

Integrative Medicine at Orlando Health
SEPTEMBER 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 Tue

2 Wed *Cancer Support Group (Ocoee), 11-11:50am
*Qigong (DPH/Hybrid), 1:30-2:30pm
*Sound Healing (DPH), 2:30pm-3:30pm

3 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

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

7 Mon ***INTEGRATIVE MEDICINE CLOSED. HAPPY LABOR DAY!**

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

9 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

10 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), 11am-11:45am
*Young Adults Cancer Support Group (IM Group Room), 4:00pm-4:50pm

11 Fri *Jewelry 101 (IM Classroom), 11:00-12:30pm
*Breast Cancer Nutrition Class (Virtual), 12-12:50pm
*Cancer Support Group for Spanish-Speaking Patients (IM Group Room), 12:00-12:50pm

14 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), 2:30pm-3:30pm

15 Tue

16 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.

17 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

18 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

21 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), 2:30-3:30pm
*Brain Cancer Support Group (IM Group Room), 4:00-4:50pm

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

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

24 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

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

28 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

29 Tue

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