



Program for
Integrative Medicine
& Health Care Disparities

Integrative Services at Boston Medical Center Fall 2014

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Integrative Medicine Consults: Consultations with an Integrative Medicine doctors are offered for adolescents, adults, and oncology patients. By appointment. Physician referral needed. Most insurances accepted. It is recommended that all patients schedule a consultation prior to acupuncture and massage.				
<p><u>Staff Acupuncture:</u> By appointment only 4:30-8:30 pm Sliding Scale: \$25-\$50 Yawkey ACC 4</p>	<p><u>Acupuncture in Family Medicine:</u> By appointment Physician referral needed Cost: Sliding scale, \$10-\$50 Yawkey ACC 4</p> <p><u>Drop-In Yoga:</u> 6:00-7:15pm Cost: by donation Moakley Lower Level</p> <p><u>Cooking for Health:</u> 3rd Tuesday from 4-5 pm. (see <u>Live Cooking Demos</u> for more info!)</p> <p><u>Healthy Steps</u> Drop-Ins Welcome! Exercise and movement program for people with chronic conditions 1st and 3rd Tuesday of the month 4:30-5:30pm Moakley lower level Free</p>	<p><u>Live Cooking Demos:</u> 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 12-1pm</p> <p><u>Massage Therapy -Family Medicine</u> By appointment 10:00am-4:00pm Cost: Sliding scale, \$10-\$50 Yawkey ACC 4</p> <p><u>Tai Chi Qi Gong</u> 4:00-5:15pm Call: 617-638-7540 Free Moakley Lower Level</p> <p><u>Acupuncture in Pediatrics</u> By Appointment Call: 617-414-4086 5:30-8:00pm Yawkey ACC 5</p>	<p><u>Acupuncture in Oncology</u> By appointment. Call: 617-638-7540</p> <p><u>Acupuncture in Family Medicine</u> By appointment. Group 1-3pm, Single appointments 3-5pm.</p> <p><u>Massage Therapy-Family Medicine</u> By appointment 10:00am-3:00pm Cost: Sliding scale, \$10-\$50 Yawkey ACC 4</p> <p><u>Drop-In Yoga</u> 4:30-6:00pm Cost: by donation Moakley Lower Level</p> <p><u>Buteyko Breathing Method</u> By appointment Call 617-638-8124</p> <p><u>Zumba</u> 5:00-6:15pm Moakley Lobby</p>	<p><u>Acupuncture in Family Medicine:</u> By appointment 1-4pm Physician referral needed Cost: Sliding scale, \$10-\$50 Yawkey ACC 4</p>

To learn more or to schedule an appointment in **Family Medicine**, call (617) -414-6795

Check out our website: www.bumc.bu.edu/integrativemed

BOSTON
MEDICAL
CENTER

EXCEPTIONAL CARE. WITHOUT EXCEPTION.