# YOUNG ADULT VIRTUAL PROGRAMS

Presented by MD Anderson Cancer Center and Dan’s House of Hope (DHOH)

## September 2021

<table>
<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
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<td></td>
<td>Restorative Yoga (DHOH)*</td>
<td>Arts &amp; Crafts Time (DHOH)*</td>
<td>Caregiver Coffee (DHOH)*</td>
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<td></td>
<td>6-7 p.m.</td>
<td>6:30-8 p.m.</td>
<td>10:30-11:30 a.m.</td>
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<td>EVENT FULL</td>
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<td>10</td>
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<tr>
<td>LABOR DAY</td>
<td>Virtual Art*</td>
<td>Restorative Yoga (DHOH)*</td>
<td>Young Adult Support Group</td>
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<td></td>
<td>Bonus session!!</td>
<td>6-7 p.m.</td>
<td>6:30 p.m.</td>
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<td></td>
<td>7 p.m.</td>
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<td></td>
<td>Beyond Beats: Music Series</td>
<td>Restorative Yoga (DHOH)*</td>
<td>Game Night (DHOH)*</td>
<td>Caregiver Coffee (DHOH)*</td>
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<td></td>
<td>6:30 p.m.</td>
<td>6-7 p.m.</td>
<td>6:30-8 p.m.</td>
<td>10:30-11:30 a.m.</td>
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<td></td>
<td>Lunch &amp; Learn: 3rd COVID vaccine for cancer patients</td>
<td>Restorative Yoga (DHOH)*</td>
<td>Young Adult Support Group</td>
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<td></td>
<td>12:30 p.m.</td>
<td>6-7 p.m.</td>
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<td>Virtual Art*</td>
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<td>6:30 &amp; 8:30 p.m.</td>
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<td></td>
<td>Deadline to register for 10/7/21 Arts &amp; Crafts (DHOH)*</td>
<td>Meditation is hard! Am I doing it wrong?</td>
<td>Restorative Yoga (DHOH)*</td>
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<td></td>
<td><a href="http://www.tinyurl.com/AYAevents">www.tinyurl.com/AYAevents</a></td>
<td>6:30 p.m.</td>
<td>6-7 p.m.</td>
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* open to caregivers

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Click here to register for activities: [www.tinyurl.com/AYAevents](http://www.tinyurl.com/AYAevents)

Danshouseofhope.org/our-programs
Facebook.com/danshouseofhope

aya@mdanderson.org
Facebook.com/groups/mdandersonaya

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DAN’S HOUSE OF HOPE
help for AYAs

THE UNIVERSITY OF TEXAS MD Anderson Cancer Center
Making Cancer History®