



**SURVIVE  
& THRIVE**  
*VIRTUAL EXPERIENCE*

# **SURVIVE & THRIVE VIRTUAL EXPERIENCE**

**2-WEEKS • MAY 30 - JUNE 14, 2024**

This hands-on program is a space for our cancer community to take a deeper dive into the emotional, spiritual & physical aspects of cancer. The experience consists of self-selected workshops in an intimate group session that helps facilitate community connections.

## **Engaging Workshops**

Cooking Demos  
Meditation  
Nutrition  
Pelvic Floor Health  
QiGong  
Sexual Health  
Spirituality  
Yoga

## **Find your Community**

Find your community among other patients, cancer survivors, caregivers, and professionals.

## **For More Information**



**Register For Free Today!**

<https://texasoncologyfoundation.org/virtual-experience/>



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THURSDAY, MAY 30 • FRIDAY, JUNE 14

## WEEK 1

Thursday, May 30	Welcome from Workshop Leaders!
Monday, June 3 6:00-7:00 pm	Eating Well, Spending Less: Budget-Savvy Grocery Tips for Survivors
Tuesday, June 4 11:00 am-12:00 pm	QiGong
Wednesday, June 5 5:00-6:00 pm	Nourishing the Soul: Contemplative Prayer for Spiritual Resilience
Thursday, June 6 9:30-10:30 am	Yoga
Friday, June 7 12:00-1:00 pm	Nurturing Pelvic Floor and Sexual Health with Cancer (Part One)

## WEEK 2

Monday, June 10 6:00-7:00 pm	Cooking Demo: Make Dinner with TXO Dietitian Leah Wilson
Tuesday, June 11 11:00 am-12:00 pm	QiGong
Wednesday, June 12 5:00-6:00 pm	Inner Strength Meditation
Thursday, June 13 9:30-10:30 am	Yoga
Friday, June 14 12:00-1:00 pm	Nurturing Pelvic Floor and Sexual Health with Cancer (Part Two)

## Workshop Leaders:



*Morgan Sanderson  
RD, CSO, LD*



*David Zuniga  
PhD, MDIV, MA*



*Erin Dean  
PT, DPT, CLT*



*Leah Wilson  
MS, RD, LD, CNSC*

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