MD Anderson celebrates cancer survivors and their caregivers June 7–13 to commemorate National Cancer Survivors Day, held annually on the first Sunday in June. Events will be held online this year to ensure safety and reduce the spread of infection.

These events help us honor all patients, from the time of diagnosis through their life during and after treatment. Family members, friends and caregivers also are affected by cancer and are invited to join us at these virtual events.

**Monday, June 8**

**Labyrinth — Live event**
2:30–3:30 p.m.
https://mdacc.webex.com/mdacc/onstage/q.php?MTID=e59df1f054f0d0c7a8127dcbbb4e9f

The Labyrinth is viewed as a metaphor for life and offers lessons as we walk or trace the path. Walking or tracing the labyrinth can help us address challenges, meditate, and find peace and serenity. The path helps us become still and centered. Join us to learn and experience this meditation practice.

**Young Adult Skincare Mask & Mingle Night**
7:30–8:30 p.m.
Email cancer180@mdanderson.org to register.

Relax with your favorite skincare mask and connect with others. Don’t have a favorite mask? Create one from the DIY masks ingredient list you will receive upon registration.
Tuesday, June 9

**Chair Yoga — Live event**
10–10:30 a.m.
[https://mdacc.webex.com/mdacc/onstage/g.php?MTID=e88550a0f595ede264dc3d75d35218b2c](https://mdacc.webex.com/mdacc/onstage/g.php?MTID=e88550a0f595ede264dc3d75d35218b2c)

Smitha Mallaiah, senior mind-body intervention specialist

Chair yoga is modified yoga using a chair, which provides stability and support. This practice is appropriate for people of all ages, body types and varying physical fitness levels. Please have a chair to sit on and place it close to another chair or have some support.

**Lunch & Learn Online**

*Keeping Nutrition on Track When Life Takes a Detour*
12:30–1:30 p.m.
[https://www.mdanderson.org/patients-family/diagnosis-treatment/patient-support/lunch-learn.html](https://www.mdanderson.org/patients-family/diagnosis-treatment/patient-support/lunch-learn.html)

To join by phone, call the number below and enter the access code.
US and Canada Toll Free 800-262-0778
Access code: 667 156 225

Get nutrition tips from Lindsey Wohlford, registered dietitian.

**Online Survivorship Support Group**

6–7 p.m.
RSVP to Kendolyn Shankle at [KFShankle@mdanderson.org](mailto:KFShankle@mdanderson.org)

An online support group focused on survivorship concerns. Patients and caregivers are asked to RSVP ahead of time and include their name, medical record number (MRN) and group preference for attendance. The facilitator will reach out to them and send a WebEx invitation within an hour before the support group starts. Patients/caregivers can then either login via WebEx on their own computer, or use the phone number provided in the email. For a complete listing of Support Groups offered visit [mdanderson.org/socialwork](http://mdanderson.org/socialwork).
Wednesday, June 10

Anticancer Living: Transform Your Life and Health with the Mix of Six — Live event  
Noon–1 p.m.  
https://mdacc.webex.com/mdacc/onstage/g.php?MTID=e9971bddd2fa96df2ee12df3f595ddbb7ab

What else can I do to improve my treatment outcomes? This is the question Lorenzo Cohen, Ph.D., will answer in this session. It all starts with our lifestyle choices. Basing his recommendations on the scientific evidence, Cohen will discuss the Mix of Six — six areas where you have control to optimize your health and well-being. During this talk you will learn specific recommendations for anticancer living and how to put this into practice both as an individual and within a family. You will leave with a new knowledge of how to transform your life and health.

Young Adult Restorative Yoga  
6–7 p.m.  
Email cancer180@mdanderson.org to register.

Grab your yoga mats and join a restorative yoga class led by Dan’s House of Hope. Open to patients and caregivers.

Thursday, June 11

Loving Kindness Meditation — Live event  
10–10:30 a.m.  
https://mdacc.webex.com/mdacc/onstage/g.php?MTID=eea1e71715294115a2ab98ccf95c80c05

Smitha Mallaiah, senior mind-body intervention specialist

Join Smitha Mallaiah for a meditation practice focusing on loving kindness. Self-care and nurturing are important to everyone in our daily lives, especially for survivors. Join us for this practice of meditation using loving kindness to move from surviving to thriving in life after cancer. Beginners are welcome.
Thursday, June 11

**Music Therapy: Songs of Hope — Live event**
Noon–1 p.m.
https://mdacc.webex.com/mdacc/onstage/g.php?MTID=e544414f5d6b62d8c9ccfda8bef336a6a

**Sarah Folsom**, music therapist

Music lifts us up through all seasons of our lives, often creating a sense of unity, understanding and encouragement. In this interactive session, Folsom will present music to the group and discuss how music can support your well-being. No musical experience required.

**Online Survivorship Support Group**
6–7 p.m.
RSVP to Traci Newsom at TMNewsom@mdanderson.org

An online support group focused on survivorship concerns. Patients and caregivers are asked to RSVP ahead of time and include their name, medical record number (MRN) and group preference for attendance. The facilitator will reach out to them and send a WebEx invitation within an hour before the support group starts. Patients/caregivers can then either login via WebEx on their own computer, or use the phone number provided in the email. For a complete listing of Support Groups offered visit mdanderson.org/socialwork

**Young Adult Support Group**
6:30–7:30 p.m.
Email cancer180@mdanderson.org to register.

Connect with other young adult patients and caregivers on a variety of different topics.
Friday, June 12

**Young Adult Caregiver Coffee**
10:30–11:30 a.m.
Email cancer180@mdanderson.org to register.

Sip on your morning coffee and chat with other caregivers. Hosted by Dan’s House of Hope.

**Fertility and Family Planning Q&A**
11:30 a.m.–12:30 p.m.
Email cancer180@mdanderson.org to register.

Learn about fertility and family planning options available from Donna Bell, nurse practitioner in the Adolescent and Young Adult Clinic.

Saturday, June 13

**Young Adult Movie Party**
7:30–9:30 p.m.
Email cancer180@mdanderson.org to register.

Pop some popcorn and join us as we watch a movie together.