

Classes

for patients, family members and caregivers

June - July 2019

MD Anderson offers group classes supporting all areas of health, including the mind, body and spirit. Classes are free and open to patients, family members and caregivers.

EDUCATIONAL CLASSES

Bowel Management

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

Cancer-related Fatigue

Tired of being tired? Get support to help you fight fatigue.

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.

Cooking for Optimal Health

Learn from a dietitian how to prepare nutritious meals. You will have the chance to enjoy samples. Recipes will have a different theme each month.

Implanted Venous Port

Learn about the implanted port and how to care for it. Individual appointments are required. See page 4.

New Patient/Family Orientation

Learn about MD Anderson's programs, resources and services, including information about clinical trials.

Lunch & Learn

Formerly known as PIKNIC, learn about issues relevant to cancer from MD Anderson experts in this informal educational forum held the second and third Tuesdays of the month.

Care 4 the Caregiver

All caregivers are welcome to this support group, which offers coping skills and self-care tips.

MINDFULNESS SESSIONS

Laughter for Health Yoga

This class blends deep breathing, stretching and simulated laughter exercises to help reduce stress, depression and more. Please bring a bottle of water to class.

Meditation for Daily Life

Practice different types of meditation and learn how it can help reduce stress.

Meditation for Health

Access a deeper awareness through connecting your mind, body and heart through breath, sound and movement practices.

Qigong

Experience this ancient Chinese system of self-care using meditation, breath and movement.

PHYSICAL ACTIVITY CLASSES

Get Moving with Yoga, Dance and Martial Arts

Recharge and energize with uplifting music and a blend of yoga, dance and martial arts.

Group Drumming

First time drummers and experienced drummers are all welcome to this inclusive class geared toward participation rather than perfection.

Shape-Up Circuit

Led by a physical therapist, this class follows a circuit format, with different strength and cardiovascular exercises at each station. Suitable for any fitness level. Please bring water.

Tai Chi

Find balance and strength through continuous flowing movements that link mind to body.

Yoga for Health

A beginning/intermediate level yoga class focusing on stretching, breathing and relaxation.



Please call 713-794-4700 to sign up for classes with the icons below.

June 2019

MONDAY

Group Drumming

10:30-11:30 a.m., Mays Clinic, Integrative Medicine Clinic

New Patient/Family Orientation

2-3 p.m., Main Building Classroom

Laughter for Health Yoga

Only on June 10

3-4 p.m., Rotary House Patient Guest Relations

TUESDAY

Meditation for Health

Only on June 6

9:30-10:30 a.m., Mays Clinic, Integrative Medicine Center

Get Moving with Yoga, Dance and Martial Arts

11 a.m.-Noon, Mays Clinic, Integrative Medicine Center

Cooking for Optimal Health

Only on June 4

Noon-1:30 p.m., Mays Clinic, Integrative Medicine Center

Lunch & Learn

Only June 4 and 11

June 4 – Wellness Series: Supplements for Survivors
Mays Clinic, Floor 1 (ACB1.2345)

June 11 – Depression, Suicide and Cancer
Mays Clinic, Floor 1 (ACB2.1120)

Care 4 the Caregiver

12:30-1:30 p.m., Rotary House Patient Guest Relations

New Patient/Family Orientation

2-3 p.m., Main Building Classroom

WEDNESDAY

Bowel Management

a.m.-Noon, Main Building Classroom

Yoga for Health

June 5, 19 and 26

10:30-11:30 a.m., Mays Clinic, Integrative Medicine Center

Laughter for Health Yoga

Only on June 12 and 26

Noon-1 p.m., Mays Clinic Classroom

New Patient/Family Orientation

2-3 p.m., Main Building Classroom

THURSDAY

Shape-Up Circuit

June 6, 13 and 27

11 a.m.-Noon, Mays Clinic, Integrative Medicine Center

Cancer-Related Fatigue

Only on June 6

Noon-1 p.m., Main Building Classroom

New Patient/Family Orientation (Chinese)

2-3 p.m., Mays Clinic Classroom

FRIDAY

Group Drumming

10:30-11:30 a.m., Mays Clinic, Integrative Medicine Clinic

DAILY

Central Venous Catheter (CVC) Care

Monday through Friday, 10:30 a.m.-Noon or 1:30-3 p.m.

