



## Integrative Oncology Wellness Program

*Services are designed to support the mind, body and overall well-being to balance & survive the impact of cancer.*

### **Temporary Schedule due COVID-19**

All virtual sessions are offered via Zoom. **Prior to the start of class, RSVP to [vassop@lendinghearts.org](mailto:vassop@lendinghearts.org) to receive the link to participate.**

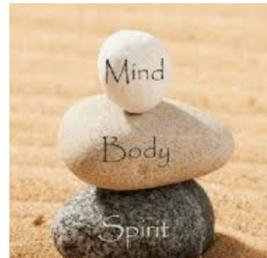
**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Virtual Mindfulness  
& Relaxation with  
Aimee 12:15 pm



Virtual Yoga  
with Krystle  
12:15 pm

Aromatherapy and additional services can also be provided by our  
**Lending Hearts** Nurse Ambassadors and Children's Hospital of UPMC

Jordan, Carlynn, Heather and Nikki

All Integrative Nutrition articles can be found on our website at

[www.lendinghearts.org/nutrition/](http://www.lendinghearts.org/nutrition/)

All listed services provided are free of charge for patients & their families