MD Anderson celebrates cancer survivors and their caregivers June 6–12 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.

Use Canvas for easy access to all events and resources
We are using the online educational platform, called Canvas, to improve your virtual experience. Please complete this brief registration form. You will receive an email invitation from Canvas to join the online platform within 48 hours. After logging in to Canvas, you’ll be able to access all events and resources.

Monday, June 7

Watercolors
10–11 a.m.
Kasey Marsh, CHES, merchandising program supervisor in Volunteer Services and Merchandising — Children’s Art Project

Join us for a relaxing guided watercolor activity. Appropriate for all skill levels. No experience with art or painting is necessary.
Monday, June 7

**Anticancer Living: learn how to transform your life**
Noon–1 p.m.

*Lorenzo Cohen, Ph.D.*, the Richard E. Haynes Distinguished Professor in Clinical Cancer Prevention and director of the Integrative Medicine Program

What else can I do to improve treatment outcomes? This is the question Cohen will answer in his talk about anticancer living. It all starts with our lifestyle choices. Basing his recommendations on the scientific evidence, Cohen will discuss 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-found knowledge of how to transform your life and health.

**Labyrinth**
2:30–3:30 p.m.

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.

Tuesday, June 8

**Yoga in Cancer Survivorship and Beyond**
10–10:30 a.m.

*Smitha Mallaiah*, senior mind-body intervention specialist

Join us for a short presentation followed by a practice yoga session. The session is for beginner yoga practitioners, bring a mat and water to join!
**Tuesday, June 8**

**Play with a Purpose: The Importance of “Play”**
11 a.m.—noon

Laura Cahalan, child life specialist, Pediatrics-Support Programs

Learn about cultivating play and normalcy as a patient in the hospital setting, and how “play” in daily life can increase overall happiness and well-being. You will get a brief overview of Child Life, as well as learn about interactive games and play activities to promote wellness. Suitable for all ages.

**Stress Less: Fostering Calm and Resilience in Everyday Life**
Noon–1 p.m.

Lorenzo Cohen, Ph.D., the Richard E. Haynes Distinguished Professor in Clinical Cancer Prevention and director of the Integrative Medicine Program

Stress is woven into the very fabric of our daily life. Yet a growing body of research shows that chronic stress negatively impacts all aspects of our being, right down to our cellular health. Stress will also literally sabotage all our healthy intentions. The good news is that none of us are condemned to live a stressful life. In fact, stress is something we can actively control and manage.

What are the harms of stress? How can we be more resilient and better manage stress to foster calm in our life? These are the questions Cohen will discuss in this webinar. During this talk you will learn specific recommendations for managing stress, how to increase calm, and strategies to put this into practice both as an individual and within a family.

**Lunch & Learn session**

**The Joy of Managing Your Survivorship Journey**
12:30–1:30 p.m.

Register online: [https://mdacc.zoom.us/webinar/register/WN_LyqSvfLSU26CP7xSqbkw](https://mdacc.zoom.us/webinar/register/WN_LyqSvfLSU26CP7xSqbkw)

To join by phone, call the number below and enter the access code.
(U.S. toll free): 877 853 5257
Meeting ID: 859 2724 2593
Passcode: 963951

Learn about successes and challenges in survivorship and resources available to manage those experiences.
Tuesday, June 8

Watercolors
1–2 p.m.

*Kasey Marsh, CHES*, merchandising program supervisor in Volunteer Services and Merchandising – Children’s Art Project

Join us for a relaxing guided watercolor activity. Appropriate for all skill levels. No experience with art or painting is necessary.

Labyrinth
2:30–3:30 p.m.

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Online Survivorship Support Group
6–7 p.m.

RSVP to Kendolyn Shankle, social work counselor, at 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. Go to mdanderson.org/supportgroups for a complete listing of Support Groups.
Wednesday, June 9

**Rest and Movement for Wellness**
**Noon–1 p.m.**

Lorenzo Cohen, Ph.D., the Richard E. Haynes Distinguished Professor in Clinical Cancer Prevention and director of the Integrative Medicine Program

Rest and relaxation are essential parts of living a healthy life. Ensuring we have good quality sleep will help us to live better, healthier lives. We also need to move our bodies more during our waking hours. The evidence is overwhelming that physical activity is associated with lowering one’s risk of developing cancer. Physical activity also improves quality of life and clinical outcomes after a cancer diagnosis. Together, restful sleep and maintaining activity during the day creates an environment that is not welcoming to cancer growth.

During this talk you will learn specific recommendations for maximizing and enhancing sleep quality. Also, you will get recommendations on how to bring activity into your everyday life.

