Your strength inspires us. Your courage keeps us going. Your resilience gives us hope.

That is why we are celebrating you. In honor of National Cancers Survivors Day, MD Anderson is hosting an entire week of special activities and entertainment for you and those who support you – living with, through and beyond cancer.

**Events held off-site**

**Monday, June 4**  
**MD Anderson Friends and Family Day at the Museum of Fine Arts, Houston**  
Noon-5 p.m.  
Museum of Fine Arts, Houston (MFAH)  
1001 Bissonnet St., Houston, TX 77005  
MFAH is closed to the public to give patients, family members, volunteers and staff exclusive access. General admission and access to the special exhibitions are free. No tickets necessary. Tell them you are a guest of MD Anderson Cancer Center.

**Wednesday, June 6**  
**myCancerConnection Day Away: Houston Astros**  
7:10 p.m.  
Minute Maid Park  
501 Crawford St., Houston, TX 77002  
Attend a Houston Astros game (Astros vs. Seattle Mariners). No cost for tickets. RSVP beginning May 30 by calling 713-792-2553. MD Anderson patient/family members will receive a maximum of two tickets.
Thursday, June 7
Health and Wellness at the Museum of Fine Arts, Houston:
Yoga for Stress Management
6:30-8 p.m.
Museum of Fine Arts, Houston (MFAH)
Beck Building, 5601 Main St., Houston, TX 77005
Learn how to manage stress and reclaim your mind-body health using yoga. Participants are encouraged to wear comfortable clothing and bring yoga mats. First come, first served while space is available. MFAH general admission is free on Thursdays.

Daily Events
Crafts, Entertainment and Photo Opportunities
11 a.m.-2 p.m.
Main Building, Floor 2, The Park, near Elevator F
Get creative by making crafts like note cards, greeting cards, origami and balloon art. Capture the moment by taking a fun photo with friends and family members at our photo booth.

OncWalk
11-11:30 a.m.
Skybridge between Mays Clinic and the Main Building
Meet in Mays Clinic, Floor 2, near The Tree Sculpture
Join us on the skybridge to walk and talk about survivorship, nutrition and exercise. We will start at 2 p.m. on the Mays Clinic end of the skybridge.

Monday, June 4
Healing Bracelet Workshop
1-2 p.m.
Main Building, Floor 2, The Park, near Elevator F
Healing prayer bracelets have been used for ages as pathways to peace and tranquility. Learn about the history of beads and their use in world religions while making a bracelet of your own.

Yoga for Health
2-3 p.m.
Mays Clinic, Floor 2, Integrative Medicine Center, (ACB2.1041)
Experience a gentle form of yoga focusing on stretching, breathing, relaxation and meditation. Call 713-794-4700 to sign up.

Laughter Yoga
3-4 p.m.
Rotary House International, Floor 1 (RHI1.112)
Laugh and relax. This class combines yogic deep breathing, stretching and simulated laughter exercises to reduce stress, blood pressure and depression.

Labyrinth Walk
4-4:30 p.m.
Mays Clinic, Floor 2, West Lobby, near Elevator P
Walking a labyrinth is a spiritual exercise of quiet centering drawing individuals into meditation, reflectiveness and prayer. A leader will guide you on the walk.

Tuesday, June 5
Meditation for Health
9:30–10:30 a.m.
Mays Clinic, Floor 2, Integrative Medicine Center, (ACB2.1041)
Learn to relax and access a deeper awareness by connecting your mind, body and heart. Meditation can help decrease anxiety, improve sleep and memory, and increase spiritual awareness and a sense of well-being. Call 713-794-4700 to sign up.

Stretch your legs
OncWalks: daily walks across the skybridge with various experts who can give you advice about nutrition and physical activity. Meet in Mays Clinic, Floor 2, at 11 a.m.
Labyrinth walk: A spiritual walk where you will meditate, reflect and pray. The labyrinth will be available for personal meditation all week long in Mays Clinic, Floor 2, West Lobby, near Elevator P.
**Brief Relaxation Massages**  
10 a.m.-2 p.m.  
Rotary House International, Floor 1, Patient Guest Relations Area

Enjoy a complimentary 10- to 15-minute massage. First come, first served. Please sign up with the volunteer in the area.

**Cooking for Optimal Health**  
Noon-1:30 p.m.  
Mays Clinic, Floor 2, near The Tree Sculpture, behind The Learning Center, (ACB2.1049)

Learn how to prepare nutritious meals from a diettian. You will have the chance to enjoy samples. Please call 713-794-4700 to sign up.

**myCancerConnection PKNIC: Survivorship Series: Post-Traumatic Stress Disorder in Cancer Survivors**  
12:30-1:45 p.m.  
Mays Clinic, Floor 1, near Elevator S, Telehealth Classroom, (ACB1.2345)

Coping with cancer could put you at risk for post-traumatic stress disorder (PTSD). Learn how to recognize PTSD symptoms and when to seek help. This session will be streamed to Houston-area locations in The Woodlands, Bay Area, Katy and Sugar Land. Lunch is provided for patients and their loved ones.

