



Zakim Center's Online Programs for Infusion

One-on-One Virtual Sessions

Virtual services including self-care sessions with our massage therapists or music therapy consultations with our music therapist are now available. To learn more about these offerings, or to schedule a session, please email the Zakim Center at Zakim_Center@dfci.harvard.edu.

Group Programs

To view the full schedule or join one of the following live, group classes, click here: [Zakim Center's Online Group Programs](#). All levels welcome.

In addition to our live online group programs, our [recently recorded group sessions](#) are available for on-demand viewing. These sessions include our nutrition workshops, yoga, tai chi, and qigong programs.

Meditation with Live Music

Mondays 10:00-10:45 a.m., Tuesdays, 3:00-3:45 p.m., Fridays, 11:00-11:45 a.m.

In this class you will experience an alternative mindfulness meditation experience with the presence of live music. Research shows that listening to live music during meditation may help focus an active mind, decrease heart rate, anxiety and pain, and guide you to a deeper relaxation.

[Listen to a 20-minute guided music meditation relaxation from Heather Woods, MA, MT-BC.](#)

Ask the Music Therapist

Mondays, 1:00-1:45 p.m.

Do you want to learn more about how you can use music on your own to reduce stress and manage pain? Join ask the music therapist, where we will discuss simple techniques using the music you like to help you feel better. We will also review how to use digital platforms to access free music, make playlists, and find new artists.

Zakim Center's Family Nutrition

Second Tuesday of the month, 12:45-1:15 p.m.

Attention parents! Join Stephanie Meyers, MS, RDN as she leads 30-minute kid-friendly nutrition sessions via Zoom. Each session features new food-based activities and ideas to keep your kids busy and safe in the kitchen.

Mindfulness Meditation

Tuesdays & Thursdays, 1:00-1:45 p.m., Wednesdays, 11:00-11:45 a.m.

In this class you will learn techniques to help focus your mind on the present moment to raise awareness of your thoughts with acceptance, patience, and compassion. Research shows that mindfulness meditation can improve sleep, memory, and cognitive function, increase a sense of well-being, and enhance immune function.

[Listen to a guided meditation from this meditation audio series, from by Patty Arcari, PhD, RN.](#)

Zakim's Kitchen: Home Edition

Wednesdays, 1:00-1:30 p.m.

Need some healthy snack inspiration in these days of remote work and homeschooling? Join Stephanie Meyers, MS, RDN as she demonstrates a healthy recipe LIVE in her kitchen, and shares tips and answers questions in real time.

Zakim Center's Ask the Nutritionist

Thursdays, 12:45-1:30 p.m.

Join Stephanie Meyers, MS, RDN for in depth nutrition chats. Each session begins with a 15-minute presentation on a common cancer-related nutrition topic. Ample time is afforded to answer your individual questions, which get submitted anonymously in real time in these sessions, uniquely tailored to meet the general nutrition needs of people in every phase of cancer treatment and recovery.