

SURVIVE & THRIVE VIRTUAL EXPERIENCE

4-WEEK EXPERIENCE • JUNE 3 - JULY 1, 2021

Texas Oncology Foundation is hosting this 4-week program, creating a space for patients to take a deeper dive into the emotional, spiritual and physical aspects of cancer. Each week starts with a live speaker presentation tied to that week's theme. The week continues with self-selected workshops, intimate support group sessions and community connections.

Expert Presentations

Mental Health
Nutrition: Gut Health
Health Insurance
Survivorship Wellness

Personalized Support

Groups meet once a week
Evening Sessions | Mondays, 6:00-7:30pm
Morning Sessions | Wednesdays, 9:30am-11:00am

Engaging Workshops

Art Therapy
Book Club
Communications
Financials
Fitness
Journaling
Nutrition

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More breakthroughs. More victories.®

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CAMP EXPERIENCE

THURSDAY, JUNE 3 • THURSDAY, JULY 1

WEEK 1

- Thursday, June 3 FIRST DAY OF CAMP!
Meet-n-Greet | 6-7pm
 Monday, June 7 **Live Speaker** | 11am-12pm
Mental Health Matters
Support Group:
 • Evening | 6-7:30pm
 Tuesday, June 8 **Workshops:**
 • Yoga | 1-2pm
 • Living with Intention | 2-3pm
 Wednesday, June 9 **Support Group:**
 • Morning | 9:30-11am
Workshops:
 • Art Therapy | 12-1pm
 • Piloxing Barre | 5:30-6:30pm

WEEK 3

- Monday, June 21 **Live Speaker** | 11am-12pm
Health Insurance: A Puzzle Wrapped in an Enigma
Support Group:
 • Evening | 6-7:30pm
 Tuesday, June 22 **Workshops:**
 • Insurance | 11am-12pm
 • Yoga | 1-2pm
 • Living with Intention | 2-3pm
 Wednesday, June 23 **Support Group:**
 • Morning | 9:30-11am
Workshops:
 • Art Therapy | 12-1pm
 • Piloxing Barre | 5:30-6:30pm

WEEK 2

- Monday, June 14 **Live Speaker** | 11am-12pm
That Good Gut Feeling: Nutrition & Gut Health
Support Group:
 • Evening | 6-7:30pm
 Tuesday, June 15 **Workshops:**
 • Journaling | 11am-12pm
 • Yoga | 1-2pm
 • Living with Intention | 2-3pm
 Wednesday, June 16 **Support Group:**
 • Morning | 9:30-11am
Workshops:
 • Cooking Demo | 1-2pm
 • Piloxing Barre | 5:30-6:30pm

WEEK 4

- Monday, June 28 **Live Speaker** | 11am-12pm
Reclaiming Wellness
Support Group:
 • Evening | 6-7:30pm
 Tuesday, June 29 **Workshops:**
 • Journaling | 11am-12pm
 • Yoga | 1-2pm
 • Living with Intention | 2-3pm
 Wednesday, June 30 **Support Group:**
 • Morning | 9:30-11am
Workshops:
 • Tabata HIIT | 1-2pm
 • Living Beyond Cancer | 2-3pm
 • Piloxing Barre | 5:30-6:30pm
 Thursday, July 1 **LAST DAY OF CAMP!**
Wrap Up | 6-7pm

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