

# July 2024 – Pluta Integrative Oncology and Wellness Class Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>11:00 AM – 12:30 PM: <b>IN PERSON</b> Music Therapy Group</p> <p>1:00PM - 2:00 PM: <b>IN PERSON</b> Mindfulness Art Studio</p> <p>5:00 - 6:00 PM: <b>HYBRID</b> Meditation Class</p>	<p>2</p> <p>12:00-1:00 PM: <b>ZOOM</b> Meditation</p> <p>1:30 – 3:00 PM <b>IN PERSON</b> Qigong for Mental Wellness*</p>	<p>3</p> <p>11:00AM – 12:00PM: <b>IN PERSON</b> Gentle Yoga (Chair)</p> <p>1:00 - 2:15 PM: <b>IN PERSON</b> Gentle Yoga (Mat)</p> <p>4:00 – 5:15PM: <b>ZOOM</b> Restorative Yoga</p> <p>5:00 - 6:00 PM: <b>ZOOM</b> Meditation Class</p>	<p>4</p> <p style="text-align: center;"><b><u>CLOSED</u></b></p> <p style="text-align: center;"><i>Fourth of July!</i></p>	<p>5</p> <p>10:00 – 11:15 AM: <b>ZOOM</b> Gentle Yoga</p> <p>2:00-3:00 PM: <b>ZOOM</b> Qi Gong</p>
<p>8</p> <p>11:00 AM – 12:30 PM: <b>IN PERSON</b> Music Therapy Group</p> <p>1:00PM - 2:00 PM: <b>IN PERSON</b> Mindfulness Art Studio</p> <p>5:00 - 6:00 PM: <b>HYBRID</b> Meditation Class</p>	<p>9</p> <p>11:00 AM – 12:00 PM: <b>ZOOM</b> Art Therapy Group</p> <p>12:00-1:00 PM: <b>ZOOM</b> Meditation</p> <p>1:30 – 3:00 PM <b>IN PERSON</b> Qigong for Mental Wellness*</p>	<p>10</p> <p>11:00AM – 12:00PM: <b>IN PERSON</b> Gentle Yoga (Chair)</p> <p>1:00 - 2:15 PM: <b>IN PERSON</b> Gentle Yoga (Mat)</p> <p>4:00 – 5:15PM: <b>ZOOM</b> Restorative Yoga</p> <p>5:00 - 6:00 PM: <b>ZOOM</b> Meditation Class</p>	<p>11</p> <p>11:00 AM – 12:30 PM: <b>ZOOM</b> Music Therapy Group</p> <p>1:00 - 2:15 PM: <b>IN PERSON</b> Gentle Yoga (for all)</p> <p>2:30 – 3:30 PM <b>IN PERSON</b> Qi Gong</p> <p>5:00 – 6:00 PM <b>IN PERSON</b> Wellness Series Workshop: Nutrition + Yoga</p>	<p>12</p> <p>10:00 – 11:15 AM: <b>ZOOM</b> Gentle Yoga</p> <p>2:00-3:00 PM: <b>ZOOM</b> Qi Gong</p>
<p>15</p> <p>11:00 AM – 12:30 PM: <b>IN PERSON</b> Music Therapy Group</p> <p>1:00PM - 2:00 PM: <b>IN PERSON</b> Mindfulness Art Studio</p> <p>5:00 - 6:00 PM: <b>HYBRID</b> Meditation Class</p>	<p>16</p> <p>12:00-1:00 PM: <b>ZOOM</b> Meditation</p>	<p>17</p> <p>11:00AM – 12:00PM: <b>IN PERSON</b> Gentle Yoga (Chair)</p> <p>1:00 - 2:15 PM: <b>IN PERSON</b> Gentle Yoga (Mat)</p> <p>4:00 – 5:15PM: <b>ZOOM</b> Restorative Yoga</p> <p>5:00 - 6:00 PM: <b>ZOOM</b> Meditation Class</p>	<p>18</p> <p>11:00 AM – 12:30 PM: <b>ZOOM</b> Music Therapy Group</p> <p>12:00 – 1:00 PM <b>IN PERSON</b> Cooking for Wellness @ CSC</p> <p>1:00 - 2:15 PM: <b>IN PERSON</b> Gentle Yoga (for all)</p> <p>2:30 – 3:30 PM <b>IN PERSON</b> Qi Gong</p>	<p>19</p> <p>10:00 – 11:15 AM: <b>ZOOM</b> Gentle Yoga</p> <p>2:00-3:00 PM: <b>ZOOM</b> Qi Gong</p>
<p>22</p> <p>11:00 AM – 12:30 PM: <b>IN PERSON</b> Music Therapy Group</p> <p>1:00PM - 2:00 PM: <b>IN PERSON</b> Mindfulness Art Studio</p> <p>Meditation—<b>No class</b></p>	<p>23</p> <p>11:00 AM – 12:00 PM: <b>ZOOM</b> Art Therapy Group</p> <p>Meditation- <b>No class</b></p>	<p>24</p> <p>11:00AM – 12:00PM: <b>IN PERSON</b> Gentle Yoga (Chair)</p> <p>1:00 - 2:15 PM: <b>IN PERSON</b> Gentle Yoga (Mat)</p> <p>4:00 – 5:15PM: <b>ZOOM</b> Restorative Yoga</p> <p>Meditation Class—<b>No class</b></p>	<p>25</p> <p>11:00 AM – 12:30 PM: <b>ZOOM</b> Music Therapy Group</p> <p>1:00 - 2:15 PM: <b>IN PERSON</b> Gentle Yoga (for all)</p> <p>2:30 – 3:30 PM <b>IN PERSON</b> Qi Gong</p>	<p>26</p> <p>10:00 – 11:15 AM: <b>ZOOM</b> Gentle Yoga</p> <p>2:00-3:00 PM: <b>ZOOM</b> Qi Gong</p>
<p>29</p> <p>11:00 AM – 12:30 PM: <b>IN PERSON</b> Music Therapy Group</p> <p>1:00PM - 2:00 PM: <b>IN PERSON</b> Mindfulness Art Studio</p> <p>5:00 - 6:00 PM: <b>HYBRID</b> Meditation</p>	<p>30</p> <p>12:00-1:00 PM: <b>ZOOM</b> Meditation</p>	<p>31</p> <p>11:00AM – 12:00PM: <b>IN PERSON</b> Gentle Yoga (Chair)</p> <p>1:00 - 2:15 PM: <b>IN PERSON</b> Gentle Yoga (Mat)</p> <p>4:00 – 5:15PM: <b>ZOOM</b> Restorative Yoga</p> <p>5:00 - 6:00 PM: <b>ZOOM</b> Meditation Class</p>	<p><b>NOTE:</b></p> <p><b>Please arrive on time to class. Arrivals 10 minutes after the class start time or later will NOT be admitted.</b></p>	<p><i>*Indicates an 8-week program, no drop-ins</i></p>



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.