

Integrative Medicine at Orlando Health JULY 2026 Calendar

The Integrative Medicine Department is located on the 3rd floor at 1720 S Orange Ave, Orlando, FL 32806. Looking forward to seeing you soon!

How to Participate

Class locations are indicated in parentheses. Classes designated as “virtual” are hosted on Microsoft Teams, and classes designated as “hybrid” are hosted both in-person and on Microsoft Teams. Please be on the lookout each month as we add more classes!

Registration is required for all classes. To sign up, please call (321) 841-5056 or send us an email at R-IntegrativeMedicine@OrlandoHealth.com.

- 1 Wed *Cancer Support Group (Ocoee), 11-11:50am
*Qigong (DPH/Hybrid) 1:30-2:30pm
*Sound Healing (DPH), 2:30-3:30pm
- 2 Thu *Gentle Yoga (IM Classroom), 9:30-10:30am
*Cancer Support Group (Virtual), 11-11:50am
*Music & Stress Management Class (IM Group Room), 11-11:45am
- 3 Fri ***INTEGRATIVE MEDICINE CLOSED. HAPPY FOURTH OF JULY!**
- 6 Mon *Intro to Yoga (IM Classroom/Hybrid), 9:30-10:30am
*Qigong (St. Cloud/Hybrid), 1:30-2:15pm
*Gentle Yoga (Ocoee), 2-3pm
*Laughter for Stress Release (St. Cloud/Hybrid), 2:30-3:30pm
*Caregivers Corner (Virtual), 5:30pm
- 7 Tue
- 8 Wed *Arts in Medicine Workshop (IM Classroom), 10am-12pm
*Esophageal Cancer Support Group (Virtual), 1-1:50pm
*Qigong (DPH/Hybrid) 1:30-2:30pm
*Laughter for Stress Release (DPH/Hybrid), 2:30-3:30pm
- 9 Thu *Gentle Yoga (IM Classroom), 9:30-10:30am
*Gentle Yoga (Lake Mary), 9:30-10:30am
*Qigong (Lake Mary), 10:45-11:45am
*Cancer Support Group (Virtual), 11-11:50am
*Music & Stress Management Class (IM Group Room), 11-11:45am
*Young Adults Cancer Support Group (IM Group Room), 4-4:50pm
- 10 Fri *Jewelry 101 (IM Classroom), 11-12:30pm
*Breast Cancer Nutrition Class (Virtual), 12-12:50pm
*Cancer Support Group for Spanish-Speaking Patients (IM Group Room), 12:00-12:50pm
- 13 Mon *Intro to Yoga (IM Classroom/Hybrid), 9:30-10:30am

- *Qigong (St. Cloud/Hybrid), 1:30pm-2:15pm
- *Gentle Yoga (Ocoee), 2-3:00pm
- *Sound Healing (St. Cloud), 2:30-3:30pm

- 14 Tue *Arts in Medicine Workshop (Ocoee), 10-12:00pm
 *Bone Marrow Transplant Support Group (Virtual), 3:00-3:50pm

- 15 Wed *Creative Writing (IM Classroom), 10-11:00am
 *Cancer Support Group (Ocoee), 11-11:50am
 *Qigong (DPH/Hybrid) 1:30-2:30pm
 *Sound Healing (DPH), 2:30pm-3:30pm
 *Open Art Studio (IM Classroom) 3:30-5:00pm
 Acrylic painting supplies included.

- 16 Thu *Gentle Yoga (IM Classroom), 9:30-10:30am
 *Cancer Support Group (Virtual), 11-11:50am
 *Music & Stress Management Class (IM Group Room), 11-11:45am

- 17 Fri *Jewelry 101 (IM Classroom), 11-12:30pm
 *Breast Cancer Support Group (Virtual), 11-11:50am
 *Breast Cancer Nutrition Class (Virtual), 12-12:50pm
 *Breast Cancer Support Group (Lake Mary), 3:00-3:50pm

- 20 Mon *Intro to Yoga (IM Classroom/Hybrid), 9:30-10:30am
 *Qigong (St. Cloud/Hybrid), 1:30-2:15pm
 *Gentle Yoga (Ocoee), 2-3pm
 *Laughter for Stress Release (St. Cloud/Hybrid), 2:30-3:30pm
 *Brain Cancer Support Group (IM Group Room), 4:00-4:50pm

21 Tue

- 22 Wed *Qigong (DPH/Hybrid), 1:30-2:30pm
 *Laughter for Stress Release (DPH/Hybrid), 2:30pm-3:30pm

- 23 Thu *Gentle Yoga (IM Classroom), 9:30-10:30am
 *Cancer Support Group (Virtual), 11am-11:50am
 *Music and Stress Management (IM Group Room), 11:00-11:45am

- 24 Fri *Jewelry 101 (IM Classroom), 11-12:30pm
 *Breast Cancer Nutrition Class (Virtual), 12-12:50pm

- 27 Mon *Intro to Yoga (IM Classroom/Hybrid), 9:30-10:30am
 *Qigong (St. Cloud/Hybrid), 1:30pm-2:15pm
 *Gentle Yoga (Ocoee), 2-3:00pm
 *Sound Healing (St. Cloud), 2:30-3:30pm

- 28 Tue *Laughter for Stress Release (IM Classroom/Hybrid), 3-4:00pm
 *Sound Healing (IM Classroom), 4-5:00pm

- 29 Wed *Qigong (DPH/Hybrid), 1:30-2:30pm
 *Sound Healing (DPH), 2:30pm-3:30pm

30 Thu *Gentle Yoga (IM Classroom), 9:30-10:30am
***Music & Stress Management Class (IM Group Room), 11-11:45am**
***Cancer Support Group (Virtual), 11-11:50am**

31 Fri *Jewelry 101 (IM Classroom), 11-12:30pm
***Breast Cancer Nutrition Class (Virtual), 12-12:50pm**