Anderson Network's

Caregiver Week

November 9–13

A week of activities for caregivers and family members of patients

Caregiver Week is generously funded by the Volunteer Endowment for Patient Support.

THE UNIVERSITY OF TEXAS
MD ANDERSON CANCER CENTER
Making Cancer History®

Monday, Nov. 9

- **Everything You Wanted to Know About Tea, 10-11 a.m.***
  Come sip and discover the wonderful health benefits of various types of premium organic and free trade teas at this tasting class. Class limited to 20 attendees. Please pre-register, 713-794-4700.

Tuesday, Nov. 10

- **PIKNIC: Caring for the Cancer Patient: The Caregivers' Perspective, noon-1 p.m. ****
  Meet other caregivers and watch the video "Caring for the Cancer Patient: The Caregivers' Perspective" to learn ways to strengthen your coping skills. Lunch provided for first 15 attendees.

Wednesday, Nov. 11

- **Day Away to the Houston Zoo, 10 a.m.-2 p.m.**
  A day trip for patients and caregivers to take a stroll on the "wild side." Limited tickets available; call 713-745-9204 for more information and to RSVP.

Thursday, Nov. 12

- **We're Here For You, 10-11 a.m.***
  Learn about M. D. Anderson resources available to caregivers and patients. Please pre-register, 713-794-4700.

Friday, Nov. 13

- **Brief Relaxation Massages for Caregivers, 10 a.m.-2 p.m.****
  Soothing, 15-minute chair massages offered at no charge. Call for appointment, 713-794-4700.

* These activities held at Place … of wellness, Mays Clinic, Floor 2, near The Tree Sculpture.

** These activities held at Place … of wellness, Main Building, Floor 1, near The Aquarium, freestanding facility outside.

For more information, call the Anderson Network office at 713-792-2553.

Caregiver Week is an offering of Anderson Network, a program of the Department of Volunteer Services.