Saturday and Sunday, 10:30 a.m.-Noon

Main Building Infusion Therapy Classroom

Questions? Call 1-877-632-6789 to speak with a health information specialist.



Please call 713-794-4700 to sign up for classes with the icons below.

July 2019

MONDAY

New Patient/Family Orientation

2-3 p.m., Main Building Classroom

Laughter for Health Yoga

Only on July 1

3-4 p.m., Rotary House Patient Guest Relations

TUESDAY

Meditation for Health

9:30-10:30 a.m., Mays Clinic, Integrative Medicine Center

Get Moving with Yoga, Dance and Martial Arts

11 a.m.-Noon, Mays Clinic, Integrative Medicine Center

Cooking for Optimal Health

Date TBD

Noon-1:30 p.m., Mays Clinic, Integrative Medicine Center

Lunch and Learn

Only July 9 and 16

12:30-1:30 p.m.

Check for locations at myCancerConnection.org

July 9 – Talking About Your Emotional Needs

July 16 – Does Cancer Run In Your Family? An Overview of Cancer Genetics

Care 4 the Caregiver

12:30-1:30 p.m., Rotary House Patient Guest Relations

New Patient/Family Orientation

2-3 p.m., Main Building Classroom

WEDNESDAY

Yoga for Health

Date TBD

10:30-11:30 a.m., Mays Clinic, Integrative Medicine Center

Bowel Management

11 a.m.-Noon, Main Building Classroom

Laughter for Health Yoga

Only on July 10 and 24

Noon-1 p.m., Mays Clinic Classroom

New Patient/Family Orientation

2-3 p.m., Main Building Classroom

THURSDAY

Shape-Up Circuit

Date TBD

11 a.m.-Noon, Mays Clinic, Integrative Medicine Center

Meditation and Daily Life

Date TBD

12:30-1:30 p.m., Mays Clinic, Integrative Medicine Center

New Patient/Family Orientation (Chinese)

2-3 p.m., Mays Clinic Classroom

No classes on Thursday, July 4, due to Independence Day

DAILY

Central Venous Catheter (CVC) Care

Monday through Friday, 10:30 a.m.-Noon or 1:30-3 p.m.

Saturday and Sunday, 10:30 a.m.-Noon

Main Building Infusion Therapy Classroom

Location details available on the back.

Locations and more resources

LOCATIONS

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

Main Building Internal Medicine Classroom:
Floor 6, near Elevator A, Room R6.1025

Mays Clinic

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

Mays Clinic Integrative Medicine Center:
Floor 2, near Elevator T, across from Appearances

Lunch & Learn locations: check online at
mdanderson.org/myCancerConnection

Rotary House

Patient Guest Relations:
Floor 1, Room RH11.112

INDIVIDUAL APPOINTMENTS REQUIRED

Implanted Venous Port

Learn about the implanted port and how to care for it.
Individual appointments are required. Please call Infusion
Therapy in the Mays Clinic at 713-563-7678 or
713-563-0777 to schedule an individual class.

MD ANDERSON'S LUNCH AND LEARN

Formerly known as PIKNIC, Lunch & Learn is your
chance to get information about issues relevant to cancer
from MD Anderson experts while connecting with others.
This informal educational forum is held the second and
third Tuesdays of the month.

JOIN OUR COMMUNITY:



MD Anderson Cancer Center



@MDAndersonNews



MDAndersonorg



MDAndersonCancerCenter

WEEKLY PATIENT NEWSLETTER

Want to know
what's happening at
MD Anderson while
you are here? Pick
up a copy of our
newsletter
**This Week at
MD Anderson**
near elevators and
in most public
spaces.

You will find the
latest updates,
insider tips and
details about the resources and amenities.



ABOUT THIS CLASS CALENDAR

This is a bi-monthly schedule of classes
offered through teams in Patient Education,
Integrative Medicine Center and Lunch and
Learn, an informational education program
of Volunteer Services and Merchandising's
myCancerConnection.

Send feedback and events to
PatientCommunications@mdanderson.org

Find class information online at
www.mdanderson.org

MORE RESOURCES

Please visit **The Learning Center** for help
finding information about your diagnosis and
treatment. These information experts provide
credible information and compassionate support to
complement your clinical care.

You can call **askMDAnderson** (1-877-632-6789)
to speak with a health information specialist
about making an appointment at any location,
understanding treatment options, learning about
clinical trials, patient support services and using
your online secure health record.