-week series, view website below
How to Access: Must create an account and preregister: uvmhealth.org/medcenter/movementclasses
More Information or help registering: Contact Julia at julia.o’shea@uvmhealth.org or (802) 847-4525

**MINDFULNESS**
What it is: 8 week class that teaches mindfulness meditation and relaxation tools to reduce stress and anxiety, relieve symptoms, and encourage wellbeing for patients and caregivers.
When & Where: Varies, contact for information
How to Access: Contact Donna at donna.smith@med.uvm.edu or (828) 450-4250
**STEPS TO WELLNESS ONCOLOGY REHABILITATION**

**What it is:** 12 week medically based, supervised exercise program (cardio and strength training). Through this program you will regain strength and stamina and decrease fatigue.

**When:** 2 days/week (Monday/Wednesday or Tuesday/Thursday) for 12 weeks

**Where:** 62 Tilley Drive, South Burlington

**Cost:** Program is free, but your insurance will be billed for the initial evaluations. You will not be charged for any portion of the evaluation that your insurance does not cover. You will be responsible for the co-pay associated with your plan.

**How to Access:** Call (802) 847-9852 or ask your doctor for a referral

**More Information:** [https://www.uvmhealth.org/STW](https://www.uvmhealth.org/STW)

---

**HEALTH COACHING**

**What it is:** Support and education around nutrition, exercise, and other healthy lifestyle behaviors. Our health coach will help you create a wellness plan with realistic goals that are tailored to you.

**When & Where:** By appointment, Hematology/Oncology Clinic or by phone

**How to Access:** Email kristie.grover@uvmhealth.org

---

**WEIGHT LOSS**

**What it is:** 12 week class to promote weight loss and to learn tools to maintain a healthy lifestyle.Includes individualized calorie goals and feedback from a registered dietician.

**When & Where:** Varies, contact for information

**How to Access:** Email kristie.grover@uvmhealth.org

---

For more information:

[UVMHealth.org/CancerCenter/Integrativethapies](https://www.uvmhealth.org/CancerCenter/Integrativethapies)

(802) 847-9935