

Classes for Patients and Caregivers

September – November 2017



Bowel Management

Wednesday 11 a.m.-noon

No class on Nov. 22

Main Building Classroom

Cancer-Related Fatigue

Thursday noon-1 p.m.

Only on Sept. 7, Oct. 5 and Nov. 2

Main Building Classroom

Central Venous Catheter (CVC) Care

Monday through Friday 10:30 a.m.-noon
and 1:30-3 p.m.

Saturday and Sunday 10:30 a.m.-noon

Main Building Infusion Therapy Classroom

Implanted Venous Port

We are happy to teach you proper care of your implanted venous port. Please call Infusion Therapy in the Mays Clinic at 713-563-7678 or 713-563-0777 to schedule an individual class.

Laughter for Health Yoga

Monday 3-4 p.m.

Only on Sept. 11, Oct. 9 and Nov. 6

Rotary House Patient Guest Relations

Wednesday noon-1 p.m.

Only on Sept. 13, 20 and 27; Oct. 11, 18 and 25;

Nov. 8, 15 and 22

Mays Clinic Classroom

Mindful Meditation

Monday 11-11:30 a.m.

Only on Sept. 11 and 25; Oct. 9 and 23;

Nov. 13 and 27

Rotary House Patient Guest Relations

New Patient/Family Orientation

Monday through Wednesday 2-3 p.m.

Main Building Classroom

Thursday (Chinese) 2-3 p.m.

Mays Clinic Classroom

This class is also available online at
www.mdanderson.org/patient-orientation.

Questions About Treatment Side Effects?

Ask the Expert.

Monday noon-1 p.m.

Main Building Classroom

Tuesday 2-3 p.m.

Only on Sept. 5 and Nov. 7

Rotary House Patient Guest Relations

Classes are not held on institutional holidays.

All patient education classes are free.

Need help? Call us at 713-792-7128.

Main Building

Main Building Classroom

Floor 4, near Elevator A,
through The Learning
Center, Room R4.1121

Main Building Infusion

Therapy Classroom

Floor 8, near Elevator C,
Room R8.2192



- We welcome your family members and caregivers to attend classes.
- Please visit The Learning Center for help finding information about your cancer and treatment.
- We look forward to meeting you and answering your questions.

Mays Clinic

Mays Clinic Classroom
Floor 2, near The Tree Sculpture, behind The Learning Center, Room ACB2.1049

Rotary House

Patient Guest Relations
Floor 1, Room RHI1.110



Tell your health care team if you have questions or concerns. If you don't understand, ask again.

Bowel Management

Learn how the bowel works and what you can do to feel more comfortable. Topics include constipation, diarrhea and tips on how to manage bowel function.

Cancer-Related Fatigue

Tired of being tired? Receive information and support to help you fight fatigue. This class is co-sponsored by Internal Medicine.

Central Venous Catheter (CVC) Care

This class focuses on home care of the central venous catheter. Learn how to clean and care for the CVC properly. To learn more about the class, please call 713-792-2316.

Implanted Venous Port

Learn about the implanted port and how to care for it. Individual appointments are required. Please call 713-563-7678 or 713-563-0777 to schedule a session with the nurse.

Laughter for Health Yoga

Laughter for Health Yoga is a blend of deep breathing, stretching and simulated laughter exercises that may help reduce stress, depression and more. Please bring a bottle of water to class.

Mindful Meditation

Practice mindful meditation techniques, and learn how they can help improve mood and decrease anxiety.

New Patient/Family Orientation

Learn about MD Anderson's programs and services, including information about clinical trials and myMDAnderson. You may also take the class online at www.mdanderson.org/patient-orientation.

Questions About Treatment Side Effects? Ask the Expert.

A nurse is available to answer your questions about chemotherapy, radiation, surgery, fatigue, nutrition and more.

All classes are free.

For more information, please call Patient Education at 713-792-7128.

For additional classes provided through the Integrative Medicine Center, visit www.mdanderson.org/integrativemedcenter or call 713-794-4700.