



# VIRTUAL VISIT SCHEDULE

*Virtual visits are continuing at **NO CHARGE***

*UK HealthCare values the health and welfare of its patients, especially during the Covid-19 pandemic. In consideration of your needs, we are offering the following services free of charge for a limited time. For the most recent updates, please feel free to call us or visit our website <https://ukhealthcare.uky.edu/integrative-medicine-health>*

*Call **859-323-4325 (HEAL)** or email us at [IntegrativeMed@uky.edu](mailto:IntegrativeMed@uky.edu) for more information.*

## VIRTUAL GROUP CLASS SCHEDULE

- **Animal Assisted Therapy Virtual Visits (Staff Only) – Tuesdays, Thursdays @4:00-5:00pm**
- **Art Therapy Support Groups (Staff Only) - Mondays @ 9:30 am, Wednesdays @ 6:00 pm**
- **Meditations – Tuesdays, Thursdays @ Noon**
- **Music Therapy (Staff Only)- Mondays, Wednesdays @ 10:00 am (Energizing/Upbeat, Tuesdays, Thursdays @ 3:00 pm (Relaxation/Calming)**
- **Tai Chi/Qi Gong – Wednesdays @ 1:00 pm**
- **Yoga- Offered several times a week to patients, staff and faculty. Please contact the Integrative Medicine Clinic for the weekly schedule**

## OUTPATIENT VIRTUAL SESSIONS

- **Animal-Assisted Therapy (On-Call-call/text:412.897.3934)**
- **Art Therapy**
- **IMH Consults / Acupressure**
- **Music Therapy**
- **Narrative Medicine**
- **Reiki**

## DEPARTMENT VIRTUAL GROUP CLASS SESSIONS

- **Choose any of the above modalities and schedule a session specifically for your department!**