

Presenting Sponsor

**TEXAS ONCOLOGY**

*More breakthroughs. More victories.®*

**TEXAS ONCOLOGY**  
**FOUNDATION**  
*Virtual Experience* 

# SURVIVE & THRIVE VIRTUAL EXPERIENCE

**3-WEEK EXPERIENCE • JANUARY 26 - FEBRUARY 16, 2023**

Texas Oncology Foundation is hosting this 3-week program, creating a space for participants to take a deeper dive into the emotional, spiritual and physical aspects of cancer. Each week starts with a live speaker presentation. The week continues with self-selected workshops, intimate support group sessions and community connections.

## Expert Presentations

**Late & Long-Term Effects of Treatment**

**Cancer & Intimacy**

**Cancer: The Great Disruptor**

## Personalized Support

Groups meet once a week

Evening Sessions | Tuesdays, 6:00-7:00pm

Morning Sessions | Thursdays, 10:00-11:00am

## Engaging Workshops

Intimacy

Journaling

QiGong

Yoga

NEW: Participant Meet Ups

## For More Information



SCAN ME

**Register for FREE Today!**  
**[txofvirtualexperience.com](https://txofvirtualexperience.com)**

# VIRTUAL EXPERIENCE

THURSDAY, JANUARY 26 • THURSDAY, FEBRUARY 16

## WEEK 1

- Thursday, Jan. 26 **FIRST DAY OF CAMP!**  
**Welcome from Camp Director**
- Monday, Jan. 30 **Live Speaker** | 11:00am-12:00pm  
*Late & Long-Term Effects of Treatment*  
**Workshop:**  
 • Participant Meet Up | 7:00-8:00pm
- Tuesday, Jan. 31 **Workshops:**  
 • Yoga | 1:00-2:00pm  
**Support Group:**  
 • Evening | 6:00-7:00pm
- Wednesday, Feb. 1 **Workshops:**  
 • QiGong | 11:00am-12:00pm  
 • Journaling | 2:00-3:00pm  
**Support Group:**  
 • Morning | 10:00-11:00am
- Thursday, Feb. 2

## WEEK 2

- Monday, Feb. 6 **Live Speaker** | 11:00am-12:00pm  
*Cancer & Intimacy*  
**Workshop:**  
 • Participant Meet Up | 7:00-8:00pm
- Tuesday, Feb. 7 **Webinar** | 11:00am-12:00pm  
*Planting a Plan for Better Nutrition*  
**Workshops:**  
 • Yoga | 1:00-2:00pm  
**Support Group:**  
 • Evening | 6:00-7:00pm
- Wednesday, Feb. 8 **Workshops:**  
 • QiGong | 11:00am-12:00pm  
 • Journaling | 2:00-3:00pm  
**Support Group:**  
 • Morning | 10:00-11:00am
- Thursday, Feb. 9

## WEEK 3

- Monday, Feb. 13 **Live Speaker** | 11:00am-12:00pm  
*Cancer: The Great Disruptor*  
**Workshop:**  
 • Participant Meet Up | 7:00-8:00pm
- Tuesday, Feb. 14 **Workshop:**  
 • Yoga | 1:00-2:00pm  
 • Intimacy | 3:30-4:30pm  
**Support Group:**  
 • Evening | 6:00-7:00pm
- Wednesday, Feb. 15 **Workshops:**  
 • QiGong | 11:00am-12:00pm  
 • Journaling | 2:00-3:00pm
- Thursday, Feb. 16 **LAST DAY OF CAMP!**  
**Support Group:**  
 • Morning | 10:00-11:00am  
**Wrap Up** | 6:00-7:00pm