



SURVIVORSHIP WEEK

Calendar of events



UT 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 to provide a safe, accessible event and reduce the spread of infection.

These events help us honor all patients, from the time of diagnosis, throughout 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.

Sunday, June 7

Kasey Marsh and Tory Rendall of UT MD Anderson's Art Space for patients and caregivers. Due to space limitations, registration is required. All attendees must be at least 15 years old, and any attendees under age 18 must be accompanied during the class by an adult.

Inner Calm: Zentangles, Mandalas and Meditative Drawing

11 a.m.-12:30 p.m.

In person: Art Space for patients and caregivers (B2.4314)

Main Building, Floor 2, near Elevator D

Join us in the Art Space for patients and caregivers as we explore different types of simple drawing and coloring. All materials will be provided.

To register, email: **Kasey Marsh** at KSMarsh@mdanderson.org

Crafting with Wood, Leather, Beads and Art: Make it Uniquely You

1:30-3 p.m.

In person: Art Space for patients and caregivers (B2.4314)

Main Building, Floor 2, near Elevator D

Have you ever wanted to try stamping leather, crafting your own earrings or creating a pendant from a piece of your own art? Join us and see how simple it can be!

To register, email: **Kasey Marsh** at KSMarsh@mdanderson.org

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Sunday, June 7

YARN! The Fantastic Fiber Arts: BYO Project or Choose One of Ours **3:30-6 p.m.**

In person: Art Space for patients and caregivers (B2.4314)
Main Building, Floor 2, near Elevator D

If crochet, knitting, embroidery, needlepoint, cross-stitch, tatting, macrame or hand-sewing are in your bag of tricks, come on down for a stitch-n-chat! Bring your current work in progress or choose from our available offerings. We can help beginners with crochet, embroidery and basic hand-sewing.

To register, email: **Kasey Marsh** at KSMarsh@mdanderson.org

Monday, June 8

askUTMDAnderson **10-11 a.m.** **Join via Zoom**

Cathy Hernandez-Vita, askUTMDAnderson associate director

With a cancer diagnosis comes many questions, and askUTMDAnderson has answers. Our knowledgeable staff will listen to patients' questions and help them understand cancer, make decisions about their care, communicate with their healthcare team and help guide them. The askUTMDAnderson teams are made up of specially-trained individuals who help people find answers to their questions about UT MD Anderson and clinicians to provide our patients support after they leave the hospital and clinic

The teams include:

- Registered nurses and advanced practice providers
- Health information specialists
- Patient services operators

Calendar of events

Monday, June 8

Plan Your Plate: Ask a Clinical Dietitian (Hybrid)

10-11 a.m.

Join via Zoom

In person: UT MD Anderson The Woodlands, 100 Fellowship Dr, Conroe, TX 77384

**Active Living After Cancer team
Natalie Carmouche**

Join Active Living After Cancer for an interactive session to learn practical, science-based guidance on healthy eating and balanced living. Whether you're looking to improve your lifestyle, support a specific health goal or simply gain clarity on what to eat, this session will provide expert insights and actionable advice in a supportive environment.

Psychosocial Concerns for Cancer Patients and Caregivers - How to Support Your Loved One

10-11 a.m.

Join via Zoom

Ellie Vincent, social work counselor

This session will cover psychological concerns for cancer patients and caregivers. Get tips for how to support your loved one with cancer.

Medication and Me: Getting to Know GLP-1 (Hybrid)

11 a.m.-noon

Join via Zoom

In person: UT MD Anderson The Woodlands, 100 Fellowship Dr, Conroe, TX 77384

**Active Living After Cancer team
Kyle Yoo, M.D.**

Join Active Living After Cancer for an informative session exploring the role of GLP-1 medications in weight management and metabolic health. Participants will have the opportunity to ask questions in a supportive, informative setting designed to promote understanding and informed decision-making.

Calendar of events

Monday, June 8

Dancing through Survivorship (Hybrid)

noon-12:30 p.m.

Join via Zoom

In person: UT MD Anderson The Woodlands, 100 Fellowship Dr, Conroe, TX 77384

Active Living After Cancer team

Jerrilyn Parker, mind body interventionist

Designed for all fitness levels, Zumba blends cardio, muscle conditioning, balance and flexibility into one dynamic session. Burn calories, boost your mood and connect with others as we dance our way to better health. No dance experience required - just bring your energy and a smile! Join us for a cool down session afterwards featuring breathwork techniques.

