Blood Sugar Control During Cancer Treatment
Learn to manage your blood sugar during cancer treatment. Get information on a range of topics – from meals to medication.

Bowel Management
Learn how the bowel works and what you can do to feel more comfortable. Topics include constipation, diarrhea and tips on how to manage bowel function.

Cancer-Related Fatigue
Tired of being tired? Receive information and support to help you fight fatigue. This class is co-sponsored by Internal Medicine.

Central Venous Catheter (CVC) Care
This class focuses on home care of the central venous catheter. Learn how to clean and care for the CVC properly. To learn more about the class, please call 713-792-2316.

Diabetes and You: How to Use Your Insulin
Manage diabetes with better skills. Please call 713-792-8042 to schedule a personal appointment. This class is co-sponsored by Internal Medicine.

Hepatitis C: Treatment and Cure
This class offers information on the treatment and cure of Hepatitis C. Learn what to expect from treatment and how to manage side effects. To reserve a space, call Ruth Roache at 713-563-3955.

Implanted Venous Port
Learn about the implanted port and how to care for it. Individual appointments are required. Please call 713-563-7678 or 713-563-0777 to schedule a session with the nurse.

Laughter for Health Yoga
Laughter for Health Yoga is a blend of deep breathing, stretching and simulated laughter exercises that may help reduce stress, depression and more. Please bring a bottle of water to class.

Mindful Meditation
Practice mindful meditation techniques, and learn how they can help improve mood and decrease anxiety.

New Patient/Family Orientation
Learn about MD Anderson’s programs and services, including information about clinical trials and myMDAnderson. You may also take the class online at www.mdanderson.org/patient-orientation.

A nurse is available to answer your questions about chemotherapy, radiation, surgery, fatigue, nutrition and more.

All classes are free.
For more information, please call Patient Education at 713-792-7128.
Blood Sugar Control During Cancer Treatment
Thursday .................................. 10-11 a.m.
Main Building Classroom

Bowel Management
Wednesday .................................. 11 a.m.-noon
Main Building Classroom

Cancer-Related Fatigue
Thursday .................................. noon-1 p.m.
Only on March 2, April 6 and May 4
Main Building Classroom

Central Venous Catheter (CVC) Care
Monday through Friday ........... 10:30 a.m.-noon
and 1:30-3 p.m.
Saturday and Sunday .......... 10:30 a.m.-noon
Main Building Infusion Therapy Classroom

Diabetes and You: How to Use Your Insulin
Please call to schedule a personal appointment.
(Outpatients should schedule an appointment with the Internal Medicine Center, 713-792-8042.)
Main Building Internal Medicine Classroom

Hepatitis C: Treatment and Cure
Tuesday .................................. noon-1 p.m.
To reserve a space, please call Ruth Roach at 713-563-3955.

Implanted Venous Port
We are happy to teach you proper care of your implanted venous port. Please call Infusion Therapy in the Mays Clinic at 713-563-7678 or 713-563-0777 to schedule an individual class.

Laughter for Health Yoga
Monday .................................. 3-4 p.m.
Only on March 6, April 3 and May 1
Rotary House Patient Guest Relations

Mindful Meditation
Monday .................................. 11-11:30 a.m.
Only on March 13 and 27; April 10 and 24; May 8 and 22
Rotary House Patient Guest Relations

New Patient/Family Orientation
Monday through Wednesday .......... 2-3 p.m.
Main Building Classroom

Thursday ............... 2-3 p.m.
Mays Clinic Classroom

This class is also available online at www.mdanderson.org/patient-orientation.

Questions About Treatment Side Effects?
Ask the Expert.
Monday .................................. noon-1 p.m.
Main Building Classroom

Tuesday .................................. 3-4 p.m.
Only on March 7, April 4 and May 2
Rotary House Patient Guest Relations

Classes are not held on institutional holidays. All patient education classes are free.
Need help? Call us at 713-792-7128.

For additional classes provided through the Integrative Medicine Center, visit www.mdanderson.org/integrativemedcenter or call 713-794-4700.