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.

**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.

**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.

**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.

**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 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
  Only on Aug. 12, 19 and 26

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

- **Laughter for Health Yoga**
  Only on Aug. 5
  3-4 p.m., Rotary House Patient Guest Relations

TUESDAY

- **Tech Tuesday**
  Only on Aug. 27
  9 a.m.-4 p.m., Main Building, The Learning Center

- **Meditation for Health**
  Only on Aug. 13, 20 and 27
  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

- **Lunch & Learn**
  Only on Aug. 13 and 20
  12:30-1:30 p.m.
  - Aug. 13 – Wellness Series: Eating to reduce inflammation
    Mays Clinic, Floor 1 (ACB1.2345)
  - Aug. 20 – Enhanced Recovery Program
    Mays Clinic, Floor 1 (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

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 Aug. 7 and 21
  Noon-1 p.m., Mays Clinic Classroom

- **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 Aug. 1
  Noon-1 p.m., Main Building Classroom

- **Meditation for Daily Life**
  Only Aug. 15, 22 and 29
  12:30-1:30 p.m., Mays Clinic, Integrative Medicine Center

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

- **Lunch & Learn**
  Only Aug. 13 and 20
  12:30-1:30 p.m.
  - Aug. 13 – Wellness Series: Eating to reduce inflammation
    Mays Clinic, Floor 1 (ACB1.2345)
  - Aug. 20 – Enhanced Recovery Program
    Mays Clinic, Floor 1 (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

- **Yoga for Health**
  Only on Aug. 6, 13 and 27
  10:30-11:30 a.m., Mays Clinic, Integrative Medicine Center

- **Tai Chi**
  3:30-4:30, Mays Clinic, Integrative Medicine Center

FRIDAY

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

- **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

DAILY

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

### TUESDAY
- **Tech Tuesday**
  Only on Sept. 24
  9 a.m.-4 p.m., Main Building, The Learning 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 Sept. 24
  Noon-1:30 p.m., Mays Clinic, Integrative Medicine Center
- **Lunch and Learn**
  Only Sept. 10 and 17
  12:30-1:30 p.m.
  Check for locations at myCancerConnection.org
  - Sept. 10 – Hepatitis B and cancer risk
  - Sept. 17 – Talking about your spiritual needs
- **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
- **Yoga for Health**
  Only on Sept. 3, 10 and 17
  10:30-11:30 a.m., Mays Clinic, Integrative Medicine Center
- **Tai Chi**
  3:30-4:30, 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 Sept. 25
  Noon-1 p.m., Mays Clinic Classroom
- **New Patient/Family Orientation**
  2-3 p.m., Main Building Classroom

### THURSDAY
- **Shape-Up Circuit**
  10:30-11:30 a.m., Mays Clinic, Integrative Medicine Center
- **Cancer-Related Fatigue**
  Only on Sept. 5
  Noon-1 p.m., Main Building Classroom
- **Meditation for Daily Life**
  12:30-1:30 p.m., Mays Clinic, Integrative Medicine Center
- **New Patient/Family Orientation (Chinese)**
  2-3 p.m., Mays Clinic Classroom
- **Yoga for Health**
  Only on Sept. 5, 12 and 19
  2:30 p.m., Mays Clinic, Integrative Medicine Center
- **Qigong**
  3:30-4:30 p.m., Mays Clinic, Integrative Medicine Center

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

No classes on Monday, Sept. 2, due to Labor 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
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 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

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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