**Playing in Harmony – An Interactive Performance with Houston Symphony and Music Therapy**
**Noon–1 p.m.**

Melissa Sandoval, MT-BC, music therapist, MD Anderson Children’s Cancer Hospital’s Arts in Medicine program

Rainel Joubert, community-embedded musician with the Houston Symphony

The Houston Symphony and MD Anderson combine their talents to make music an important part of healing. During this interactive session, you will learn more about music and wellness. You will be able to select songs to be performed during the event.

**Watercolors**
**2–3 p.m.**

Kasey Marsh, CHES, merchandising program supervisor in Volunteer Services and Merchandising – Children’s Art Project

Join us for a relaxing guided watercolor activity. Appropriate for all skill levels. No experience with art or painting is necessary.
Wednesday, June 9

Labyrinth
2:30–3:30 p.m.
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Young Adult Restorative Yoga
6–7 p.m.
To register www.tinyurl.com/AYAevents

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

Thursday, June 10

Loving Kindness Meditation
10–10:30 a.m.
Smitha Mallaiah, senior mind-body intervention specialist

Join us for a meditation practice focusing on loving kindness. Move from surviving to thriving in life after cancer. Self-care and nurturing are important to everyone in our daily lives, especially for survivors. Beginners are welcome.

Watercolors
11 a.m.–noon
Kasey Marsh, CHES, merchandising program supervisor in Volunteer Services and Merchandising – Children’s Art Project

Join us for a relaxing guided watercolor activity. Appropriate for all skill levels. No experience with art or painting is necessary.
Thursday, June 10

Food as Medicine
Noon–1 p.m.
Lorenzo Cohen, Ph.D., the Richard E. Haynes Distinguished Professor in Clinical Cancer Prevention and director of the Integrative Medicine Program

Food is the fuel that powers the human body. Join us to learn about the research on food and health and to better understand the ideal way to feed our bodies.

What is the best diet to prevent or control cancer? Do I need to become a vegan? Does my microbiome — whatever that really is — matter? These are the questions Cohen will discuss in this webinar on food as medicine. During this talk you will learn specific, evidence-based, dietary recommendations for cancer prevention and control.

Music Therapy: Songs of Hope
Noon–1 p.m.
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, you will hear music and discuss how music can support your well-being. No musical experience required.

Labyrinth
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Thursday, June 10

**Online Survivorship Support Group**
**10–11 a.m.**

RSVP to Traci Newsom, senior social work counselor 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 Zoom invitation within an hour before the support group starts. Patients/caregivers can then either login via Zoom on their own computer, or use the phone number provided in the email. Go to mdanderson.org/supportgroups for a complete listing of Support Groups.

**Young Adult Support Group**
**6:30 p.m.**

To register: www.tinyurl.com/AYAevents

Connect with other young adult patients and caregivers on a variety of different topics.

**Cooking for Survivorship**
**6:30–7:30 p.m.**

To register: https://bit.ly/3y3rPwL

Join us as for a healthy cooking demonstration as we take the survivorship celebration to the kitchen.

Friday, June 11

**Watercolors**
**10–11 a.m.**

Kasey Marsh, CHES, merchandising program supervisor in Volunteer Services and Merchandising – Children’s Art Project

Join us for a relaxing guided watercolor activity. Appropriate for all skill levels. No experience with art or painting is necessary.
Friday, June 11

Advance Directives
1–2:30 p.m.
Teresa Van Oort, MHA, LCSW-S, clinical program manager in Social Work
Mark Anderson, JD, LMSW, social work counselor

Join this discussion about Advance Directives (Medical Power of Attorney, Directive to Physicians, i.e. Medical Living Will, Disposition of Remains and Texas Out of Hospital DNR). Each document will be reviewed, with open question & answer at the end of the presentation. For more information about Advance Care Planning and Advance Directives, please go to mdanderson.org/advancecareplanning

Labyrinth
2:30–3:30 p.m.
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Saturday, June 12

Overcoming Isolation: A Health & Wellness Presentation with The Museum of Fine Arts, Houston
3 p.m.
Catherine Powers-James, PhD, instructor and clinical psychologist, Integrative Medicine program

Join this relevant and timely presentation on how to move forward, manage anxiety and reconnect after a period of isolation. MD Anderson is the presenting sponsor of Wellness Programs at The Museum of Fine Arts, Houston (MFAH), which include a six-part virtual lecture series. The museum’s wellness programming focuses on forging connections between art, mindfulness, fitness, nutrition, and living a balanced, healthy lifestyle.

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