



**SURVIVE
& THRIVE**
VIRTUAL EXPERIENCE

SURVIVE & THRIVE VIRTUAL EXPERIENCE

2-WEEKS • AUGUST 15- AUGUST 30, 2024

Just in time for back to school, this hands-on program offers our cancer community a deeper dive in setting yourself up for success. A cancer experience impacts all areas of your life. Join us as we explore finances, home, relationships and more. The experience includes self-selected workshops in intimate group sessions to foster community connections

Engaging Workshops

- Cooking Demo
- Creating Quality Time
- Family Connections
- Financial Toxicity
- Organizing Your Home
- Pilates
- 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, AUGUST 15 • FRIDAY, AUGUST 30

WEEK 1

Thursday, Aug 15	Welcome from Workshop Leaders!
Monday, Aug 19 6:00-7:00 pm	Part one: Organizing Finances to Reduce Financial Toxicity
Tuesday, Aug 20 11:00 am-12:00 pm	Restorative Pilates
Wednesday, Aug 21 5:00-6:00 pm	Organizing your Home: Where to Start?
Thursday, Aug 22 9:30-10:30 am	Yoga
Friday, Aug 23 12:00-1:00 pm	Quality Time Over Quantity

WEEK 2

Monday, Aug 26 6:00-7:00 pm	Part two: Organizing Finances to Reduce Financial Toxicity
Tuesday, Aug 27 11:00 am-12:00 pm	Restorative Pilates
Wednesday, Aug 28 5:00-6:00 pm	Cooking Demo: Nourishing Power Bowls
Thursday, Aug 29 9:30-10:30 am	Yoga
Friday, Aug 30 12:00-1:00 pm	Fostering Family Connections

Workshop Leaders:



*Maygen Nolan,
LCSW, OSW-C*



*Brenna Kuhn
Yoga Instructor*



*Ashley Griffin
MSW, LMSW*



*Leah Wilson
MS, RD, LD, CNSC*

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