



# *The Barbara L. Posner* WELLNESS & SUPPORT CENTER

## Classes & Events Calendar

Call 410-427-2598 for questions or to schedule an appointment.

### MONDAYS

#### **Yoga | 12 - 12:45 pm**

A free, gentle yoga practice for everyone. No equipment needed. Classes are held virtually and in-person in the Barbara L. Posner Wellness & Support Center (on the third floor of the Cancer Institute). Scan the QR code to the right to join virtually.



#### **Facials | 9 am, 10 am and 11 am**

Schedule a facial with Yolanda White, certified in esthetics. Appointments are required and available at 9 am, 10 am and 11 am. A 30-minute mini facial is \$45, and a 45-minute classic facial is \$60.

### TUESDAYS

#### **Behavioral Health Therapy Session | 5 - 8 pm**

Meet with a licensed clinical social worker for emotional and mental health support during and beyond cancer treatment. Appointments are required. You will be billed through insurance; most insurances accepted.

### WEDNESDAYS

#### **Private Acupuncture Session | 10 am - 1 pm**

Appointments are required; most insurances accepted. Sessions are \$90/hour. Grant funding may be available to cover costs; call for more information.

#### **Yoga | 4 - 4:45 pm**

A free, gentle yoga practice for everyone. No equipment needed. Classes are held virtually and in-person in the Barbara L. Posner Wellness & Support Center (on the third floor of the Cancer Institute). Scan the QR code to the right to join virtually.



### THURSDAYS

#### **Private Massage Session | 10 am - 1 pm**

Appointments are required; sessions are \$90/hour. Grant funding may be available to cover costs; call for more information.

### FRIDAYS

#### **Facials | 2:30 pm and 3:30 pm**

Schedule a facial with Yolanda White, certified in esthetics. Appointments are required and available at 2:30 pm and 3:30 pm. A 30-minute mini facial is \$45, and a 45-minute classic facial is \$60.

