



Integrative Services at Boston Medical Center Summer 2016

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
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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.

Staff Acupuncture:

By appointment only
4:30-8:30 pm
Sliding Scale: \$25-\$50
Yawkey ACC 4

HIV Acupuncture:

By appointment only
Physician referral needed
Free
Call 617-414-6260
Yawkey 4

Acupuncture in Family Medicine:

By appointment
Physician referral needed
Cost: Sliding scale, \$10-\$50
Call: 617-414-6795
Yawkey ACC 4

Drop-In Yoga:

6:00-7:15pm
Cost: by donation
Moakley Lower Level

Cooking for Health:

3rd Tuesday from 4-5 pm. (see **Live Cooking Demos** for more info!)

Healthy Steps

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

Live Cooking Demos:

Cooking groups meet in the Demo Kitchen on Yawkey 2 across from the food pantry.

Drop-ins welcome. No cost.

Diabetic Cooking: 1st and 3rd Wednesday from 12-1pm

Acupuncture in Family Medicine

By appointment. Group 1-3pm, Single appointments 3-5pm.
Call: 617-414-6795

Massage Therapy -Family Medicine

By appointment
10:00am-4:00pm
Cost: Sliding scale, \$10-\$50
Yawkey ACC 4

Tai Chi Qi Gong

4:00-5:15pm
Call: 617-638-7540
Free
Moakley Lower Level

Acupuncture in Oncology

By appointment.
Call: 617-638-7540

Massage Therapy-Family Medicine

By appointment
10:00am-3:00pm
Cost: Sliding scale, \$10-\$50
Yawkey ACC 4

Drop-In Yoga

4:30-6:00pm
Cost: by donation
Moakley Lower Level

Buteyko Breathing Method

By appointment
Call 617-638-8124

Zumba

5:00-6:15pm
Moakley Lobby

Acupuncture in Family Medicine:

By appointment 1-4pm
Physician referral needed
Cost: Sliding scale, \$10-\$50
Call: 617-414-6795
Yawkey ACC 4

HIV Acupuncture:

By appointment only
Physician referral needed
Free
Call 617-414-6260
Shapiro 9



Check out our web-site:
www.bumc.bu.edu/integrativemed