



Calendar of Events

Monday, June 6

Clark Clinic

8:30 – 10:30 a.m.

Collage

Location: Clark Clinic Lobby

Description: This arts-and-crafts activity gives survivors an opportunity to experiment with a new form of self-expression by creating a colorful collage.

10:00 – 2:00 p.m.

Massages

Location: R1 (near Elevator A) and R8 (near Elevator B)

Description: Chair massages are offered to patients and caregivers free of charge. Participants will receive a massage on a first-come, first-served basis.

10:30 a.m. – Noon

Origami

Location: Clark Clinic Lobby

Description: Whether you are new to paper folding or an origami expert, stop by and join in the fun!

Mays Clinic

8:30 – 11:30 a.m.

1 – 2:30 p.m.

Facing the Mirror with Cancer

Location: Mays Clinic, Breast Clinic, Floor 5

Location: Mays Clinic, Floor 2 (ACB2.1049), Rooms A and B

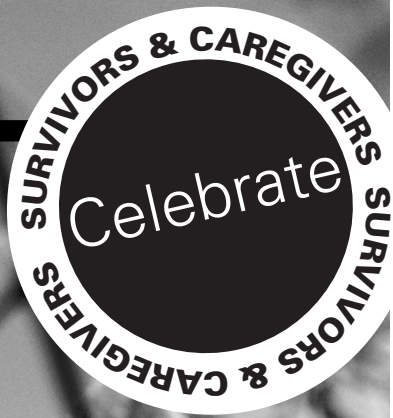
Description: Facing the Mirror with Cancer is a guide to using makeup to make a difference. Hosted by Lori Ovitz, a sought-after makeup artist to top models and celebrities. Survivors will learn step-by-step tips and techniques for dealing with appearance issues during cancer treatment and beyond.

10:00 – 3:00 p.m.

Massages

Location: Mays Clinic, Floor 2

Description: Chair massages are offered to patients and caregivers free of charge. Call 713-794-4700 on the day of this event for an appointment.



Calendar of Events

Monday, June 6

Mays Clinic (continued)

11:30 a.m. – 12:30 p.m.

NIA

*Location: Mays Clinic, Floor 2
(ACB2.1041), Rooms 1 and 2*

Description: Explore this gentle, yet lively, restorative movement class. The class incorporates techniques from yoga, tai chi, and NIA dance (play). The movements are easy to follow and inspired by a relaxing musical beat.

1 – 2 p.m.

Pilates

*Location: Mays Clinic, Floor 2
(ACB2.1041) Rooms 1 and 2*

Description: Come learn and practice a series of exercises in deep muscle strengthening that improve skeletal alignment and overall flexibility. Comfortable, flexible clothing is required. This class is mat-based (floor activity is involved). Mats provided.

Rotary House

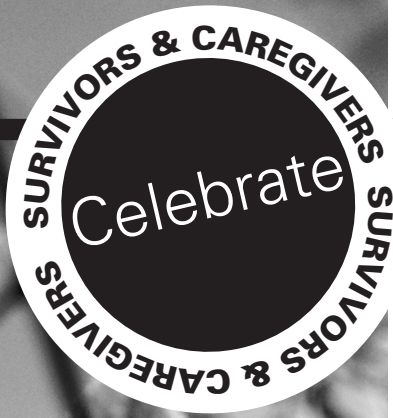
7 – 8:30 p.m.

Facing the Mirror with Cancer

Location: Rotary House

Description: Facing the Mirror with Cancer is a guide to using makeup to make a difference, hosted by Lori Ovitz, a sought-after makeup artist to top models and celebrities for over 20 years. Survivors will learn step-by-step tips and techniques for dealing with appearance issues during cancer treatment and beyond.

www.mdanderson.org/survivorship



Calendar of Events

Tuesday, June 7

Clark Clinic

9 – 11:30 a.m.

Collage

Location: Clark Clinic Lobby

Description: This arts-and-crafts activity gives survivors an opportunity to experiment with a new form of self-expression by creating a colorful collage.

