

# ACTIVE LIVING AFTER CANCER

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THE UNIVERSITY OF TEXAS  
**MD Anderson**  
Cancer Center  
Making Cancer History®

MONTHLY NEWSLETTER

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## CCDC ALAC Virtual Survivorship Reunion



Join us for our very first **ALAC Virtual Survivorship Reunion** on **October 20th** from **11:30am—1:00pm CT!**

The reunion will be conducted in **Spanish** and will follow the schedule below:

**10:30am**—Welcome

**10:40am**—Zumba Activity

**11:00am**—**Speaker Presentation by N. Patricia Hernandez Ph.D** "Advice for Taking Care of your Mental Health During COVID"

*If you or someone you know is interested in participating, please email us at [avaldes@swccdc.org](mailto:avaldes@swccdc.org) or call **915-771-6305**. Please note, this reunion will be conducted in **SPANISH**.*

## ALAC ANNIVERSARY



A year ago, we brought ALAC to **LEAGUE CITY!** We are thrilled that ALAC is continuing to expand its reach to survivors outside of Houston.

ALAC will soon be hosting a virtual ALAC class for participants in **GALVESTON!** The class is projected to start in November 2020.

If you know someone that may be interested please email us at [GAMontoya1@mdanderson.org](mailto:GAMontoya1@mdanderson.org).

## Breast Cancer Awareness Month: Participant Spotlight



My struggle to do anything, much less exercise, began in 2013, about four years before my cancer diagnosis which was found during my annual mammogram.

My husband of 33 years drowned while we were on a family vacation at Lake Buchanan. I wasn't able to do the things I should have been doing for myself and barely doing the things that were required of me.

My cancer diagnosis added to my already difficult life journey. Fortunately, my diagnosis was a very early stage breast cancer. I had a lumpectomy and I didn't need radiation or chemo. I take Anastrozole to lessen my chances of a recurrence of cancer. So far, thanks to God, I am doing well.

I finally decided to get into an exercise routine about three years ago when my daughter and I joined a gym. We were doing very well, and we went to workout three times a week at the gym and to a Zumba class another night. Having my daughter go with me was wonderful motivation.

When the pandemic began and everything closed, we stopped going to the gym and I became lazy and unmotivated.

Since starting the Active Living After Cancer class, I have been motivated to start moving and stay moving. I have mostly been walking and dancing with exercise videos and sometimes with friends. Some days are a struggle for me, and I don't reach my goals, but as with all my other struggles in life, I am going to keep trying because every day that God lets me wake up is another chance to do better.

*Mary Helen*

Click [HERE](#) to learn about our upcoming classes.

Questions?   
Email us at [GAMontoya1@mdanderson.org](mailto:GAMontoya1@mdanderson.org)

Click [HERE](#) to sign up for an upcoming ALAC class!

The Active Living after Cancer (ALAC) newsletter will be sent to you on a monthly basis, it will include updates about the program, locations of future program sites, upcoming community events, and survivorship resources that you may share with your community members.