

## Integrative Medicine at Orlando Health JUNE 2026 Calendar

*We are located on the 3<sup>rd</sup> 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](mailto:R-IntegrativeMedicine@OrlandoHealth.com).

- 1 Mon** \*Intro to Yoga (IM Classroom/Hybrid), 9:30-10:30am  
\*Qigong (St. Cloud/Hybrid), 1:30-2:30pm  
\*Gentle Yoga (Ocoee), 2-3:00pm  
\*Laughter for Stress Release (St. Cloud/Hybrid), 2:30-3:30pm
- 2 Tue**
- 3 Wed** \*Breast Cancer Nutrition Class (DPH/Hybrid), 10-10:50am  
\*Cancer Support Group (Ocoee), 11-11:50am  
\*Qigong (DPH/Hybrid), 1:30-2:30pm  
\*Sound Healing (DPH), 2:30pm-3:30pm
- 4 Thu** \*Gentle Yoga (IM Classroom), 9:30-10:30am  
\*Cancer Support Group (Virtual), 11-11:50am  
\*Music & Stress Management Class (IM Group Room), 11am-11:45am  
\*Breast Cancer Support Group (Virtual), 12-12:50pm
- 5 Fri** \*Jewelry 101 (IM Classroom), 11am-12:30pm  
\*Breast Cancer Nutrition Class Virtual), 12-12:50pm
- 8 Mon** \*Intro to Yoga (IM Classroom/Hybrid), 9:30-10:30am  
\*Qigong (St. Cloud/Hybrid), 1:30pm-2:15pm  
\*Gentle Yoga (Ocoee), 2-3pm  
\*Sound Healing (St. Cloud), 2:30pm-3:30pm  
\*Caregiver’s Corner (Virtual), 4-5:00pm
- 9 Tue** \*Arts in Medicine Workshop (Ocoee), 10am-12:00pm
- 10 Wed**\*Arts in Medicine Workshop (IM Classroom), 10-12:00pm  
\*Esophageal Cancer Support Group (Virtual), 1-1:50pm  
\*Qigong (DPH/Hybrid), 1:30-2:30pm  
\*Laughter for Stress Release (DPH/Hybrid), 2:30pm-3:30pm
- 11 Thu** \*Gentle Yoga (IM Classroom), 9:30-10:30am  
\*Cancer Support Group (Virtual), 11:00am-11:50am  
\*Music & Stress Management Class (IM Group Room), 11am-11:45am

- \*Young Adults Cancer Support Group (IM Group Room), 4:00pm-4:50pm**
  
- 12 Fri \*Jewelry 101 (IM Classroom), 11:00-12:30pm**  
**\*Breast Cancer Nutrition Class (Virtual), 12-12:50pm**
  
- 15 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**  
**\*Laughter for Stress Release (St. Cloud/Hybrid), 2:30pm-3:30pm**
  
- 16 Tue \*Breast Cancer Nutrition Class (Ocoee), 12-12:50pm**
  
- 17 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.*
  
- 18 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**  
**\*Pancreatic Cancer Support Group (IM Group Room), 4-4:50pm**
  
- 19 Fri \*Jewelry 101 (IM Classroom), 11:00-12:30pm**  
**\*Breast Cancer Nutrition Class (Virtual), 12-12:50pm**
  
- 22 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**
  
- 23 Tue \*Laughter for Stress Release (IM Classroom/Hybrid), 3:00-4:00pm**  
**\*Sound Healing (IM Classroom), 4:00-5:00pm**
  
- 24 Wed \*Qigong (DPH/Hybrid), 1:30-2:30pm**  
**\*Laughter for Stress Release (DPH/Hybrid), 2:30-3:30pm**
  
- 25 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**  
**\*Breast Cancer Support Group (Virtual), 12-12:50pm**
  
- 26 Fri \*Jewelry 101 (IM Classroom), 11am-12:30pm**  
**\*Breast Cancer Nutrition Class (Virtual), 12-12:50pm**
  
- 29 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**  
**\*Laughter for Stress Release (St. Cloud/Hybrid), 2:30pm-3:30pm**

**30 Tue**