9 – 11:30 a.m.

Facing the Mirror with Cancer

Location: Clark Clinic, Floor 4 (R4.1121)

Description: Facing the Mirror with Cancer is a guide to using makeup to make a difference, hosted by Lori Ovitz, a sought-after makeup artist to top models and celebrities for over 20 years. Survivors will learn step-by-step tips and techniques for dealing with appearance issues during cancer treatment and beyond.

10 a.m. – 3 p.m.

Photo Booth

Location: Clark Clinic Lobby

Description: Capture photo memories with friends and family members.

3 – 4 p.m.

Scarf-tying Demonstrations

Location: Clark Clinic Lobby

Description: Survivors are invited to stop by and learn creative techniques to use scarves to enhance their appearance!

Mays Clinic

10 a.m. – 3 p.m.

Photo Booth

Location: Mays Clinic, Floor 2, Tree Sculpture

Description: Capture photo memories with friends and family members.



Calendar of Events

Tuesday, June 7

Mays Clinic (continued)

12 - 1 p.m.

Weight Changes After Cancer Treatment: Why Is It Happening and What Can I Do About It?

Location: Mays Clinic, Floor 1 (ACB1.2345)

Description: This annual CancerCare Survivorship Series: Living With, Through & Beyond Cancer, offers survivors, their families and friends practical information about coping with issues that arise after treatment ends. Each pre-recorded podcast will be played during Anderson Network's PIKNIC (Partners In Knowledge, News In Cancer) educational forum. Afterwards, MD Anderson experts will open the floor for a live Q & A session.

12:30 - 2:30 p.m. Facing the Mirror with Cancer

Location: Mays Clinic, Breast Clinic, Floor 5

Description: Facing the Mirror with Cancer is a guide to using makeup to make a difference, hosted by Lori Ovitz, a sought-after makeup artist to top models and celebrities for over 20 years. Survivors will learn step-by-step tips and techniques for dealing with appearance issues during cancer treatment and beyond.

1 - 2 p.m.

Caregivers Are Survivors, Too

Location: Mays Clinic, Floor 2 (ACB2.1041), Rooms 1 and 2

Description: Join fellow caregivers, and listen, share and discuss perspectives on how to survive cancer caregiving.

www.mdanderson.org/survivorship



Calendar of Events

Wednesday, June 8

Clark Clinic

9 - 11 a.m.

Collage

Location: Clark Clinic Lobby

Description: This arts-and-crafts activity gives survivors an opportunity to experiment with a new form of self-expression by creating a colorful collage.

**10:00 a.m. -
2:00 p.m.**

Massages

Location: R10 and R2 (between B and C elevators)

Description: Chair massages are offered to patients and caregivers free of charge. Participants will receive a massage on a first-come, first-served basis.

Noon - 1:30 p.m.

Origami

Location: Clark Clinic Lobby

Description: Whether you are new to paper folding or an origami expert, stop by and join in the fun!

3 - 4 p.m.

Scarf-tying Demonstrations

Location: Clark Clinic Lobby

Description: Survivors are invited to stop by and learn creative techniques to use scarves to enhance their appearance!

Mays Clinic

10 - 11 a.m.

Kundalini Yoga

Location: Mays Clinic, Floor 2 (ACB2.1041), Rooms 1 and 2

Description: Explore this spiritual and meditative practice that strengthens the well-being of the physical body. Kundalini yoga increases flexibility, brings emotional balance, mental clarity, stress relief and personal transformation.

11 a.m. - Noon

Exploring Music for Relaxation

Location: Mays Clinic, Floor 2 (ACB2.1049), Room A

Description: In a workshop-like atmosphere, learn relaxation techniques using live and recorded music.



Calendar of Events

Wednesday, June 8

Mays Clinic (continued)

Noon - 1 p.m.

Living the Anticancer Life

*Location: Mays Clinic, Floor 2 (ACB2.1041),
Rooms 1 and 2*

Description: Learn about the four lifestyle changes (diet/nutrition, physical activity, stress management, and social network) that will help you feel better and live better and perhaps, live longer.

