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.

**Evening and weekend events**

**Monday, June 5**

**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 is closed to the public to give patients, family members, volunteers and staff exclusive access. No tickets necessary. Tell them you are a guest of MD Anderson Cancer Center. General admission and access to the special exhibitions, including extraordinary sculptures by Ron Mueck, are free.

**Wednesday, June 7**  
**myCancerConnection Art of Survivorship: Night at the Health Museum**  
6-8 p.m.  
The Health Museum  
1515 Hermann Dr., Houston, TX 77004

myCancerConnection is hosting an evening of exhibits, food and fun for free. All adults are welcome, regardless of where treatment is received. To RSVP, email myCancerConnection@mdanderson.org or call 713-792-2553.
Friday, June 9

myCancerConnection Day Away: Houston Astros
7:10 p.m.
Minute Maid Park
501 Crawford St., Houston, TX 77002

Attend a Houston Astros game (Astros vs. Anaheim Angels). The trip is open to any MD Anderson patients, caregivers and survivors age 18 or older. No cost for tickets. RSVP beginning May 31 by calling 713-792-2553.

Saturday, June 10

myCancerConnection Cancer 180 Young Adult Survivorship Conference
8:30 a.m.-2:30 p.m.
South Campus Research Building 2
7435 Fannin St.

The Cancer180 Young Adult Survivorship Conference is a free event open to all young adults, ages 18-35, regardless of where treatment is received. Connect with other young adult survivors and participate in educational sessions led by cancer experts. Visit cancer180.org or email Cancer180@mdanderson.org to view the program and register.

Daily Events

Crafts, Entertainment and Photo Opportunities
11 a.m.-2 p.m.
Main Building, Floor 1, near The Aquarium

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.

OncWalk
2-2:30 p.m.
Skybridge between Mays Clinic and the Main Building

Join us on the skybridge to walk and talk about survivorship, nutrition and exercise. We will start at 2 p.m. on the Mays Clinic end of the skybridge.

Stretch your legs

OncWalks: daily walks across the skybridge with various MD Anderson experts who can give you advice about nutrition and physical activity.

Labyrinth walk: A volunteer-led, spiritual walk outdoors where you can meditate, reflect and/or pray.
Monday, June 5

**Resource Fair**
10:30 a.m.-noon
Main Building, Floor 1, near The Aquarium
Main Building, Floor 2, near Elevator C

Learn more about resources available to you both during and after treatment.

**Brief Relaxation Massages**
1-5 p.m.
Rotary House International, Floor 1, Patient Guest Relations area

Enjoy a complimentary 10- to 15-minute massage. Please call 713-794-4750 to sign up.

**Living with Intention: Vision Board Workshop**
Noon-1 p.m.
Main Building, Floor 2, near Elevator F

Learn how to set positive self-intentions and focus on specific goals by creating your own vision board, or collections of pictures and affirming words.

**Laughter Yoga**
3-4 p.m.
Rotary House International, Floor 1 (RHI1.111)

Laugh and relax. This class combines yogic deep breathing, stretching and simulated laughter exercises to reduce stress, blood pressure and depression.

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Tuesday, June 6

**Meditation**
9:30-10:30 a.m.
Mays Clinic, Floor 2, Integrative Medicine Center (ACB2.1041)

Learn to relax and access a deeper awareness by connecting your mind, body and heart. Meditation can help decrease anxiety, improve sleep and memory, and increase your sense of well-being.
Brief Relaxation Massages
10 a.m.-2 p.m.
Mays Clinic, Floor 6, near Elevator U, Gynecologic Oncology Center
Main Building, Floor 2, near Elevator C

Enjoy a complimentary 10- to 15-minute massage. First come, first served. Please sign up with the volunteer in the area.

myCancerConnection PIKNIC: Advances in Cancer Survivorship
12:30-1:45 p.m.
Mays Clinic, Floor 1, near Elevator S, Telehealth Classroom (ACB1.2345)

This presentation will discuss advances in cancer survivorship: the physical and emotional effects of treatment and follow-up medical treatment and screenings. This session will be telecasted to the Houston-area locations in The Woodlands, Bay Area, Katy and Sugar Land. Lunch is provided for the first 15 patients, caregivers and family members.

Care 4 the Caregiver
12:30-1:30 p.m.
Rotary House International, Floor 1 (RHI1.111)

Connect with others who care for their loved ones while learning coping skills in this open support group.

