

Integrative Medicine at Orlando Health

NOVEMBER 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.

2 Mon *Intro to Yoga (IM Classroom/Hybrid), 9:30-10:30am

***Qigong (St. Cloud/Hybrid), 1:30-2:15pm**

***Gentle Yoga (Health Central), 2-3:00pm**

***Laughter for Stress Release (St. Cloud/Hybrid), 2:30-3:30pm**

***Caregiver’s Corner (Virtual), 5:30-6:30pm**

3 Tue

4 Wed *Cancer Support Group (Health Central), 11-12:00pm

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

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

5 Thu *Gentle Yoga (IM Classroom), 9:30-10:30am

***Cancer Support Group (Virtual), 11-12:00pm**

***Music & Stress Management Class (IM Group Room), 11-12:00pm**

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

***Breast Cancer Support Group (Virtual), 11-12:00pm**

***Breast Cancer Nutrition Class (Virtual), 12-1:00pm**

***The Support Group for Spanish-Speaking Patients (Virtual), 12:30-1:30pm**

9 Mon *Intro to Yoga (IM Classroom/Hybrid), 9:30-10:30am

***Qigong (St. Cloud/Hybrid), 1:30pm-2:15pm**

***Gentle Yoga (Health Central), 2-3:00pm**

***Sound Healing (St. Cloud), 2:30pm-3:30pm**

10 Tue *Arts in Medicine Workshop (Health Central), 10-12:00pm

***Bone Marrow Transplant Support Group (Virtual), 3:00-4:00pm**

11 Wed*Arts in Medicine Workshop (IM Classroom), 10-12:00pm

***Esophageal Cancer Support Group (Virtual), 1-2:00pm**

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

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

12 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), 11-12:00pm
- *Music & Stress Management Class (IM Group Room), 11-12:00pm
- *Young Adults Cancer Support Group (IM Group Room), 4-5:00pm

- 13 Fri *Jewelry 101 (IM Classroom), 11-12:30pm
- *Breast Cancer Nutrition Class (Virtual), 12-1:00pm
 - *Breast Cancer Support Group (Lake Mary), 3:00-4:00pm

- 16 Mon *Intro to Yoga (IM Classroom/Hybrid), 9:30-10:30am
- *Qigong (St. Cloud/Hybrid), 1:30-2:15pm
 - *Gentle Yoga (Health Central), 2-3:00pm
 - *Laughter for Stress Release (St. Cloud/Hybrid), 2:30-3:30pm
 - *Brain Cancer Support Group (IM Group Room), 4:00-5:00pm

17 Tue

- 18 Wed *Cancer Support Group (Health Central), 11-12:00pm
- *Qigong (DPH/Hybrid) 1:30-2:30pm
 - *Laughter for Stress Release (DPH), 2:30pm-3:30pm
 - *Open Art Studio (IM Classroom) 3:30-5:00pm
- Acrylic painting supplies included.

- 19 Thu *Gentle Yoga (IM Classroom), 9:30-10:30am
- *Cancer Support Group (Virtual), 11-12:00pm
 - *Music & Stress Management Class (IM Group Room), 11-12:00pm

- 20 Fri *Jewelry 101 (IM Classroom), 11-12:30pm
- *Breast Cancer Support Group (Virtual), 11-12:00pm
 - *Breast Cancer Nutrition Class (Virtual), 12-1:00pm
 - *The Support Group for Spanish-Speaking Patients (Virtual), 12:30-1:30pm

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

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

- 25 Wed *Qigong (DPH/Hybrid), 1:30-2:30pm
- *INTEGRATIVE MEDICINE CLOSED AT 3PM

- 26 Thu *INTEGRATIVE MEDICINE CLOSED. Happy Thanksgiving!

- 27 Fri *Breast Cancer Nutrition Class (Virtual), 12-1:00pm

- 30 Mon *Intro to Yoga (IM Classroom/Hybrid), 9:30-10:30am
- *Qigong (St. Cloud/Hybrid), 1:30pm-2:15pm
 - *Gentle Yoga (Health Central), 2-3:00pm
 - *Laughter for Stress Release (St. Cloud/Hybrid), 2:30pm-3:30pm

