Clinical Services—Fall 2013

**Drop-In Yoga**
Beginner’s yoga class, cost: by donation. Tuesday and Thursday from 6-7:15 pm in Moakley lower level. Drop-ins welcome.
October 1, 3, 8, 10, 15, 22, 24, 29
November 5, 7, 12, 14, 19, 21, 26
December 17, 19

**Qigong/Tai Chi**
Gentle physical exercises and breathing techniques to improve health and reduce stress. Wednesdays from 4-5:15 pm in Moakley lower level. Drop-ins welcome. No cost.

**Healthy Steps**
Exercise and movement program for people with chronic conditions. 1st and 3rd Tuesday of every month from 4:30-5:30 pm in Moakley lower level. Drop-ins welcome. No cost.

**Live Cooking Demos**
Cooking groups meet in the Demo Kitchen on Dowling 4 across from the food pantry. Drop-ins welcome. No cost.
Diabetic Cooking: 1st and 3rd Wednesday from 12–1 pm.
Cooking for Health: 3rd Tuesday from 4-5 pm.

**Integrative Medicine Consults**
Consultations with an Integrative Medicine doctor are offered for children, teenagers, adults, and pregnant women in the Family Medicine clinic.
Physician referral needed. Call Integrative Medicine for more information.

**Integrative Medicine Group Visits**
Meditation, health education, and integrative therapies like yoga, massage and acupuncture in a group setting.
Visits last 2.5 hours; The group visits program lasts eight weeks. Next session: Sept. 2013. Talk to your PCP about a referral or call Integrative Medicine.

**Integrative Cancer Care**
For more information, call Cancer Support Services at (617) 638-7540.

**Acupuncture**
Family Medicine Clinic: Tuesday from 1-4 pm and Friday 1-4 pm. Must be first seen for an Integrative Medicine Consult. Call (617) 414-6795 for appointments.
Adolescent clinic (ACC 5): Wednesday from 5:30-8 pm. Call (617) 414-4086 for appointments.

**Buteyko Breathing Method**
Breath retraining technique for conditions such as asthma, allergies, sleep apnea, panic attacks, emphysema, and other stress-related diseases.
For appointments, call Otolaryngology at (617) 638-8124.

**Massage Therapy**
Healing massage therapy. Cost: $50 for staff, sliding scale for patients. Wednesday from 10-4 pm; Thursday from 10-3 pm. Must be first seen for Integrative Medicine consult. By appointment only; call 617-414-6795.

To learn more, contact the Integrative Medicine Program!
Phone: (617) 414-6795
www.bumc.bu.edu/integrativemed