

# Classes for Patients and Caregivers

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 7-8:30 p.m., Clear Lake Connection: Patient/Family Education and Support Group	4 12-1 p.m., Advanced Cancer Support Group	5	6
9	10 5-6:30 p.m., Head and Neck Support Group	11	12	13
16 12-1 p.m., Road to Wellness Lunch and Learn	17	18	19	20
23	24 5-6:30 p.m., Breast Friends - Pamper Me Night	25	26	27
30	31			

Making Cancer History®

THE UNIVERSITY OF TEXAS  
**MDAnderson**  
~~Cancer~~ Center

# About Our Classes

At MD Anderson, we know that treating cancer involves more than just treating the disease.

Our locations offer many of the same patient services as the main campus, with more being added every day. We offer many classes and support groups to help all of our patients. All classes are free and meet at MD Anderson in the Bay Area.

## Advanced Cancer Support Group

A place for patients who have metastatic cancer and their caregivers to meet and talk with others.

## Chemotherapy Class

Learn about chemotherapy and tips on how to manage treatment side effects. To watch the chemo class online, visit [mymdanderson.org](http://mymdanderson.org).

- > Log in to your account.
- > Click on My Education, then click on Videos.

## Clear Lake Connection: Patient/Family Education and Support Group

The Leukemia & Lymphoma Society sponsors this program for patients and families who have been affected by any type of cancer. An MD Anderson social worker and her husband facilitate the group, and a light dinner is provided. For more information, please call Erika Pomares with LLS at 713-840-0483 or email [erika.pomares@lls.org](mailto:erika.pomares@lls.org).

## Head and Neck Support Group

This support group is for head and neck patients and caregivers.

## Look Good ... Feel Better

This class helps patients in active treatment cope with physical side effects. Learn beauty tips and receive a free makeup kit. Pre-registration is required; we limit the class to 10 people so that you get personal attention. Please check in at the front desk. If there is a cancellation, walk-ins are able to join.

This class is a free, non-medical, product-neutral



program offered as a collaborative effort of the American Cancer Society, the National Cosmetology Association, and Personal Care Products Council Foundation, a charitable organization supported by the cosmetic industry. The Department of Volunteer Services co-hosts this program.

## PIKNIC: Partners In Knowledge, News In Cancer

PIKNIC is an informal session for patients, caregivers, faculty and staff who want to learn more about cancer issues. Experts from MD Anderson or the Houston community lead each class. Topics range from meditation techniques to cancer treatment news, and everything between.

## Road to Wellness Program

Learn about personal recommendations and support to help promote recovery and maintain a healthy lifestyle during and after cancer treatment. This program focuses on four main areas: exercise, nutrition, stress management and well-being and smoking cessation (if needed).

**MD Anderson in Bay Area**



For more information or to register, please call 713-563-0670, extension 3.