

# UAB INTEGRATIVE MEDICINE CLINIC ACTIVITY SCHEDULE

Sessions held virtually via Zoom video • All activities are held on Thursdays only.

<b>Pastoral Care “Pastoral &amp; Community Care”</b>	<b>9:00 - 10:00 am</b>
<b>Mindfulness*</b>	<b>10:00 - 11:00 am</b>
<b>Arts in Medicine</b>	<b>11:00 - 11:45 am</b>
<b>Yoga*</b>	<b>12:00 - 1:00 pm</b>
<b>Nutrition**</b>	<b>2:00 - 3:00 pm</b>

\*Yoga cost is \$10 per person. All other activities are provided free of charge.

\*\*Nutrition offered the last Thursday of every month.

## Location:

Due to COVID-19, all Integrative Medicine Clinic group activities are held virtually via Zoom video.

## Registering:

To participate in any of these activities, please call patient scheduling at the number below. You may register for one or more activities at the same time. You will be emailed a Zoom link to the activity the day before it is scheduled.

## Scheduling:

To schedule classes if you are a UAB Hematology/Oncology patient, call (205) 801-8415. If you are not already a UAB Hematology/Oncology patient, call (205) 934-5077 to schedule an initial appointment with the Integrative Oncology Clinic.

## THE UAB INTEGRATIVE ONCOLOGY/MEDICINE CLINIC

Where: Virtually via Zoom video each Thursday

### YOGA THERAPY

with Shannon Hancock

#### What is Yoga Therapy?

Although all yoga is potentially therapeutic and healing, yoga therapy is the specific application of yogic tools — postures, breath work, meditation techniques, and more — to address an individual's physical, mental, and emotional needs.

Many people first learn about yoga through its physical practices, but a common misconception is that it's all about stretching or movement. In fact, yoga therapy can help people who can't move at all, as well as active individuals.

The yogic model of health is unique because it addresses every aspect of life rather than considering each body part or system separately. Yoga therapy is a safe way of working with the natural capacity of your body and mind to optimize well-being.

Yoga therapists have in-depth training to help them assess and keep their clients safe. They work with you to address your specific goals while considering any limitations you might be experiencing. The practices your yoga therapist recommends could include:

- Movement ranging from gentle to vigorous
- Breathing techniques
- Meditation or visualization practices
- Physical postures that address specific areas of discomfort or musculoskeletal imbalances
- Any combination of techniques such as these!

### UAB ARTS IN MEDICINE

#### The Joy of Song, with Susan Lawrence

In this one-hour group “sing along” class, patients and family members are invited to take time out to reduce stress, increase vitality, and have fun singing familiar songs from the past and present. Susan plays songs we all know and love: hymns, standards, folk songs, and popular music, and she encourages her audience to sing along. It is fun and good for your head and heart! Lyric sheets are provided, and requests are welcome.

### **Going Within, with Kim McKenzie**

Kim McKenzie (visual artist in residence at UAB Hospital) leads this class for the Integrative Medicine Clinic, and she uses art as a tool for wellness. These art classes are designed to put students back in touch with their inner creativity using paint, clay, ink, and other materials. Kim's classes focus on the process of making art rather than the end product. In addition to making art, the classes include guided relaxation sessions every other week that are designed to help patients learn how beneficial and healing it is to be guided into a deeply relaxed state. Based on "The Relaxation Response" by Herbert Benson, this class shares basic skills to connect the mind and body.

### **Movement for the Joy of Moving, with Melissa Turnage**

Connect to your inner beauty and strength through the joys of movement and music! Sessions will include relaxation exercises, fun simple dance steps, and light stretches. No dance experience required.

### **Storytelling/Story Listening, with Elizabeth Vander Kamp**

Muriel Rukeyser wrote, "The universe is made of stories, not atoms." Our stories are powerful, and so are the stories of fairy tales and legends and myths. Travel to another place and time in a story and/or tell one of your stories to an empathetic and active listener, experiencing the profound effects of being heard.

### **Zentangle, with Elizabeth Vander Kamp**

Zentangle is a relaxing, easy-to-learn, and meditative way of drawing structured patterns that create beautiful images. The motto of Zentangle is, "Anything is possible one stroke at a time." Elizabeth will facilitate the learning of Zentangle, and you will be amazed at what you can draw – especially if you think you cannot draw!

## **INTEGRATIVE PSYCHOLOGY**

The Integrative Medicine Clinic (IMC) was established by people who want to ensure that you feel cared for and that you are bigger than your diagnosis. Often in the confusion of diagnosis and referrals, there is a feeling that the person has been left out and that you do not have any control over what happens to you.

We realize that you have relationships, commitments, a history of experiences with the medical community, and even, perhaps, other physical and mental health concerns that need attention. Therefore, as part of the IMC, we offer individual support to make sure that your emotional needs are also considered when you are being treated for your medical condition. We want to get to know you, answer your questions, and provide tools and strategies to help you keep your balance during this difficult time.

Phyllis Mark, PsyD, is a clinical psychologist who works with people who are dealing with changes in their lives caused by medical diagnoses. She can listen and assist you in making decisions about how to stay more emotionally balanced during a time of so much change. Appointments can be made either through your oncologist or through Carolina Salvador, MD, the oncologist who directs the IMC.

**Mindfulness:** Dr. Mark also welcomes you to participate in a weekly, voluntary group that focuses on how mindfulness can help you respond to the many adaptations you must make in your life. Other participants have “been there, done that”; they are people who also have been coping with cancer diagnoses and are looking for new ways of coping with the huge changes in their lives brought on by cancer. The tool of mindfulness offers some simple yet profound approaches to dealing with these changes. This group gives you both information and practice, so that you can leave the session with renewed confidence to face whatever comes at you!

### **PASTORAL AND COMMUNITY CARE**

We often have more resources than we realize for bringing healing, joy, meaning, and peace into our lives. During this time together, we will explore two interconnected areas in our lives:

1. How we can better recognize and grow the inner, emotional, and spiritual strengths we already possess
  2. How we can better build a community of support with the people and organizations already surrounding us, all with the intent of building the best possible environment for our health.
- We think you’ll discover that you are stronger and “wealthier” than you might think!

UAB Pastoral Care focuses on the spiritual realities of human beings. Through compassionate listening and counsel, we seek to help people gain greater access to their own deepest sources of hope, motivation, and meaning, all of which compose a vital component of a person’s health. And since we believe that “community is medicine,” we also provide counsel, guidance, and coaching in order to nurture and invigorate the person’s circle of relationships.

### **NUTRITION FOR LIFE**

Learn how to make food your best medicine, how to use different spices to help with some of your symptoms and diseases, how to best prepare food, and where to find it. Also learn about different diets, including Dr. Salvador’s favorite diet, the anti-inflammatory diet. Learn about super foods, herbal teas, mushrooms, and much more. Bring your questions – we will answer them or find the answer for you.

**For more information or to make an appointment, please call (205) 801-8415 and choose option 1, or visit [uabmedicine.org/integrative-medicine](http://uabmedicine.org/integrative-medicine).**