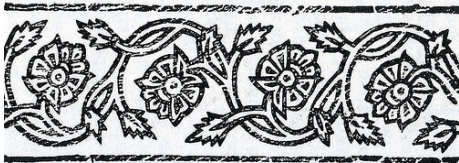

Integrative Medicine at BMC

Integrative medicine is a health care model which blends the best of conventional medicine, complementary therapies, and lifestyle changes; emphasizes a compassionate healing relationship between patients and their caregivers; and views the patient as whole person –
mind, body, and spirit.



Integrative Medicine Program
Department of Family Medicine
Dowling 5th Floor
One Boston Medical Center Place
Boston, MA 02118

Integrative Medicine

Brochure of Clinical Services



(617) 414-6795

Integrative Medicine Clinical Services

Summer 2012



Drop-In Yoga

Beginner's yoga class meets every Tuesday and Thursday from 6-7:15 pm in Moakley lower level.

Zumba

Dance exercise with Latin rhythm, all fitness levels. 2nd and 4th Tuesday from 6:30-7:30 pm in Moakley Lobby.

Qigong/Tai Chi

Gentle exercises that release tension, aid joints, and balance energy in our bodies. Wednesdays from 4-5:30 pm in Moakley lower level.

Healthy Steps

Exercise group for people with chronic conditions 1st and 3rd Tuesday of every month from 4:30-5:30 pm in Moakley lower level.

*NOT meeting in February

Integrative Medicine Consults

Consultations with an Integrative Medicine doctor are offered for children, teenagers, adults, and pregnant women in the Family Medicine clinic. *To schedule a consult, your physician must make a referral. Call for info.*

Acupuncture Clinics

We offer acupuncture for adults Tuesday from 1-4 pm and Friday 1-4 pm in the Family Medicine Clinic.

Call (617) 414-6795 for appointments.

Acupuncture for adolescents is offered Wednesday from 5:30-8 pm in the Adolescent clinic on ACC 5th floor.

Call (617) 414-4086 for appointments.

Integrative Cancer Care

Massage: Thursday mornings

Acupuncture: Thursday & Friday mornings

Integrative Medicine Consults: Thursdays with Paula Gardiner MD.

For more info, call Cancer Support Services at (617) 638-7540.

Buteyko Breathing Method

Buteyko is a clinically-proven, natural, safe breath retraining technique for conditions such as asthma, allergies, sleep apnea, panic attacks, emphysema, and other stress-related diseases .

Call Otolaryngology at (617) 638-8124.

Live Cooking Demos

Cooking groups meet in the Demo Kitchen on the 4th floor of Dowling across from the food pantry.

Diabetic Cooking: 1st and 3rd Wednesday of every month from 12- 1 pm.

Cooking for Health: 3rd Tuesday of every month from 4-5 pm.

Monday Meditation

Drop-in meditation group meets Monday from 12:15-12:45 pm in the Menino Chapel. No need to sign up.

Massage Therapy

Massage Therapy Clinic every Wednesday from 10-3 pm. *By appointment only; call 617-414-6795.*

Visit us on the web!

[www.bumc.bu.edu/
integrativemed](http://www.bumc.bu.edu/integrativemed)



To sign up for a service or
to learn more, contact us!

Phone: (617) 414-6795