**Care 4 the Caregiver**  
12:30-1:30 p.m.  
Main Building, Floor 4, Elevator A, The Learning Center, (R4.1221)

Connect with others who care for their loved ones and learn coping skills in this open support group for caregivers.

**Labyrinth Walk**  
2-2:30 p.m.  
Mays Clinic, Floor 2, West Lobby, near Elevator P

Walking a labyrinth is a spiritual exercise of quiet centering drawing individuals into meditation, reflectiveness and prayer. A leader will guide you on the walk.

**What is survivorship?**

Being a cancer survivor bring its own set of challenges. You can get support coping with the social, emotional and physical effects of cancer. Our survivorship clinics help you develop a follow-up care plan to make sure you are getting the most out of life. Learn more at mdanderson.org/survivorship

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**Wednesday, June 6**

**Advance Care Planning Help**  
10-11 a.m.  
Main Building, Floor 1, near The Aquarium, Patient/Family Library (R1.2212)

Get Advance Care Planning advice on and assistance with completing common legal health care documents.

**Brief Relaxation Massages**  
10 a.m.-2 p.m.  
Rotary House International, Floor 1, Patient Guest Relations area

Enjoy a complimentary 10- to 15-minute massage. First come, first served. Please sign up with the volunteer in the area.

**Inspiration Board Workshop**  
1-2 p.m.  
Main Building, Floor 6, Elevator B, Lymphoma/Myeloma Clinic

Join us as we create a space to post inspirational quotes, phrases and pictures of loved ones that have encouraged us.

**Meditation and Daily Life: Art**  
2:30–3:30 p.m.  
Mays Clinic, Floor 2, Integrative Medicine Center, (ACB2.1041)

Learn how meditation can reduce stress and enhance connectedness with yourself and your surroundings. Please call 713-794-4700 to sign up.

**Rotary Night**  
5-7 p.m.  
Rotary House International, Floor 1, Lobby

Join us for a night of light snacks and music. This event is sponsored by Rotary House International.

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**Thursday, June 7**

**Brief Relaxation Massages**  
10 a.m.-2 p.m.  
Rotary House International, Floor 1, Patient Guest Relations area

Enjoy a complimentary 10- to 15-minute massage. First come, first served. Please sign up with the volunteer in the area.
Life After Living With Cancer
Noon–1 p.m.
Pickens Tower, Floor 3, Elevator N, Conference Rooms 4-5 (FCT.3.4141-3.4142)
Come find out what it is like for our faculty to become patients themselves. Our panelists will share their stories, discuss their challenges and joys, and explain how they cope.

Inspiration Board Workshop
2-3 p.m.
Mays Clinic, Floor 6, Elevator U, Internal Medicine Center
Join us as we create a space to post inspirational quotes, phrases and pictures of loved ones that have encouraged us.

Labyrinth Walk
2-2:30 p.m.
Mays Clinic, Floor 2, West Lobby, near Elevator P
Walking a labyrinth is a spiritual exercise of quiet centering drawing individuals into meditation, reflectiveness and prayer. A leader will guide you on the walk.

Bingo
7-8 p.m.
Rotary House International, Floor 1, Lobby
Enjoy a fun night of bingo to meet other patients, survivors and their loved ones.

Friday, June 8
Yoga for Health
11:30 a.m.–12:30 p.m.
Mays Clinic, Floor 2, Integrative Medicine Center, (ACB2.1041)
Experience a gentle form of yoga focusing on stretching, breathing, relaxation and meditation. Call 713-794-4700 to sign up.

Healing Bracelet Workshop
Noon-1 p.m.
Main Building, Floor 2, The Park, near Elevator F
Healing prayer bracelets have been used for ages as pathways to peace and tranquility. Learn about the history of beads and their use in world religions while making a bracelet of your own.

Cancer is a Family Illness Discussion Group
Noon-1 p.m.
Mays Clinic, Floor 2, near The Tree Sculpture, behind The Learning Center (ACB2.1049)
Caregivers and loved ones of patients are invited to join this group to share experiences, discuss healthy coping strategies and strengthen resilience.

Saturday, June 9
myCancerConnection Cancer 180 Young Adult Survivorship Conference
8:30 a.m.-3 p.m.
Duncan Building, Floor 8, Elevator Q, Conference Rooms 1-8
The Cancer180 Young Adult Survivorship Conference is a free event open to all young adults, ages 18-39, regardless of where treatment is received. It is a day to connect with other young adult survivors and caregivers and participate in educational sessions led by cancer experts. To view the program agenda and register, visit cancer180.org or email Cancer180@mdanderson.org.

Get one-on-one support
No one has to face cancer alone. myCancerConnection is a cancer support community of trained survivor and caregiver volunteers. Support is open to anyone, regardless of where they were treated. Get connected now at myCancerConnection.org.

Survivorship Week 2018
Survivorship Week 2018

Funding for Survivorship Week was generously provided by the Holiday Letter Fund. For more information, call the Office of Cancer Survivorship at 713-745-8720.

www.mdanderson.org/survivorshipweek