



Integrative Pediatric Oncology Wellness Programs

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

Monday & Tuesday

YOGA



Yoga with Gaby & Krystle

1st & 3rd MONDAY
of each Month

2nd & 4th TUESDAY
of each Month

Tuesday

Integrative NUTRITION



Lunch & Learn
11:30 – 12:30 pm
Stephanie Wharton
Health Coach

2nd TUESDAY
of each Month

CLINIC
Schedule

Presented by  **lending hearts**
enhancing • enriching • embracing
the lives of kids with cancer

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



Integrative Pediatric Oncology Wellness Programs

*Activities designed to support the mind, body
& overall well-being for surviving treatment*

Inpatient Schedule

Monday



Hand/Foot Massage
with Kathy

1-2 PM

Tuesday



Integrative Nutrition
Lunch & Learn
11:30 – 12:30 pm
Stephanie Wharton
Health Coach

4th Tuesday of each
Month

Wednesday

Mindfulness &
Relaxation with
Aimee

1-2 PM

Thursday



Yoga with
Gaby & Krystle

11 AM

Presented By

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

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