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.

**Mindful Meditation**  
Practice mindful meditation and learn how it can help improve mood and decrease anxiety.

**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.

**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.

**RELAXATION**

**Brief Relaxation Massages**  
Experience a relaxing brief upper body massage. These chair massages are generously funded by Angie’s Spa.
### Monday
- **Yoga for Health**
  2-3 p.m., Mays Clinic, Integrative Medicine Center
- **New Patient/Family Orientation**
  No class Dec. 24
  2-3 p.m., Main Building Classroom
- **Laughter for Health Yoga**
  Only on Dec. 3
  3-4 p.m., Rotary House Patient Guest Relations

### Tuesday
- **Brief Relaxation Massages**
  9 a.m.-4 p.m., Mays Clinic, Integrative Medicine Center
- **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**
  Only on Dec. 18
  Noon-1:30 p.m., Mays Clinic, Integrative Medicine Center
- **Lunch & Learn**
  Only Dec. 4 and 11
  Dec. 4 – Healthy eating to reduce recurrence
  Mays Clinic, Floor 2, The Learning Center (ACB2.1120)
  Dec. 11 – Supporting a healthy immune system
  Mays Clinic, Floor 1 (ACB1.2345)
  Also at MD Anderson League City
- **Care for the Caregiver**
  12:30-1:30 p.m., Rotary House Patient Guest Relations
- **Yoga for Health**
  2-3 p.m., Mays Clinic, Integrative Medicine Center
- **New Patient/Family Orientation**
  No class Dec. 25
  2-3 p.m., Main Building Classroom
- **Tai Chi**
  3:30-4:30 p.m., Mays Clinic, Integrative Medicine Center

### Wednesday
- **Brief Relaxation Massages**
  9 a.m.-4 p.m., Mays Clinic, Integrative Medicine Center
- **Yoga for Health**
  10:30-11:30 a.m., Mays Clinic, Integrative Medicine Center
- **Mindful Meditation**
  Only on Dec. 12
  11-11:30 a.m., Rotary House Patient Guest Relations
- **Bowel Management**
  No Class Dec. 26
  11 a.m.-Noon, Main Building Classroom
- **Laughter for Health Yoga**
  Only on Dec. 12
  Noon-1 p.m., Mays Clinic Classroom
- **Meditation and Daily Life**
  1:30-2:30 p.m., Mays Clinic, Integrative Medicine Center
- **New Patient/Family Orientation**
  No Class Dec. 26
  2-3 p.m., Main Building Classroom

### Thursday
- **Shape-Up Circuit**
  11 a.m.-Noon, Mays Clinic, Integrative Medicine Center
- **Cancer-Related Fatigue**
  Only on Dec. 6
  Noon-1 p.m., Main Building Classroom
- **New Patient/Family Orientation (Chinese)**
  2-3 p.m., Mays Clinic Classroom
- **Qigong**
  3:30-4:30 p.m., Mays Clinic, Integrative Medicine Center

### Friday
- **Brief Relaxation Massages**
  9 a.m.-4 p.m., Mays Clinic, Integrative Medicine Center
- **Yoga for Health**
  11:30-12:30 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

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**No classes will be held Dec. 24-26 due to institutional holidays.**

Questions? Call 1-877-632-6789 to speak with a health information specialist.
**MONDAY**
- **Yoga for Health**
  2-3 p.m., Mays Clinic, Integrative Medicine Center
- **New Patient/Family Orientation**
- **No Class** Jan. 21
  2-3 p.m., Main Building Classroom

**TUESDAY**
- **Brief Relaxation Massages**
  9 a.m.-4 p.m., Mays Clinic, Integrative Medicine Center
- **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**
  Only on Jan. 15
  Noon-1:30 p.m., Mays Clinic, Integrative Medicine Center
- **Lunch and Learn**
  Only Jan. 8 and 15
  12:30-1:30 p.m.
  Jan. 8 – Understanding CAR T-cell Therapy
  Mays Clinic, Floor 2, The Learning Center (ACB2.1120)
  Jan. 15 – Talking about your practical needs
  Mays Clinic, Floor 1 (ACB1.1120)
- **Care 4 the Caregiver**
  12:30-1:30 p.m., Rotary House Patient Guest Relations
- **Yoga for Health**
  2-3 p.m., Mays Clinic, Integrative Medicine Center
- **New Patient/Family Orientation**
- **No Class** Jan. 1
  2-3 p.m., Main Building Classroom
- **Tai Chi**
  3:30-4:30 p.m., Mays Clinic, Integrative Medicine Center

**WEDNESDAY**
- **Brief Relaxation Massages**
  9 a.m.-4 p.m., Mays Clinic, Integrative Medicine Center
- **Yoga for Health**
  10:30-11:30 a.m., Mays Clinic, Integrative Medicine Center
- **Mindful Meditation**
  Only on Jan. 9 and 23
  11-11:30 a.m., Rotary House Patient Guest Relations
- **Bowel Management**
  No Class on Jan. 2
  11 a.m.-Noon, Main Building Classroom
- **Laughter for Health Yoga**
  Only on Jan. 16 and 30
  Noon-1 p.m., Mays Clinic Classroom
- **Meditation and Daily Life**
  1:30-2:30 p.m., Mays Clinic, Integrative Medicine Center
- **New Patient/Family Orientation**
  2-3 p.m., Main Building Classroom

**THURSDAY**
- **Shape-Up Circuit**
  11 a.m.-Noon, Mays Clinic, Integrative Medicine Center
- **Cancer-Related Fatigue**
  Only on Jan. 3
  Noon-1 p.m., Main Building Classroom
- **New Patient/Family Orientation (Chinese)**
  2-3 p.m., Mays Clinic Classroom
- **Qigong**
  3:30-4:30 p.m., Mays Clinic, Integrative Medicine Center

**FRIDAY**
- **Brief Relaxation Massages**
  9 a.m.-4 p.m., Mays Clinic, Integrative Medicine Center
- **Yoga for Health**
  11:30-12:30 p.m., Mays Clinic, Integrative Medicine Center

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**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

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No classes will be held Jan. 2 and Jan. 21 due to institutional holidays.
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, behind The Learning Center, Room ACB2.1049

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 & 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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