Tai Chi
3:30-4:30 p.m.
Mays Clinic, Floor 2, Integrative Medicine Center (ACB2.1041)

Find balance and strength through continuous flowing movements that link mind to body. Call 713-794-4700 to sign up.

Wednesday, June 7

Labyrinth Walk
9:30-10 a.m.
Skybridge between Mays Clinic and the Main Building

Walking a labyrinth is a spiritual exercise of quiet centering that involves meditation, reflectiveness and/or prayer. A volunteer will guide the walk. Meet by the Pickens Tower skybridge entrance.

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
**Brief Relaxation Massages**  
10 a.m.-2 p.m.  
Mays Clinic, Floor 5, near Elevator U, Breast Center  
Main Building, Floor 2, near Elevator C  
Enjoy a complimentary 10- to 15-minute massage. First come, first served. Please sign up with the volunteer in the area.

**Yoga for Health**  
10:30-11:30 a.m.  
Mays Clinic, Floor 2, Integrative Medicine Center (ACB2.1041)  
Experience a gentle form of yoga focusing on stretching, breathing, relaxation and meditation. Call 713-794-4700 to sign up.

**Healing Prayer Bracelet Workshop**  
11 a.m.-12:30 p.m.  
Main Building, Floor 1, near The Aquarium  
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.

**An Intimate Conversation: Sex and Survivorship**  
12:30-1:30 p.m.  
Main Building, Floor 2, near Elevator D, Social Work Office (B2.4725)  
This presentation will provide a safe place for questions about intimacy, sexuality and how to redefine relationships during and after treatment.

**Meditation and Daily Life**  
2:30-3:30 p.m.  
Mays Clinic, Floor 2, Integrative Medicine Center (ACB2.1041)  
Practice meditation and learn how it can help reduce stress. Call 713-794-4700 to sign up.

**Rotary Night**  
5-7 p.m.  
Rotary House International, Floor 1, Atrium  
Join us for a night of light snacks and music. This event is sponsored by Rotary House International.
Thursday, June 8

Relaxation Massages
10 a.m.-2 p.m.
Duncan Building, Floor 2, near The Star, Lyda Hill Cancer Prevention Center
Main Building, Floor 7, near Elevator A, Gastrointestinal Center

Enjoy a complimentary 10- to 15-minute massage. First come, first served. Please sign up with the volunteer in the area.

De-stress and Express Yourself: Self-care and Art Therapy
10-11 a.m.
Main Building, Floor 2, near Elevator F

Learn about techniques and support services to help you address common cancer concerns. You will create a self-care plan, discover ways to cope and learn how to de-stress while channeling your creative side.

Advance Care Planning Help
Noon-1 p.m.
Main Building, Floor 4, Elevator A, The Learning Center Classroom (R4.1121)

Get Advance Care Planning advice and assistance with completing common legal health care documents.

Therapeutic Group Drumming
2-3 p.m.
Mays Clinic, Floor 2, Integrative Medicine Center (ACB2.1041)

Socialize with others and express yourself creatively while learning to play a variety of instruments. No experience needed! Call 713-794-4700 to sign up.

Well Wives
4-5 p.m.
Rotary House International, Floor 1, Patient Guest Relations area

This support group provides an opportunity for female significant others to share some of their concerns and feelings about cancer and its impact.
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 9

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11 a.m.-12:30 p.m.
Main Building, Floor 1, near The Aquarium
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.

Yoga for Fitness
11:30 a.m.-12:30 p.m.
Mays Clinic, Floor 2, Integrative Medicine Center (ACB2.1041)
This beginning/intermediate level yoga class focuses on moving through postures with breath. Call 713-794-4700 to sign up.

Get one-on-one support
myCancerConnection offers one-on-one support by connecting you to a cancer support community of patients, survivors and caregivers who have been there. Requests are matched by disease, mode of treatment and experience. Support is open to anyone, regardless of where they are treated.
myCancerConnection Cancer 180 Young Adult Survivorship Conference
8:30 a.m.-2:30 p.m.
South Campus Research Building 2
7435 Fannin St.

The Cancer180 Young Adult Survivorship Conference is a free event open to all young adults, ages 18-35, 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 cancer180.org or email Cancer180@mdanderson.org.

Upcoming
myCancerConnection Cancer Survivorship Conference
Thursday, Sept. 14- Friday, Sept. 15, 2017

Attendees can share hope, support and understanding with others who have had similar experiences, regardless of where they received treatment. For information and to register, visit www.mdanderson.org/patientconference

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