

Integrative Medicine at Orlando Health

AUGUST 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.

3 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**

4 Tue

5 Wed *Cancer Support Group (Ocoee), 11-11:50am

***Qigong (DPH/Hybrid), 1:30-2:30pm**

***Sound Healing (DPH), 2:30pm-3:30pm**

6 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**

7 Fri *Jewelry 101 (IM Classroom), 11am-12:30pm

***Breast Cancer Support Group (Virtual), 11-11:50am**

***Breast Cancer Nutrition Class (Virtual), 12-12:50pm**

10 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**

11 Tue *Arts in Medicine Workshop (Ocoee), 10-12:00pm

***Bone Marrow Transplant Support Group (Virtual), 3:00-3:50pm**

12 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**

13 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

14 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

17 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

18 Tue

19 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.

20 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

21 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

24 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

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

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

27 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

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

31 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