



myCancerConnection and Social Work present

Caregiver Day

Thursday, April 27

Join us for a special day activities to support our caregivers and loved ones of patients

Fuel your walk with a power snack

9:30-10 a.m.

Main Building, Floor 2, near Elevator C

Grab a quick snack while everyone gathers to walk the skybridge.

Walk for caregivers

10-11 a.m.

Main Building, Floor 3, near Elevator C skybridge entrance

Join us as we walk together in celebration of you, our caregivers! We will walk the skybridge and learn deep breathing exercises to kick off our day. Free gift provided to participants.

Craft away your worries

11 a.m.-noon

Main Building, Floor 2, The Park (near the Donor Wall)

This event will teach you tools of meditation while learning various methods for creating art to express yourself. Get self-care tips in a fun, relaxed and creative environment.

Learn about self-care

12:30-1:30 p.m.

Main Building, Floor 2, near Elevator D, Social Work office (B2. 4650)

Enjoy complimentary lunch and learn about the importance of self-care while caring for your loved ones in this PIKNIC presentation. You will learn about self-care tools and skills for dealing with the stress of caring for a loved one. (Lunch will be provided to first 15 attendees).

Your feedback is important to us

2-3 p.m.

Main Building, Floor 2, near Elevator D, Social Work office (B2. 4650)

We are interested in learning about your needs as a caregiver. Attend this interactive discussion to share your feedback so that we can improve the programs and services offered to caregivers.

Mocktails Meetup

4:30-6:30 p.m.

Main Building, Floor 2, The Park (near the Donor Wall)

Join us for mocktails and sweet treats as we take a break in The Park. This is a great way to make connections and meet other caregivers.

All caregivers and loved ones of patients are welcome to all events

RSVP to caregiverday@mdanderson.org so we can plan for you

For more information call myCancerConnection at **713-792-2553**

Caregiver Day is generously funded by the Volunteer Endowment for Patient Support

Visit mdanderson.org/myCancerConnection for special caregiver resources and more information on activities.

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