

Integrative Medicine at Orlando Health
APRIL 2024 Calendar

We are located on the 3rd floor at 1720 S Orange Ave, Orlando, FL 32806, looking forward to seeing you soon!

How to Participate

Our licensed mental health professionals and instructors use Microsoft Teams to lead our groups. If you don't have access to a screened device, there are dial-in numbers listed at the end of this calendar. Classes marked "in-person" below do not have a virtual component. Please be on the lookout each month as we add more classes!

For any questions, please give us a call at (321) 841-5056 or send us an email at R-IntegrativeMedicine@OrlandoHealth.com.

- 1 Mon** *Intro to Yoga 8/8 (DT Classroom), 9:30-10:30am
Gentle Yoga (Ocoee), 2-3pm
*Tai chi Everflowing (Virtual), 4-5pm
- 2 Tue** *Intro to Mindfulness* 3/8 (Virtual), 1-2pm
Gentle Yoga (DT Classroom), 4:30-5:30pm
Gentle Yoga (DT Classroom), 5:45-6:45pm
- 3 Wed** *Laughter for Stress Release (Ocoee), 10-11am
*Cancer Support Group (Ocoee), 11am-12pm
Tai Chi Everflowing (DPH/Hybrid) 2:30-3:30pm
Yoga Nidra Class (Ocoee), 3-4:00pm
- 4 Thu** *Gentle Yoga* (DT Classroom), 9:30-10:30am
Gentle Yoga (DPH), 9:30-10:30am
*Bone Marrow Transplant (Virtual) 10-11am
Gentle Yoga (DT Classroom/Hybrid), 11am-12pm
*Music & Stress Management Class (DT Group Room), 11am-11:45am
*Cancer Support Group (Virtual) 11am-12pm
*Breast Cancer Support (Virtual) 12-1pm
- 5 Fri** *Art for Stress Reduction (Virtual), 9-11am
*Jewelry 101 (DT Classroom), 11:30am-1pm
- 8 Mon** *Intro to Yoga 1/8 (DT Classroom), 9:30-10:30am
*Neurodiversity Cancer Support Group (Virtual), 11am-12pm
Gentle Yoga (Ocoee), 2-3pm
*Tai chi Everflowing (Virtual), 4-5pm
*Prostate Cancer Support Group (DT Group Room), 4:30-5:30pm
- 9 Tue** *Arts in Medicine Workshop* (Ocoee), 10am-12pm
*Caregivers Corner (Virtual), 11am-12pm

*previous registration required

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- *Intro to Mindfulness* 4/8 (Virtual), 1-2pm
- *Gentle Yoga* (DT Classroom), 4:30-5:30pm
- *Gentle Yoga* (DT Classroom), 5:45-6:45pm

- 10 Wed** *Arts in Medicine Workshop* (DT Classroom), 10am-12pm
- *Cancer Support Group (Ocoee), 11am-12pm
 - *Healthy Living Series (Virtual), 12:30-1pm
 - *Tai Chi Everflowing (DPH/Hybrid)* 2:30-3:30pm
 - *Yoga Nidra Class* (Ocoee), 3-4:00pm

- 11 Thu** *Gentle Yoga* (DT Classroom), 9:30-10:30am
- *Gentle Yoga* (DPH), 9:30-10:30am
 - *Gentle Yoga* (DT Classroom/Hybrid), 11am-12pm
 - *Music & Stress Management Class (DT Group Room), 11am-11:45am
 - *Cancer Support Group (Virtual), 11am-12pm

- 12 Fri** *Art for Stress Reduction (Virtual), 9-11am
- *Young Adult Cancer Support Group (Hybrid), 11am-12:30pm
 - For individuals under 39yrs who are diagnosed with cancer to discuss age-specific challenges such as dating, fertility concerns, career, and much more.
 - *Jewelry 101* (DT Classroom), 11:30am-1pm
 - Make a pair and donate a pair of earrings!

- 15 Mon** *Intro to Yoga 2/8 (DT Classroom), 9:30-10:30am
- *Gentle Yoga* (Ocoee), 2-3pm
 - *Tai chi Everflowing (Virtual), 4-5pm

- 16 Tue** *Poetry Tuesday (DT Classroom/Hybrid) 12-1pm
- *Intro to Mindfulness* 5/8 (Virtual), 1-2pm
 - *Gentle Yoga* (DT Classroom), 4:30-5:30pm
 - *Gentle Yoga* (DT Classroom), 5:45-6:45pm

- 17 Wed** *Cancer Support Group (Ocoee), 11am-12pm
- *Tai Chi Everflowing (DPH/Hybrid)* 2:30-3:30pm
 - *Yoga Nidra Class* (Ocoee), 3-4:00pm
 - *Open Art Studio* (DT Classroom) 4-6pm
 - Acrylic painting supplies included.

- 18 Thu** *Gentle Yoga* (DT Classroom), 9:30-10:30am
- *Gentle Yoga* (DPH), 9:30-10:30am
 - *Gentle Yoga* (DT Classroom/Hybrid), 11am-12pm
 - *Music & Stress Management Class (DT Group Room), 11am-11:45am
 - *Cancer Support Group (Virtual), 11am-12pm

- 19 Fri** *Art for Stress Reduction (Virtual), 9-11am
- *Jewelry 101* (DT Classroom), 11:30am-1pm
 - Make a pair and donate a pair of earrings!

- 22 Mon** *Intro to Yoga 3/8 (DT Classroom), 9:30-10:30am
- *Men's Support Group (Virtual), 10-11am
 - *previous registration required

- *Gentle Yoga* (Ocoee), 2-3pm
- *Tai chi Everflowing (Virtual), 4-5pm

23 Tue *Laughter for Stress Release (DT Classroom), 10:30-11:30am

- *Caregivers Corner (Virtual), 11am-12pm
- *Intro to Mindfulness 6/8 (Virtual), 1-2pm
- *Gentle Yoga* (DT Classroom), 4:30-5:30pm
- *Gentle Yoga* (DT Classroom), 5:45-6:45pm

24 Wed *Expressive Writing Workshop* (DT Classroom/Hybrid), 10-11:00am

- *Cancer Support Group (Ocoee), 11am-12pm
- *Tai Chi Everflowing (DPH/Hybrid)* 2:30-3:30pm
- *Yoga Nidra Class * (Ocoee), 3-4:00pm
- *Sound Healing* (DT Classroom), 4-5pm

25 Thu *Gentle Yoga* (DT Classroom), 9:30-10:30am

- *Gentle Yoga* (DPH), 9:30-10:30am
- *Gentle Yoga* (DT Classroom/Hybrid), 11am-12pm
- *Music & Stress Management Class (DT Group Room), 11am-11:45am
- *Cancer Support Group (Virtual), 11am-12pm
- *GYN Cancers Support Group (DT Group Room/Hybrid), 1-2pm

26 Fri * Art for Stress Relief (Virtual), 9-11am

- *Flamenco Lesson* (DT Group Room), 10-11am
 - *Jewelry 101* (DT Classroom), 11:30am-1pm
- Make a pair and donate a pair of earrings!

29 Mon *Intro to Yoga 4/8 (DT Classroom), 9:30-10:30am

- *Gentle Yoga* (Ocoee), 2-3pm
- *Tai chi Everflowing (Virtual), 4-5pm

30 Tue *Intro to Mindfulness 7/8 (Virtual), 1-2pm

- *Gentle Yoga* (DT Classroom), 4:30-5:30pm
- *Gentle Yoga* (DT Classroom), 5:45-6:45pm

For questions or for more information, please call 321-841-5056 or email

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