

*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.