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 Cancer 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

Saturday, June 1
MD Anderson Young Adult Cancer Survivorship Conference
8:30 a.m.-4 p.m.
Duncan Building, Floor 8, near Elevator Q, Rooms 1-8

MD Anderson Young Adult Cancer Survivorship Conference is a free event open to all young adult patients, survivors, caregivers and family members regardless of where treatment is received. It is a day to connect with other young adult survivors and participate in educational sessions led by cancer experts. To view the full program agenda and register, visit mdanderson.org/youngadultconference or email Cancer180@mdanderson.org.

Connect @ the Houston Dynamo Match
7:30 p.m.
BBVA Compass Stadium
2200 Texas St., Houston, TX 77003

MD Anderson patients and their families are invited to attend a match between the Houston Dynamo and Sporting Kansas City. No cost for tickets. Limited to two tickets per family. RSVP beginning May 22. Call 713-792-2553.
Monday, June 3
MD Anderson Friends and Family Day at the Museum of Fine Arts
Noon-5 p.m.
Museum of Fine Arts, Houston (MFAH)
1001 Bissonnet St., Houston, TX 77005

MFAH welcomes patients, family members, volunteers and staff to visit when it is closed to the public. No tickets necessary. Tell them you are a guest of MD Anderson Cancer Center. General admission is free and includes access to special exhibitions including Vincent van Gogh: His Life in Art, Between Play and Grief: Selections from the Latino American Collection, and more.

Thursday, June 6
Health and Wellness “Art and Design in Medicine”
Presented by MD Anderson Cancer Center
6:30-8:30 p.m.
Beck Building, Museum of Fine Arts, Houston (MFAH)
1001 Bissonnet St., Houston, TX 77005

MFAH welcomes patients, family members, volunteers and staff to attend a panel session discussing the influence of art and care on survivorship.

Daily Events

Entertainment, Crafts and Photo Opportunities
9 a.m.-2 p.m.
Mays Clinic, Floor 2, West Lobby, near Elevator P

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. Enjoy daily musical entertainment.

Talk to our experts and stretch your legs

OncTalks: Talk with various experts who can give you advice about nutrition and physical activity. Meet in Mays Clinic, Floor 2, West Lobby, near elevator P, 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.
OncTalk
11-11:30 a.m.
Mays Clinic, Floor 2, West Lobby, near Elevator P

Grab a healthy snack and talk with experts about survivorship, nutrition and exercise.

Monday, June 3

Healing Bracelet Workshop
9 a.m.-2 p.m.
Mays Clinic, Floor 2, West Lobby, near Elevator P

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.

Skin Care Solutions
9:30-10:30 a.m.
Duncan Building, Floor 8, near Elevator Q, Room 1

Learn skin care information to help you during treatment and recovery. Discover what you can do to help protect and restore your skin.

Heads Up on Handling Hair Loss
11 a.m.-noon
Duncan Building, Floor 8, near Elevator Q, Room 1

Get information on managing hair loss. Learn about shaving your head and skin care for your scalp. The session also will cover wig selection, including wear and care, as well as scarf-tying tips.

OncTalk
11-11:30 a.m.
Mays Clinic, Floor 2, West Lobby, near Elevator P

Grab a healthy snack and talk with experts about survivorship, nutrition and exercise.

Cooking for Optimal Health
Noon-1:30 p.m.
Mays Clinic, Floor 2, near Elevator T, across from Appearances, Integrative Medicine Center

Learn how to prepare nutritious meals from a dietitian. You will have the chance to enjoy samples. Call 713-794-4700 to sign up.
Beautiful Brows
1-2 p.m.
Duncan Building, Floor 8, near Elevator Q, Room 1

Find out how to recreate the appearance of natural looking, long-lasting eyebrows and eyelashes for any stage of hair loss or regrowth. View demonstrations and get tips.

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. We will meet in Mays Clinic, West Lobby, Floor 2, near Elevator P.

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.

Tuesday, June 4

Healing Bracelet Workshop
9 a.m.-2 p.m.
Mays Clinic, Floor 2, West Lobby, near Elevator P

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.

Want to talk to someone who’s been there?

