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**

**Art Studio-Collage**
Make personalized collages by cutting, tearing and gluing paper from magazines and other sources into new images. All materials are provided.

**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.

**Care 4 the Caregiver**
All caregivers are welcome to this support group, which offers coping skills and self-care tips.

**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.

**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.

**Nutrition for Cancer Patients**
Learn about healthy eating, nutrition during treatment and where to find reliable nutrition information from a registered, licensed clinical dietitian.

**Lunch & Learn**
Learn about issues relevant to cancer from MD Anderson experts in this informal educational forum held the second and third Tuesdays of the month.

**Tech Tuesdays**
Get assistance with electronic devices, computer basics, social media, mobile apps and MyChart.

**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.

**Qigong**
Experience this ancient Chinese system of self-care using meditation, breath and movement. This class is offered at MD Anderson’s locations in the Texas Medical Center and League City.

**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.

**Tai Chi**
Find a balance and strength through continuous flowing movements that link mind to body. This class is offered at MD Anderson’s locations in the Texas Medical Center and League City.

**Yoga for Health**
A beginning/intermediate level yoga class focusing on stretching, breathing and relaxation.

**RELAXATION**

**Brief Relaxation Massages**
Experience a relaxing brief upper body massage.
MONDAY

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

Nutrition for Cancer Patients
Noon-1 p.m.
Feb. 3 and 17 – Main Building Classroom
Feb. 10 and 24 – Mays Clinic Classroom

New Patient/Family Orientation
2-3 p.m., Main Building Classroom

Yoga for Health
2:30-3:30 p.m., Mays Clinic, Integrative Medicine Center

Laughter for Health Yoga
Only on Feb. 3
3-4 p.m., Rotary House Patient Relations

TUESDAY

Tech Tuesday
Only on Feb. 25
9 a.m.-4 p.m., Main Building, The Learning Center

Get Moving with Yoga, Dance and Martial Arts
11 a.m.-Noon, Mays Clinic, Integrative Medicine Center

Lunch & Learn
Only on Feb. 11 and 18
12:30-1:30 p.m.
   Feb. 11 – Navigating intimacy and relationships
   Mays Clinic, Floor 2, The Learning Center (ACB2.1120)
   Feb. 18 – Hereditary Cancer and Genetic testing
   Mays Clinic, Floor 1, near Elevator S (ACB1.2345)

Care 4 the Caregiver
12:30-1:30 p.m., Rotary House Patient Relations

New Patient/Family Orientation
2-3 p.m., Main Building Classroom

Tai Chi
No class on Feb. 18 and 25
3:30-4:30 p.m., Mays Clinic, Integrative Medicine Center

THURSDAY

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

Cancer-Related Fatigue
Only on Feb. 6
Noon-1 p.m., Main Building Classroom

Qigong
Only on Feb. 20 and 27
3:30-4:30 p.m., Mays Clinic, Integrative Medicine Center

FRIDAY

Art Studio-Collage
Only on Feb. 7 and 21
1-2:30 p.m., Mays Clinic, Integrative Medicine Center

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.
MONDAY

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

Nutrition for Cancer Patients
Noon-1 p.m.
March 2, 16 and 30 – Main Building Classroom
March 9 and 23 – Mays Clinic Classroom

New Patient/Family Orientation
2-3 p.m., Main Building Classroom

Yoga for Health
2:30-3:30 p.m., Mays Clinic, Integrative Medicine Center

Laughter for Health Yoga
Only on March 2
3-4 p.m., Rotary House Patient Relations

TUESDAY

Tech Tuesday
Only on March 31
9 a.m.-4 p.m., Main Building, The Learning Center

Get Moving with Yoga, Dance and Martial Arts
11 a.m.-Noon, Mays Clinic, Integrative Medicine Center

Lunch and Learn
Only on March 10 and 17
Check for topics and locations at myCancerConnection.org

Care 4 the Caregiver
12:30-1:30 p.m., Rotary House Patient Relations

New Patient/Family Orientation
2-3 p.m., Main Building Classroom

Tai Chi
Only on March 24 and 31
3:30-4:30 p.m., Mays Clinic, Integrative Medicine Center

THURSDAY

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

Cancer-Related Fatigue
Only on March 5
Noon-1 p.m., Main Building Classroom

Tai Chi
Only on March 24 and 31
3:30-4:30 p.m., Mays Clinic, Integrative Medicine Center

FRIDAY

Brief Relaxation Massage
8-11:30 a.m., Mays Clinic, Integrative Medicine Center

Art Studio-Collage
Only on March 6 and 20
1-2:30 p.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
LOCATIONS

Main Building at the Texas Medical Center
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 at the Texas Medical Center
Mays Clinic Classroom:
Floor 2, near Elevator T, behind The Learning Center, Room ACB2.1049

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

League City
League City classroom:
Floor 4, Salus

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

Rotary House
Patient Relations:
Floor 1, Room RHI1.112

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

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.

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.

JOIN OUR COMMUNITY:

MD Anderson Cancer Center  @MDAndersonNews  MDAndersonorg  MDAndersonCancerCenter