Zakim Center’s Online Classes 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.

Meditation with Live Music
*Mondays & Fridays, 11:00-11:45 a.m., Tuesdays, 3:00-3:45 p.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
*Tuesdays, 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 week 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 like “Does Sugar Feed Cancer,” or “What can I eat to deal with treatment related side effects?” 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.

Contact the Zakim Center by calling 617-632-3322 or email Zakim_Center@dfci.harvard.edu with any questions.