

March 2024 – Pluta Integrative Oncology and Wellness Class Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	NOTE: Please arrive on time to class. Arrivals 10 minutes after the class start time or later will NOT be admitted.			1 10:00 – 11:15 AM: ZOOM Gentle Yoga 2:00-3:00 PM: ZOOM Qi Gong
4 11:00 AM – 12:30 PM: IN PERSON Music Therapy Group 1:00PM - 2:00 PM: IN PERSON Mindfulness Art Studio 5:00 - 6:00 PM: HYBRID Meditation Class	5 11:00 AM – 12:00 PM: ZOOM Art Therapy Group 12:00-1:00 PM: ZOOM Meditation	6 11:00AM – 12:00PM: IN PERSON Gentle Yoga (Chair) 1:00 - 2:15 PM: IN PERSON Gentle Yoga (Mat) 4:00 – 5:15PM: ZOOM Restorative Yoga 5:00 - 6:00 PM: ZOOM Meditation Class	7 11:00 AM – 12:30 PM: ZOOM Music Therapy Group 1:00 - 2:15 PM: IN PERSON Gentle Yoga (for all) 2:30 – 3:30 PM IN PERSON Qi Gong	8 10:00 – 11:15 AM: ZOOM Gentle Yoga 2:00-3:00 PM: ZOOM Qi Gong
11 11:00 AM – 12:30 PM: IN PERSON Music Therapy Group 1:00PM - 2:00 PM: IN PERSON Mindfulness Art Studio 5:00 - 6:00 PM: HYBRID Meditation Class	12 12:00-1:00 PM: ZOOM Meditation	13 11:00AM – 12:00PM: IN PERSON Gentle Yoga (Chair) 1:00 - 2:15 PM: IN PERSON Gentle Yoga (Mat) 4:00 – 5:15PM: ZOOM Restorative Yoga 5:00 - 6:00 PM: ZOOM Meditation Class	14 11:00 AM – 12:30 PM: ZOOM Music Therapy Group 11:00 AM – 12:00 PM: IN PERSON *Yoga +Qi Gong Program* 1:00 - 2:15 PM: IN PERSON Gentle Yoga (for all) 2:30 – 3:30 PM IN PERSON Qi Gong	15 10:00 – 11:15 AM: ZOOM Gentle Yoga 2:00-3:00 PM: ZOOM Qi Gong
18 11:00 AM – 12:30 PM: IN PERSON Music Therapy Group 1:00PM - 2:00 PM: IN PERSON Mindfulness Art Studio 5:00 - 6:00 PM: HYBRID Meditation Class	19 11:00 AM – 12:00 PM: ZOOM Art Therapy Group 12:00-1:00 PM: ZOOM Meditation	20 11:00AM – 12:00PM: IN PERSON Gentle Yoga (Chair) 1:00 - 2:15 PM: IN PERSON Gentle Yoga (Mat) 4:00 – 5:15PM: ZOOM Restorative Yoga 5:00 - 6:00 PM: ZOOM Meditation Class	21 11:00 AM – 12:30 PM: ZOOM Music Therapy Group 12:00 – 1:00 PM IN PERSON Cooking for Wellness @ CSC 1:00 - 2:15 PM: IN PERSON Gentle Yoga (for all) 2:30 – 3:30 PM IN PERSON Qi Gong	22 10:00 – 11:15 AM: ZOOM Gentle Yoga 2:00-3:00 PM: ZOOM Qi Gong
25 11:00 AM – 12:30 PM: IN PERSON Music Therapy Group 1:00PM - 2:00 PM: IN PERSON Mindfulness Art Studio 5:00 - 6:00 PM: HYBRID Meditation Class	26 12:00-1:00 PM: ZOOM Meditation 5:00-6:00 PM HYBRID Nutrition During Chemotherapy	27 11:00AM – 12:00PM: IN PERSON Gentle Yoga (Chair) 1:00 - 2:15 PM: IN PERSON Gentle Yoga (Mat) 4:00 – 5:15PM: ZOOM Restorative Yoga 5:00 - 6:00 PM: ZOOM Meditation Class	28 11:00 AM – 12:30 PM: ZOOM Music Therapy Group 1:00 - 2:15 PM: IN PERSON Gentle Yoga (for all) 2:30 – 3:30 PM IN PERSON Qi Gong	29 10:00 – 11:15 AM: ZOOM Gentle Yoga 2:00-3:00 PM: ZOOM Qi Gong



Pluta Integrative Oncology & Wellness

All Programs require registration. To register for any of these programs, please call **(585) 486-0630**.

ZOOM classes require a **ZOOM** link. Once registered, you will receive the link via email.

IN PERSON classes take place at the Pluta IOC, and space is limited. If you cannot attend class, please call to cancel your reservation so that another patient may take your spot.