



Healthy Living Series

Join Massey experts for a series of FREE monthly classes promoting healthy lifestyles for cancer prevention. For more information, please call (804) 828-8478 or visit MasseyIntegrativeHealth.org.

April 11

Cooking with Fresh Veggies
Allie Farley, M.S., R.D., L.D.

May 9

Energy Healing Demystified
Keith Bell, Ph.D.

June 13

Change Your Mind, Change
Your Life: An Intro to Mindfulness
Jo Robins, Ph.D.

July 11

Heatwave: Summer Fitness
Mary Shall, P.T., Ph.D.

August 8

Herbs: Fact or Fiction?
Mandy Gatesman, Pharm.D.

September 12

Sweet Dreams: Healthy Sleeping
Habits for a Hectic Lifestyle
*Susan Chandler, M.S., R.N.-B.C.,
Ph.D candidate*

October 10

Turning Over a New Leaf: Healthy
Autumn Meals
Allie Farley, M.S., R.D., L.D.

November 14

Under Pressure: Managing Stress
Margaret Rittenhouse, L.C.S.

Second Wednesday of every month, 6-7 p.m.
Lois Trani Patient Resource Library

Stony Point Medical Center, 9000 Stony Point Pkwy, Richmond, VA 23235