Classes for patients, family members and caregivers

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.

**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
  No class on Dec. 23
  10:30-11:30 a.m., Mays Clinic, Integrative Medicine Clinic

- Nutrition for Cancer Patients
  No class on Dec. 23 and 30
  Noon-1 p.m.
  Dec. 2, 16 and 30 – Main Building Classroom
  Dec. 9 – Mays Clinic Classroom

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

- Yoga for Health
  No class on Dec. 23
  2:30-3:30 p.m., Mays Clinic, Integrative Medicine Center

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

TUESDAY

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

- Get Moving with Yoga, Dance and Martial Arts
  No class on Dec. 24
  11 a.m.-Noon, Mays Clinic, Integrative Medicine Center

- Lunch & Learn
  Only on Dec. 10 and 17
  12:30-1:30 p.m.
  Dec. 10 – Journaling to reduce stress
  Mays Clinic, Floor 2, Integrative Medicine Center (ACB2.1049 ab)
  Dec. 17 – Understanding clinical trials
  Mays Clinic, Floor 2, near Elevator S (ACB1.2345)

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

- Tai Chi
  No class on Dec. 24 and 31
  3:30-4:30 p.m., Mays Clinic, Integrative Medicine Center

WEDNESDAY

- Yoga for Health
  No class on Dec. 25
  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 Dec. 4 and 18
  Noon-1 p.m., Mays Clinic Classroom

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

- Group Drumming
  No class on Dec. 25
  3:30-4:30 p.m., Mays Clinic, Integrative Medicine Clinic

THURSDAY

- Yoga for Health
  No class on Dec. 26
  10:30-11:30 a.m., Mays Clinic, Integrative Medicine Center

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

- Qigong
  No class on Dec. 26
  3:30-4:30 p.m., Mays Clinic, Integrative Medicine Center

FRIDAY

- Art Studio-Collage
  Only on Dec. 6 and 20
  1-2:30 p.m., Mays Clinic, Integrative Medicine Center

No classes on Tuesday, Dec. 24 through Thursday, Dec. 26, due to the winter holiday.

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
No Class on Jan. 20
10:30-11:30 a.m., Mays Clinic, Integrative Medicine Clinic

Nutrition for Cancer Patients
No class on Jan. 20
Noon-1 p.m.
Jan. 6 – Main Building Classroom
Jan. 13 and 27 – Mays Clinic Classroom

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

Yoga for Health
No class Jan. 20
2:30-3:30 p.m., Mays Clinic, Integrative Medicine Center

Laughter for Health Yoga
Only on Jan. 6
3-4 p.m., Rotary House Patient Guest Relations

TUESDAY

Tech Tuesday
Only on Jan. 28
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 Jan. 14 and 21
Check for topics and locations at myCancerConnection.org

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 Jan. 8 and 22
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 Jan. 2
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 Jan. 3 and 17
1-2:30 p.m., Mays Clinic, Integrative Medicine Clinic

No classes on Wednesday, Jan. 1 and Monday, Jan. 20. The institution will be closed on New Year’s Day and Martin Luther King, Jr. 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

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 6, near Elevator A, through The Learning Center,
Room R6.1025

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

Rotary House
Patient Guest Relations:
Floor 1, Room RH1.112

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.