

Classes

for patients, family members and caregivers

February 2020 - March 2020

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.



Please call 713-794-4700 to sign up for classes with the icons below.



This class is offered at one of our Houston-area locations.

February 2020

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

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 Feb. 5 and 19

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

Qigong

2:30-3:30 p.m., League City classroom

Tai Chi

3:30-4:30 p.m., League City classroom

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.



Please call 713-794-4700 to sign up for classes with the icons below.



This class is offered at one of our Houston-area locations.

March 2020

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

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

WEDNESDAY

Brief Relaxation Massage

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

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 March 4 and 11

Noon-1 p.m., Mays Clinic Classroom

New Patient/Family Orientation

2-3 p.m., Main Building Classroom

Qigong

No class March 4

2:30-3:30 p.m., League City classroom

Tai Chi

No class March 4

3:30-4:30 p.m., League City 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 March 5

Noon-1 p.m., Main Building Classroom

Qigong

Only on March 26

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

Location details available on the back.

Locations and more resources

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 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 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.

JOIN OUR COMMUNITY:



MD Anderson Cancer Center



@MDAndersonNews



MDAndersonorg



MDAndersonCancerCenter

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.