1:30 - 3:30 p.m.

Write to Fight Cancer Workshop

*Location: Mays Clinic, Floor 2 (ACB2.1049),
Rooms A and B*

Description: David Tabatsky, co-author of *Chicken Soup for the Soul*, will guide participants through an expressive writing session to transform their thoughts and feelings into words as a part of the healing process.

Rotary House

10 a.m. - Noon

Write to Fight Cancer Workshop

Location: Rotary House

Description: David Tabatsky, co-author of *Chicken Soup for the Soul*, will guide participants through an expressive writing session to transform their thoughts and feelings into words as a part of the healing process.

www.mdanderson.org/survivorship



Calendar of Events

Thursday, June 9

Clark Clinic

9 - 11 a.m.

Collage

Location: Clark Clinic Lobby

Description: This arts-and-crafts activity gives survivors an opportunity to experiment with a new form of self-expression by creating a colorful collage.

9 - 11 a.m.

Origami

Location: Clark Clinic Lobby

Description: Whether you are new to paper folding or an origami expert, stop by and join in the fun!

3 - 4 p.m.

Scarf-tying Demonstrations

Location: Clark Clinic Lobby

Description: Survivors are invited to stop by and learn creative techniques to use scarves to enhance their appearance!

Mays Clinic

10 a.m. - 2 p.m.

Massages

Location: Mays Clinic, Floor 2

Description: Chair massages are offered to patients and caregivers free of charge. Call 713-794-4700 on the day of this event for an appointment.

10 - 11 a.m.

Thriving While Surviving

Location: Mays Clinic, Floor 2 (ACB2.1049), Rms A and B

Description: Attendees will learn techniques to increase self-awareness and self-acceptance, manage symptoms of anxiety and depression, and develop effective coping strategies.

Noon - 1 p.m.

Caregivers - I've Got Feelings Too!

Location: Mays Clinic, Floor 2 (ACB2.1049), Room A

Description: A support group just for caregivers. Come and share your thoughts with others who are caring for patients with cancer.



Calendar of Events

Thursday, June 9

Mays Clinic (continued)

12:30 - 1:30 p.m.

PIKNIC: Taking Charge: My Life, My Choices

Location: Mays Clinic, Floor 2 (ACB2.1041)

Description: Learn how to reclaim control after facing the challenges of a cancer diagnosis.

2 - 4 p.m.

Look Good Feel Good for Women

Location: Mays Clinic, Floor 2 (ACB2.1041), Rms 1 and 2

Description: Look Good...Feel Better teaches beauty techniques to cancer patients to help them manage the appearance-related side effects of cancer treatment. Space is limited space. Call the Volunteer Services Beauty Barber Shop at 713-792-6039 to make a reservation.

www.mdanderson.org/survivorship



Calendar of Events

Friday, June 10

Clark Clinic

10 - 11:30 a.m.
12:30 - 2 p.m.

Balloon Twisting

Location: Clark Clinic Lobby

Description: Enjoy watching animals and flowers created by the simple twisting of balloons.

Mays Clinic

11:30 a.m. - 12:30 p.m.

Hatha Yoga

Location: Mays Clinic, Floor 2 (ACB2.1041), Rooms 1 and 2

Description: Stretch your mind as well as your body by learning the postures, breathing exercises, and meditation which comprise yoga. Classes can be done on a mat or chair. Both provided.

1 - 2 p.m.

Kundalini Meditation Techniques for Specific Symptoms

Location: Mays Clinic, Floor 2 (ACB2.1049), Room A

Description: Learn to use various combinations of breath work, sound, and meditative focus to alleviate specific symptoms.

Day-Away Event

7 - 10 p.m.

Anderson Network's Day Away to Houston Astros Game

Location: Minute Maid Park

Description: Come and enjoy a Houston Astros Game. For additional information, please call 713-794-4700.

www.mdanderson.org/survivorship

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Making Cancer History®