

VIRTUAL 
EXPERIENCE

SURVIVE & THRIVE VIRTUAL EXPERIENCE

3-WEEK EXPERIENCE • JANUARY 9 - 31, 2025

Step into the new year with this transformative 3-week online program includes live presentations, customizable workshops, and intimate support group sessions, fostering community connections and personal development. Our Virtual Experience offers a nurturing environment for patients, survivors, and caregivers to explore growth & resilience.

Expert Presentations

Clinical Trials & Self Advocacy
Sexual Health with Cancer
Cooking Demo

Personalized Support

Groups meet once a week
Evening Sessions | Tuesday, 6:00-7:00 pm
Morning Sessions | Wednesday, 11:00-12:00 pm

Engaging Workshops

Pilates
Mindfulness
Yoga
Family Leave
Short Term Disability
Nutrition

For More Information

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

VIRTUAL EXPERIENCE

VIRTUAL EXPERIENCE THURSDAY, JANUARY 9 • THURSDAY, JANUARY 31

WEEK 1

- Thursday, Jan. 9 Welcome From Our Speakers!
- Monday, Jan. 13 **Live Speaker** | 6:00-7:00 pm
Clinical Trials: Tools and Strategies for Effective Self-Advocacy
- Tuesday, Jan. 14 **Workshops:**
- Pilates | 9:00 am-10:00 pm
- Support Group:**
- Evening | 6:00-7:00 pm
- Wednesday, Jan. 15 **Support Group:**
- Morning | 11:00 am -12:00 pm
- Workshops:**
- FMLA & Short Term Disability 5:00 -6:00 pm
- Thursday, Jan. 16 **Workshops:**
- Yoga | 9:30-10:30 am

WEEK 3

- Monday, Jan. 27 **Live Speaker** | 6:00-7:00 pm
Live cooking Demo with Texas Oncology Dietician
- Tuesday, Jan. 28 **Workshops:**
- Pilates | 9:00 am-10:00 pm
- Support Group:**
- Evening | 6:00-7:00 pm

WEEK 2

- Monday, Jan. 20 **Live Speaker** | 6:00-7:00 pm
Revitalizing your Sexual Health with Cancer
- Tuesday, Jan. 21 **Workshops:**
- Pilates | 9:00 am-10:00 pm
- Support Group:**
- Evening | 6:00-7:00 pm
- Wednesday, Jan. 22 **Support Group:**
- Morning | 11:00 am -12:00 pm
- Workshops:**
- Self Confidence & Advocating for yourself 5:00 -6:00 pm
- Thursday, Jan. 23 **Workshops:**
- Yoga | 9:30-10:30 am
- Wednesday, Jan. 29 **Support Group:**
- Morning | 11:00 am -12:00 pm
- Workshops:**
- Nutrition: How to Read Labels and Find Replacements 5:00 -6:00 pm
- Thursday, Jan. 30 **Workshops:**
- Yoga | 9:30-10:30 am
LAST DAY!

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