Second Monday of each month, starting January 2018
10 a.m. to noon
Free class series

Fun and educational classes will be offered to cancer patients, family members and the community to promote health and quality of life. Classes are free, but seating is limited. Snacks and refreshments will be provided on a first-come first-served basis.

Class topics for 2018 will include:

- Palliative Care: January 8
- Dance and Movement Therapy: February 12
- Breathing for Health: March 12
- Mindful and Gentle Yoga: April 9
- Harnessing Your Inner Energy: May 14
- Nutrition: June 11
- Enhancing Sleep: July 9
- Medical Marijuana and Cancer: August 13
- Touch Therapies: September 10
- Botanical Medicine: October 8
- Meditation and Relaxation Practices: November 5
- Advance Care Planning: December 10

A voluntary questionnaire will be given at the end of all classes to evaluate the effectiveness of this series.

The Conference Center at Wilmot Gardens
University of Florida
2023 SW Mowry Road, Gainesville, FL 32611

Parking:
Wilmot Gardens visitors can park in the small, handicap-accessible parking lot next to the conference center. Additional parking is available in the West Garage, located at the northwest corner of Archer Road and Center Drive, across from the Dental Tower. Parking vouchers will be provided.

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Integrative Medicine • Palliative Care
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