Get matched with a trained survivor or caregiver volunteer from myCancerConnection, MD Anderson’s cancer support community. Support is free and open to anyone, regardless of where they were treated. You can talk to someone in-person or by phone. Get connected now by calling 1-800-345-6324 or by sending myCancerConnection a message in MyChart.
Heads Up on Handling Hair Loss
9:30-10:30 a.m.
Duncan Building, Floor 8, near Elevator Q, Room 1

Get information on managing hair loss. Learn about shaving your head and skin care for your scalp. The session also will cover wig selection, including wear and care, as well as scarf-tying tips.

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.

OncTalk
11-11:30 a.m.
Mays Clinic, Floor 2, West Lobby, near Elevator P

Grab a healthy snack and talk with experts about survivorship, nutrition and exercise.

Skin Care Solutions
11 a.m.-noon
Duncan Building, Floor 8, near Elevator Q, Room 1

Learn skin care information to help you during treatment and recovery. Discover what you can do to help protect and restore your skin.

Beautiful Brows
12:30-1:30 p.m.
Duncan Building, Floor 8, near Elevator Q, Room 1

Find out how to recreate the appearance of natural looking, long lasting eyebrows and eyelashes for any stage of hair loss or regrowth. View demonstrations and get tips.

Lunch & Learn: Supplements for Survivors
12:30-1:30 p.m.
Mays Clinic, Floor 1, near Elevator S, Telehealth Classroom (ACB1.2345)

Join this wellness series session to learn how to determine what herbs and supplements are appropriate for your health. Session will be streamed to MD Anderson locations in League City, Sugar Land and The Woodlands. View session remotely at myCancerConnection.org.
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. We will meet in Mays Clinic, West Lobby, Floor 2, near Elevator P.

Wednesday, June 5

Healing Bracelet Workshop  
9 a.m.-2 p.m.  
Mays Clinic, Floor 2, West Lobby, near Elevator P  

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.

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. Sign up with the volunteer in the area.

OncTalk  
11-11:30 a.m.  
Mays Clinic, Floor 2, West Lobby, near Elevator P  

Grab a healthy snack and talk with experts about survivorship, nutrition and exercise.

Build Your Own Inspiration Board  
11 a.m.-2 p.m.  
Mays Clinic, Floor 2, West Lobby, near Elevator P  

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

What is survivorship?  
Being a cancer survivor brings 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
**Thursday, June 6**

**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. Sign up with the volunteer in the area.

**OncTalk**  
11-11:30 a.m.  
Mays Clinic, Floor 2, West Lobby, near Elevator P  
Grab a healthy snack and talk with experts about survivorship, nutrition and exercise.

**Build Your Own Inspiration Board**  
11 a.m.-2 p.m.  
Mays Clinic, Floor 2, West Lobby, near Elevator P  
Join us as we create a space to post inspirational quotes, phrases and pictures of loved ones that have encouraged us. Learn how to stay positive and hopeful.

**Life After: Living With Cancer**  
Noon-1 p.m.  
Pickens Academic Tower, Floor 3, Elevator N, Conference Rooms 3-6  
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.

**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. We will meet in Mays Clinic, West Lobby, Floor 2, near Elevator P.

**Bingo**  
6-7 p.m.  
Rotary House International, Floor 1, The Atrium (or lobby)  
Enjoy a fun night of bingo to meet other patients, survivors and their loved ones.
**Friday, June 7**

**OncTalk**
11-11:30 a.m.
Mays Clinic, Floor 2, West Lobby, near Elevator P

Grab a healthy snack and talk with experts about survivorship, nutrition and exercise.

**Healing Bracelet Workshop**
Noon-1 p.m.
Mays Clinic, Floor 2, West Lobby, near Elevator P

Healing prayer bracelets have been used for ages as pathways to peace and tranquility. Learn about the history of beads and their

---

**MD Anderson classes**

You are invited to attend MD Anderson group classes supporting all areas of health, including mind, body and spirit. Classes are free and open to patients, family members and caregivers. Find class information online at mdanderson.org/classes or look for a bi-monthly schedule in The Learning Centers at MD Anderson’s Texas Medical Center location.

---

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