



Integrative Pediatric Oncology Wellness Programs

Holistic activities designed to support the mind, body, spirit and well-being through surviving treatment

Clinic Schedule

Monday & Tuesday

YOGA



Yoga with Gaby & Krystle
1st & 3rd MONDAY
Of each month
2nd & 4th TUESDAY
Of each Month

Tuesday

Integrative
NUTRITION



Integrative Nutrition
Lunch
2nd TUESDAY
Of each Month

Presented By

lending hearts

All Integrative Nutrition information can be found on our website at www.lendinghearts.org/nutrition/

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



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Inpatient Schedule

Monday



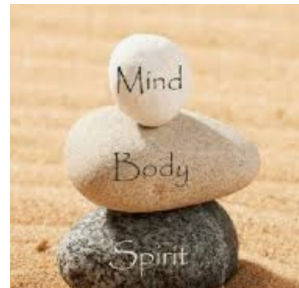
Hand/Foot Massage
With Kathy
1:00—2:00 pm

Tuesday



Integrative Nutrition
Lunch
4th Tuesday of
Each Month

Wednesday



Mindfulness and
Relaxation with Aimee
1:00—2:00 pm

Thursday



Yoga with
Gaby & Krystle
11:00 am

Friday

Aromatherapy and additional services also provided by our
Lending Hearts Nurse Ambassadors and Children's Hospital of UPMC
Jordan, Carlynn, Heather and Nikki
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