Anti-cancer Living: Turning Knowledge into Daily Practice

noon-1 p.m.

Join via Zoom

With so much health information available, knowing where to start can feel overwhelming. In this interactive session, Lorenzo Cohen, Ph.D., and Alison Jefferies will share the science and strategies behind lifestyle changes that can reduce cancer risk and improve outcomes for those living with cancer. Centered around the Mix of Six, this talk will help you identify small, meaningful changes to build a personal and sustainable daily practice to support your health and well-being.

Lorenzo Cohen, Ph.D.

Richard E. Haynes Distinguished Professor in Clinical Cancer Prevention
professor and director, Integrative Medicine Program
UT MD Anderson Cancer Center, Houston, Texas

Alison Jefferies

wellness coach and educator
Vital Matters, LLC, Houston, Texas

Calendar of events

Monday, June 8

Mocktails and Mindful Eating (Hybrid)

12:30-1 p.m.

Join via Zoom

In person: UT MD Anderson The Woodlands, 100 Fellowship Dr, Conroe, TX 77384

Active Living After Cancer team

Join Active Living After Cancer for a refreshing wellness experience designed to nourish both body and mind. This event blends the art of crafting delicious, low-sugar mocktails with the practice of mindful eating to help you build a healthier, more balanced relationship with food.

Advance Directives

1-2:30 p.m.

Join via Zoom

Tatiana Fincham, senior 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 a question and answer session at the end of the presentation. For more information about Advance Care Planning and Advance Directives, go to MDAnderson.org/AdvanceCarePlanning.

Calendar of events

Tuesday, June 9

Ways to Stay Involved

10-11 a.m.

Join via Zoom

Meredith Perkins, director, Peer-to-Peer Fundraising

Join Meredith Perkins for a practical and inspiring session on turning your personal story into impact. Learn how to raise awareness, engage your network year-round, and get started with opportunities like UT MD Anderson's Boot Walk to End Cancer® or your own DIY fundraising page.

Discover how your voice can spark hope and help drive the mission to end cancer.

Plan Your Plate: Ask a Clinical Dietitian (Hybrid)

10-11 a.m.

Join via Zoom

In person: UT MD Anderson West Houston, 13900 Katy Freeway, Houston, TX 77079

Active Living After Cancer team

Christie Siebel

Join Active Living After Cancer for an interactive session to learn practical, science-based guidance on healthy eating and balanced living. Whether you're looking to improve your lifestyle, support a specific health goal or simply gain clarity on what to eat, this session will provide expert insights and actionable advice in a supportive environment.

Medication and Me: Getting to Know GLP-1 (Hybrid)

11 a.m.-noon

Join via Zoom

In person: UT MD Anderson West Houston, 13900 Katy Freeway, Houston, TX 77079

Angela Rao, M.D.

Join Active Living After Cancer for an informative session exploring the role of GLP-1 medications in weight management and metabolic health. Participants will have the opportunity to ask questions in a supportive, informative setting designed to promote understanding and informed decision-making.

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Tuesday, June 9

Dancing through Survivorship (Hybrid)

noon-12:30p.m.

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Tuesday, June 9

Music-in-Medicine: The Spirit of Resilience featuring the Kinetic Ensemble and Mei Rui, M.D. (Hybrid)

12:30-1 p.m.

[Join via Zoom](#)

In person: Mays Clinic, West Lobby

Join us for a Music-in-Medicine Wellness Concert honoring cancer survivors and caregivers, and celebrating the spirit of resilience and courage. This uplifting performance features the award-winning Kinetic Ensemble and internationally acclaimed concert pianist, Mei Rui, M.D., director of Music-in-Medicine and assistant professor of Neurosurgery.

Reception to follow

Brow Techniques for Any Stage of Hair Loss and Regrowth

1-1:30 p.m.

[Join via Zoom](#)

Jeanna Doyle and Josanna Gaither

Learn how to recreate natural-looking brows and lashes during periods of shedding or regrowth. Discover simple techniques that provide long-lasting results and the illusion of full, natural brows and lash line.

Skin Care Tips for Before, During and After Treatment

2-2:30 p.m.

[Join via Zoom](#)

Jeanna Doyle and Josanna Gaither

This course offers information on how to care for your skin before, during and after treatment and insights on sun protection, hydration and best practices.

