

Presenting Sponsor

TEXAS ONCOLOGY

More breakthroughs. More victories.®

VIRTUAL 
EXPERIENCE

SURVIVE & THRIVE VIRTUAL EXPERIENCE

3-WEEK EXPERIENCE • MARCH 21 - APRIL 11, 2024

This 3-week program, is a space for all patients, survivors, caregivers and providers to take a deeper dive into the emotional, spiritual & physical aspects of cancer. Each week starts with a live speaker presentation. The week continues with self-selected workshops, intimate support group sessions and community connections.

Expert Presentation

**Late & Long-Term Effects of Cancer
Fear & Anxiety
Illuminating Hope: Survivorship**

Personalized Support

Groups meet once a week
Morning Sessions | Wednesday, 10:00-11:00 am
Evening Sessions | Thursday, 6:00-7:00 pm

Engaging Workshops

Nutrition
Intimacy
Skin & Body
Yoga
QiGong

For More Information



Register For Free Today!
<https://shorturl.at/rtzV0>

VIRTUAL EXPERIENCE

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THURSDAY, MARCH 21 • THURSDAY, APRIL 11

WEEK 1

- Thursday, Mar. 21 Welcome From Tamika Felder!
- Monday, Mar. 25 **Live Speaker** | 6:00-7:00 pm
Late & Long-Term Effects of Treatment
- Tuesday, Mar. 26 **Workshops:**
- QiGong | 11:00 am-12:00 pm
 - Nutrition 6:00-7:00 pm
- Wednesday, Mar. 27 **Support Group:**
- Morning | 10:00-11:00 am
- Thursday, Mar. 28 **Workshops:**
- Yoga | 9:30-10:30 am
- Support Group:**
- Evening | 6:00-7:00 pm

WEEK 2

- Monday, Apr. 1 **Live Speaker** | 6:00-7:00 pm
Fear & Anxiety
- Tuesday, Apr. 2 **Workshops:**
- QiGong | 11:00 am-12:00 pm
 - Intimacy & Libido | 6:00-7:00 pm
- Wednesday, Apr. 3 **Support Group:**
- Morning | 10:00-11:00 am
- Thursday, Apr. 4 **Workshops:**
- Yoga | 9:30-10:30 am
- Support Group:**
- Evening | 6:00-7:00 pm

WEEK 3

- Monday, Apr 8 **Live Speaker** | 6:00-7:00 pm
Illuminating Hope: Survivorship
- Tuesday, Apr. 9 **Workshops:**
- QiGong | 11:00 am-12:00 pm
 - Skin & Body | 6:00-7:00 pm
- Wednesday, Apr. 10 **Support Group:**
- Morning | 10:00-11:00 am
- Thursday, Apr. 11 **Workshops:**
- Yoga | 9:30-10:30 am
- Support Group:**
- Evening | 6:00-7:00 pm
- LAST DAY!

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