

Allegheny Health Network Cancer Institute Integrative Oncology Division

Program Summary

The practice of integrative medicine cares for your health at all levels: mental, physical, social and spiritual. Integrative Oncology goes a step further to compliment conventional cancer care. We will provide the additional support to you that specifically bolsters the standard treatments you are prescribed. Our curated series of programs combat disease and treatment-related side effects, and explore together physician recommended complementary therapies to help combat side effects. Our treatment methods focus on four main areas: Health & Fitness, Diet & Nutrition, Image & Appearance and Mind & Body.

Complimentary Services Offered



**SERVICES
OFFERED AT 8
AHN FACILITIES
LOCATED IN
WESTERN
PENNSYLVANIA
AND ONLINE**

Wig Program

Since its relaunch in 2020, our free Wig Salon program has provided numerous cancer patients with quality wigs at no cost. We offer personalized fittings to help address the emotional and physical impact of hair loss. Our inventory includes a variety of wigs for all genders, races, ethnicities, and hair textures.



**PATIENTS
ENROLLED
RECEIVE A
COSMETICS KIT**

Care & Cosmetics

Empower cancer patients to look and feel their best, every day. Our classes teach makeup application, headwear styling, and other techniques to boost confidence and self-esteem. We offer both in-person and virtual classes.



**7 CLASSES
OFFERED IN
2026 AND
FEATURING
OUR KIDS
TABLE FOR
CHILDREN**

Cook. Eat. Educate.

A unique way of bringing together cancer patients, their caregivers, and family members of all ages to enjoy dinner with dessert, healthy recipes, education, local resources and non-profit support. This family night out helps ease the burden of cancer and unify those going through a cancer journey.



**4 CLASSES
OFFERED IN
2026**

Movement & Breathing

Find renewed energy and peace through gentle movement and breath work. Designed for cancer patients and their caregivers, these small group classes offer a supportive environment to learn relaxation techniques and creates a positive sense of well-being.



**ONE PER
PATIENT**

Port Shirts

Let us enhance your comfort at your next medical oncology appointment with a complimentary hand sewn Port Shirt. Available at most locations.



**PATIENTS
ENROLLED
RECEIVE A KIT
WITH SPECIAL
ONCOLOGY
PRODUCTS**

Caring For Your Skin & Nails

This class offers comprehensive support for skin and nail health during and up to six months after cancer treatment. Learn best practices for care, understand product ingredients, and experience a specialized oncology-based facial. In-person and virtual programs offered.



**OFFERED IN 4
REGIONS IN
WESTERN PA**

Reflections

Find peace when you reflect on your cancer journey. We partner with trusted local vendors to offer supportive, relaxing services including massage, acupuncture, manicures, pedicures, facials and a salt cave experience. Services vary by area.



**ONE OF EACH
PER PATIENT**

Art Therapy

Express yourself with one of our sketching or watercolor kits available at most Cancer Institute locations or call to request a kit.

**Billed to
Insurance**



Integrative Oncology Clinic

Improve your quality of life during and after treatment with a one-on-one consultation with Dr. Sarah Miller. Discuss side effects and symptoms then create a holistic care plan.

Recent Awards & Recognition



2025 Pennsylvania Osteopathic Medicine Association Grant Recipient
2025 Highmark Celebrating Legacy Nominee - Cook. Eat. Educate Program
2025 Highmark Core Behavior Nominee - Cook. Eat. Educate Program
2024 Highmark Diversity, Equity, and Inclusion Award Winner (Equity) - Wig Program
2024 Featured in Pittsburgh Post-Gazette's "They Care" series

Allegheny Health Network Cancer Institute

Integrative Oncology Program Calendar

Patients must call in advance to register 412-330-4045

Dates		Program		Time	
Feb. 4	Cook. Eat. Educate. - Allegheny General Hospital		4:30pm-6:00pm		
Feb. 23	Care & Cosmetics - Virtual on Zoom		5:30pm-6:30pm		
Feb. 25	Caring For Your Skin & Nails - Virtual on Zoom		5:30pm-6:30pm		
Mar. 11	Cook. Eat. Educate. - Wexford Hospital		5:00pm-6:30pm		
Mar. 26	Movement & Breathing - Wexford Hospital		5:00pm-6:00pm		
Apr. 15	Caring For Your Skin & Nails - Virtual on Zoom		5:30pm-6:30pm		
Apr. 16	Care & Cosmetics - Wexford Hospital		10:30am-11:30pm		
May 14	Movement & Breathing - Wexford Hospital		5:00pm-6:00pm		
May 20	Cook. Eat. Educate. - Wexford Hospital		5:00pm-6:30pm		
June 15	Care & Cosmetics - Virtual on Zoom		5:30pm-6:30pm		
June 17	Caring For Your Skin & Nails - Virtual on Zoom		5:30pm-6:30pm		
Aug. 3	Care & Cosmetics - Virtual on Zoom		5:30pm-6:30pm		
Aug. 5	Caring For Your Skin & Nails - Wexford Hospital		5:30pm-6:30pm		
Aug. 12	Cook. Eat. Educate. - Grove City Hospital		5:00pm-6:30pm		
Aug. 27	Movement & Breathing - Allegheny General Hospital		4:30pm-5:30pm		
Sept. 9	Cook. Eat. Educate. - West Penn Hospital		5:00pm-6:30pm		
Sept. 16	Caring For Your Skin & Nails - Virtual on Zoom		5:30pm-6:30pm		
Sept. 17	Care & Cosmetics - Allegheny General Hospital		10:30am-11:30pm		
Oct. 1	Movement & Breathing - Wexford Hospital		5:00pm-6:00pm		
Oct. 21	Cook. Eat. Educate - Jefferson Hospital		4:30pm-6:00pm		
Nov. 4	Caring For Your Skin & Nails - Virtual on Zoom		5:30pm-6:30pm		
Nov. 9	Care & Cosmetics - Virtual on Zoom		5:30pm-6:30pm		
Nov. 18	Cook. Eat. Educate. - Wexford Hospital		5:00pm-6:30pm		
Fridays	Integrative Oncology Clinic appointments with Dr. Sarah Miller		By appointment		
	Wexford Health + Wellness Pavilion, Allegheny General Hospital or Virtual through MyChart				
Weekdays	Wig Salon		By appointment		
	Locations available: AHNCI - Butler, AHNCI - Erie, AHNCI - Forbes, Allegheny General Hospital, Allegheny Valley Hospital, Grove City Hospital, Jefferson Hospital, Wexford Hospital Virtual through Zoom.				

January 2026

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October 2026

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November 2026

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December 2026

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