Calendar of events

Wednesday, June 10

Preventing and Managing Caregiver Burnout

10-11 a.m.

Join via Zoom

Catherine Powers-James, assistant professor,
Department of Palliative Care and Rehabilitation Medicine

A cancer diagnosis affects more than the patient - it touches everyone in their circle of care. In this session, Catherine Powers-James, Ph.D., will share practical strategies to recognize, prevent and manage the emotional and physical toll of caregiving.

Resource Fair

11 a.m.-12:30 p.m.

Join via Zoom

Join us to learn more about the various resources available to patients, caregivers and survivors at UT MD Anderson. Participants will hear a brief overview of services and have a chance to speak one-on-one with representatives from each group in smaller breakout rooms.

Fertility and Family Planning After Cancer Treatment

1-2 p.m.

Join via Zoom

Terri Woodard, M.D. associate professor,
Department of Gynecologic Oncology and Reproductive Medicine

Fertility is a concern for many cancer survivors. Many of the treatments that successfully treat cancer can cause infertility. There are several options that survivors have to help them grow their families after a cancer diagnosis. This talk will review how fertility is assessed after cancer treatment and the multiple strategies that can be used to achieve parenthood.

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Thursday, June 11

Mental Health After a Cancer Diagnosis

10-11 a.m.

Join via Zoom

Ida Ansah, social work counselor

Regardless of the type of cancer a person is diagnosed with, dealing with its emotional impact can persist well beyond the end of active treatments, resulting in a complicated mix of emotions. For individuals who graduate to survivorship, guilt frequently emerges as one of those feelings. Join us as we discuss the issues of mental health after cancer with tips on managing survivor's guilt.

Lymphedema

11 a.m.-noon

Join via Zoom

Sarah DeSnyder, assistant professor, Breast Surgical Oncology

Join the discussion on medical and surgical management of lymphedema.

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Skin Care Tips for Before, During and After Treatment

2-2:30 p.m.

Join via Zoom

Jeanna Doyle and **Josanna Gaither**

This course offers information on how to care for your skin before, during and after treatment and insights on sun protection, hydration and best practices.

Friday, June 12

Advance Directives

9-10:30 a.m.

Join via Zoom

Mark Anderson, 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 a question and answer session at the end of the presentation. For more information about Advance Care Planning and Advance Directives, go to MDAnderson.org/AdvanceCarePlanning.

Your Body and Mind After Cancer: Sex and Intimacy

Post-diagnosis and Treatment

1-2 p.m.

Join via Zoom

Jillian Bissar, senior social worker

This session will explore common physical and psychological states that may impact sex and intimacy due to cancer.

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The Journey to End Cancer: From Cause to Cure

The Journey to End Cancer: From Cause to Cure is a powerful, nationally touring exhibition presented by UT MD Anderson. Cancer survivors and their families are invited to a National Cancer Survivors Day celebration on Sunday, June 7, with free admission with code **JTECFREE**. The day is designed to honor survivorship through science, community and hope, and includes:

- Smile booth – capture and share yourself striking out cancer
- Blood drive – free parking for all blood donors
- Cancer support organizations – resources and printed materials available

As an added benefit throughout June, cancer survivors receive 10% off admission with code **JTEC10**, making it easy to experience the exhibition at any time. Whether newly diagnosed, years into survivorship or supporting a loved one, The Journey to End Cancer offers education, reflection and resilience through the lens of medical progress.

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June 2026 Blood Drives

No matter your blood type, you can make a difference by donating blood.

UT MD Anderson patients require 140 blood products each day and could use your help meeting this demand. Make an appointment to donate at MDAndersonBloodBank.org or call 713-792-7777.

Give the code, MSURVIVOR, to the phlebotomist when donating in June to show your support to survivors. Donors will receive a commemorative T-shirt. Here's a list of blood drives at several UT MD Anderson locations:

Sunday, June 7: The Health Museum noon-4 p.m.

Monday, June 8: UT MD Anderson League City 10 a.m.-4 p.m.

Tuesday, June 9: UT MD Anderson Sugar Land 9 a.m.-3 p.m.

Thursday, June 11: UT MD Anderson The Woodlands 10 a.m.-4 p.m.

Friday, June 12: UT MD Anderson West Houston 10 a.m.-4 p.m.

Friday, June 12: UT MD Anderson Northwest Houston Surgical & Specialty Care 7 a.m.-noon

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