





	Farm Stand is BACK!	Every Wednesday through Dec 4, 10 am-12 pm <i>Adult Outpatient Pavilion, Ground Level</i> Purchase fresh, locally grown produce every week at the Shalom Farms Mobile Market. Season ends December 6.
	Women's Support Group	Monday, August 5 & 19, 6:30-7:30 pm A safe space for women affected by cancer. To register and receive the Zoom link, contact freda.wilkins@vcuhealth.org .
	Gynecologic Oncology Support Group	Thursday, August 8, 12-1 pm A safe space for those affected by gynecologic cancers. To register and receive the Zoom link, contact brittany.brown@vcuhealth.org .
	Mindfulness	Friday, August 9 & 23, 12 pm Relax and relieve stress. To register and receive the Zoom link, contact freda.wilkins@vcuhealth.org .
	Meditative Moments	Thursday, July 11, 12 pm Facebook.com/VCUMasseyCancerCenter Join Chaplain Charles on Facebook and Instagram as he provides a minute meditation, and highlights different spiritual practices and topics.
	Tobacco Cessation Support Group: A Breath of Fresh Air	Tuesday, August 13, 5:15 pm A safe space to discuss trying to quit or reduce smoking with other cancer survivors and caregivers. To register and receive the Zoom link, contact fresh.air@vcuhealth.org or call 804-628-8920.
	Caregiver Support Group	Tuesday, August 13, 5:30- 6:30 pm A safe space for caregivers to join in discussions with others. To register and receive the Zoom link, contact kerri.anderson@vcuhealth.org .
	Nutrition Bytes	Thursday, August 15, 12 pm Facebook.com/VCUMasseyCancerCenter Catch registered dietitian Samantha on Massey's social media as she takes a minute to discuss all things nutrition! Join us over on Instagram and Facebook.
	Evening Unwind Yoga for Patients & Caregivers	Thursday, August 15, 10am -2 pm Waiver required to participate. To sign up and receive the Zoom link, contact IntegrativeHealth@vcuhealth.org .
	Refreshments	Tuesday, August 20, 10 am-2 pm Adult Outpatient Pavilion, 4th Floor Enjoy light refreshments courtesy of our Massey volunteers.

	Men's Support Group	Tuesday, August 20, 6:30-7:30 pm A safe space for men affected by cancer. To register and receive the Zoom link, contact charles.riffie@vcuhealth.org or call 804-573-5456.
	Coffee & Conversation	Friday, August 23, 9 am-12 pm Adult Outpatient Pavilion, 4th Floor Chat with cancer survivors while enjoying light refreshments courtesy of our volunteers.



The Healing Space

AN ENVIRONMENT TO HELP PROMOTE YOUR WELL-BEING

The Healing Space is a place of respite for patients and their loved ones, faculty, and staff in a setting that promotes overall health and well-being.

State-of-the-art audio-visual technology and lighting, including a built-in LED display wall, offer an immersive experience to help harmonize the mind, body, and spirit.

Located on the ground floor, Adult Outpatient Pavilion



SCAN ME





For more information call 804-828-8478 or email IntegrativeHealth@vcuhealth.org.