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.

**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.

**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.

### 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.

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

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

Laughter for Health Yoga
Only on Oct. 7
3-4 p.m., Rotary House Patient Guest Relations

TUESDAY

Tech Tuesday
Only on Oct. 29
9 a.m.-4 p.m., Main Building, The Learning Center

Get Moving with Yoga, Dance and Martial Arts
No class Oct. 8
11 a.m.-Noon, Mays Clinic, Integrative Medicine Center

Lunch & Learn
Only Oct. 8 and 15
12:30-1:30 p.m.
   Oct. 8 – Talking to your children about cancer
   Mays Clinic, Floor 2, Integrative Medicine Center (ACB2.1049ab)
   Oct. 15 – Cancer prevention and early detection trends
   Mays Clinic, Floor 2, near Elevator S
   (ACB1.2345)

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

Tai Chi
3:30-4:30 p.m., Mays Clinic, Integrative Medicine Center

WEDNESDAY

Yoga for Health
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 Oct. 2 and 16
Noon-1 p.m., Mays Clinic Classroom

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

Group Drumming
3:30-4:30 p.m., Mays Clinic, Integrative Medicine Clinic

THURSDAY

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

Cancer-Related Fatigue
Only on Oct. 3
Noon-1 p.m., Main Building Classroom

Qigong
3:30-4:30 p.m., Mays Clinic, Integrative Medicine Center

FRIDAY

Art Studio-Collage
Only on Oct. 4 and 18
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.
Please call 713-794-4700 to sign up for classes with the icons below.

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

**TUESDAY**
- **Tech Tuesday**
  **Only** on Nov. 26
  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

**WEDNESDAY**
- **Yoga for Health**
  10:30-11:30 a.m., Mays Clinic, Integrative Medicine Center
- **Bowel Management**
  **No Class** on Nov. 27
  11 a.m.-Noon, Main Building Classroom
- **Laughter for Health Yoga**
  **Only** on Nov. 6 and 20
  Noon-1 p.m., Mays Clinic Classroom
- **New Patient/Family Orientation**
  2-3 p.m., Main Building Classroom
- **Group Drumming**
  3:30-4:30 p.m., Mays Clinic, Integrative Medicine Clinic

**THURSDAY**
- **Yoga for Health**
  10:30-11:30 a.m., Mays Clinic, Integrative Medicine Center
- **Cancer-Related Fatigue**
  **Only** on Nov. 7
  Noon-1 p.m., Main Building Classroom
- **Qigong**
  3:30-4:30 p.m., Mays Clinic, Integrative Medicine Center

**FRIDAY**
- **Art Studio-Collage**
  **Only** on Nov. 1 and 15
  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

No classes on Thursday, Nov. 28, and Friday, Nov. 29, due to the Thanksgiving holiday.

**Location details available on the back.**
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 Elevator T, 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 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

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.

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:

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Instagram: MDAndersonCancerCenter