

**Cancer Connections
Topic Discussion Schedule**

- 2015**
- July 8** **Turn “ON” fun- Turn “OFF” Cancer-**
- *This discussion will go over the importance of engaging in outings, participating in community events/activities, and provide local examples that are feasible for patients undergoing treatment/recovering from treatment.*
- Aug. 12** **How to be Happy when going through Cancer Journey**
- *This will be a fun topic discussion on how to let go and laugh again! Speaker will provide techniques for regaining positivity and bringing the happiness back into everyday life during the cancer journey.*
- Sept. 9** **Building Cancer Connections at CtR - group social event**
- *The primary focus of this meeting will be networking, sharing, laughing and opportunity to get to know each other better by making that cancer connection.*
- Oct. 14** **Coping and Recovering from Chemotherapy Side Effects – Dr. Judith Smith/Cynthia**
- *Sharing from both professional and patient perspective this topic discussion will provide recommendations on how to prevent, manage, cope with, and recover from chemotherapy side effects.*
- Nov. 11** **411 on Nutrition and Wellness: for patients and caregivers**
- *When dealing with cancer, general health and wellness often get the back burner. This topic session will review recommendations for both cancer patients and caregivers for improving health and wellness from diet, sleep, exercise, and nutritional supplementation.*
- Dec. 9** **Holiday Party- group social event**
- *The primary focus of this meeting will be networking, sharing, laughing and opportunity to get to know each other better by making that cancer connection.*
- 2016**
- Jan. 13** **Introduction to the CANCare Houston Area Program**
- *At this meeting representatives from CANCare will come to share all the community support and resources available for cancer patients and families.*
- Feb. 10** **Ash Wednesday no meeting but “Mardi Gras Celebration” will be held offsite on February 9th – Details to be determined**
- *The primary focus of this meeting will be networking, sharing, laughing and opportunity to get to know each other better by making that cancer connection.*
- March 9** **You are not alone –faith will carry you through your cancer journey**
- *This discussion is provide guidance on how faith can carry you and be a source of strength and hope through the cancer journey.*
- April 13** **Diagnosis of Cancer leading to Career in Cancer Practice**
- *This will be speaker will share her personal story about her diagnosis of cancer and how it led to her current career in oncology and everything she has learned along her cancer journey.*