

Presenting Sponsor

TEXAS ONCOLOGY

More breakthroughs. More victories.®

TEXAS ONCOLOGY
FOUNDATION
Virtual Experience 

SURVIVE & THRIVE VIRTUAL EXPERIENCE

3-WEEK EXPERIENCE • OCTOBER 28 - NOVEMBER 18, 2021

Texas Oncology Foundation is hosting this 3-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

Currents & Cross-Currents: Spirituality & Mental Health in the Cancer Community

Late & Long-Term Effects of Treatment

Release the Brakes

Personalized Support

Groups meet once a week

Evening Sessions | Mondays, 6:00-7:30pm

Morning Sessions | Thursdays, 11:30am-1:00pm

Engaging Workshops

Journaling

Nutrition to Digest (cooking demo)

Process of Elimination (nutrition topic)

Tabata HIIT

Yoga

For More Information



SCAN ME

Only \$25 to Register Today!
txofvirtualexperience.com

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CAMP EXPERIENCE

THURSDAY, OCTOBER 28 • THURSDAY, NOVEMBER 18

WEEK 1

Thursday, Oct. 28

FIRST DAY OF CAMP!

Meet-n-Greet | 6:00-7:00pm

Live Speaker | 11:00am-12:00pm

*Currents & Cross-Currents:
Spirituality & Mental Health in the
Cancer Community*

Support Group:

- Evening | 6:00-7:30pm

Workshops:

- Yoga | 1:00-2:00pm
- Journaling | 3:00-4:00pm

Workshops:

- Tabata HIIT | 1:00-2:00pm
- Nutrition: Process of Elimination |
6:15-7:00pm

Support Group:

- Morning | 11:30am-1:00pm

Monday, Nov. 1

Tuesday, Nov. 2

Wednesday, Nov. 3

Thursday, Nov. 4

WEEK 2

Monday, Nov. 8

Live Speaker | 11:00am-12:00pm

*Late & Long-Term Effects of
Treatment*

Support Group:

- Evening | 6:00-7:30pm

Workshops:

- Yoga | 1:00-2:00pm
- Journaling | 3:00-4:00pm

Workshops:

- Tabata HIIT | 1:00-2:00pm

Support Group:

- Morning | 11:30am-1:00pm

Tuesday, Nov. 9

Wednesday, Nov. 10

Thursday, Nov. 11

WEEK 3

Monday, Nov. 15

Live Speaker | 11:00am-12:00pm

Release The Brakes

Support Group:

- Evening | 6:00-7:30pm

Workshops:

- Yoga | 1:00-2:00pm
- Journaling | 3:00-4:00pm
- Nutrition to Digest | 6:15-7:00pm

Workshops:

- Tabata | 1:00-2:00pm

Support Group:

- Morning | 11:30am-1:00pm

LAST DAY OF CAMP!

Wrap Up | 6:00-7:00pm

Tuesday, Nov. 16

Wednesday, Nov. 17

Thursday, Nov. 18

New Alumni Pricing!

Returning Participants -
\$15 registration cost

(details included in online registration)

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