

These programs are designed to promote healing, discussion and camaraderie among local cancer survivors. All classes will be held virtually until further notice.

Thriving Through Creative Arts – offers survivors a chance to express themselves through creative arts, including drama, dance, music and poetry.

Life in Motion – designed to improve balance, coordination and agility, along with social and emotional health.

Music4Life – designed to encourage support among like-minded individuals using musical experiences. This group provides an outlet for emotional and self-expression, coping skills, and creates positive relationships. No talent is needed to benefit, and Music4Life is led by a board-certified music therapist.

To register, visit **houstonmethodist.org/events** and search for Cancer Survivorship Series or call **Yolanda Lopez** at **281.274.0145**.

View calendar on the back for upcoming events.



2021



• Thriving Through Creative Arts 6-7 p.m.

• Life in Motion 6-7 p.m. • Music4Life 5:30-6:30 p.m.

All classes will be held virtually until further notice.

January							February								March						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SU	MON	TUE	WED	THU	FRI	SAT	
					1	2		1	2	3	4	5	6		1	2	3	4	5	6	
3	4	5	6	7	8	9	7	8	9	10	1	12	13	7	8	9	10	1	12	13	
10	11	12	13	14	15	16	14	15	16	17	18	19	20	14	15	16	17	18	19	20	
17	18	19	20	21	22	23	21	22	23	24	25	26	27	21	22	23	24	25	26	27	
24	25	26	27	28	29	30	28							28	29	30	31				
31																					
April							Мау								June						
SUN	MON		WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SU	MON	TUE	WED	THU	FRI	SAT	
				1	2	3							1			1	2	3	4	5	
4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12	
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19	
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26	
25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30				
							30	31													
							50	51													
			hilv	,				51	Δ	ιισιι	st					Sor	ntom	hor			
SUN	MON				FRI	SAT						FRI	SAT	SU	MON				FRI	SAT	
SUN	MON	TUE	July wed	THU	FRI 2	SAT 3	SUN	MON	TUE	WED	THU	FRI	SAT 7	SUI	MON	Sep TUE	WED	THU	FRI 3	SAT 4	
		TUE	WED	THU	2	3	sun 1	MON 2	tue 3	WED	THU 5	6	7			TUE	WED 1	THU	3	4	
4	5	tue 6	WED	THU 1 8	2 9	3 10	SUN 1 8	MON 2 9	tue 3 10	WED 4 11	тни 5 12	6 13	7 14	5	6	TUE 7	WED 1 8	THU 2 9	3 10	4 11	
4 11	5 12	тие 6 13	WED 7 14	THU 1 8 15	2 9 16	3 10 17	SUN 1 8 15	мом 2 9 16	тие 3 10 17	WED 4 11 18	THU 5 12 19	6 13 20	7 14 21	5 12	6 13	TUE 7 14	WED 1 8 15	THU 2 9 16	3 10 17	4 11 18	
4 11 18	5 12 19	тие 6 13 20	WED 7 14 21	THU 1 8 15 22	2 9 16 23	3 10 17 24	SUN 1 8 15 22	MON 2 9 16 23	TUE 3 10 17 24	WED 4 11	тни 5 12	6 13	7 14	5 12 19	6 13 20	TUE 7 14 21	WED 1 8 15 22	THU 2 9 16 23	3 10	4 11	
4 11	5 12	тие 6 13	WED 7 14	THU 1 8 15	2 9 16	3 10 17	SUN 1 8 15	мом 2 9 16	тие 3 10 17	WED 4 11 18	THU 5 12 19	6 13 20	7 14 21	5 12	6 13	TUE 7 14	WED 1 8 15	THU 2 9 16	3 10 17	4 11 18	
4 11 18	5 12 19	TUE 6 13 20 27	WED 7 14 21 28	THU 1 8 15 22 29	2 9 16 23	3 10 17 24	SUN 1 8 15 22	MON 2 9 16 23	TUE 3 10 17 24 31	WED 4 11 18 25	тни 5 12 19 26	6 13 20	7 14 21	5 12 19	6 13 20	TUE 7 14 21 28	WED 1 8 15 22 29	 THU 9 16 23 30 	3 10 17	4 11 18	
4 11 18 25	5 12 19 26	TUE 6 13 20 27	WED 7 14 21 28	тни 1 8 15 22 29	2 9 16 23 30	3 10 17 24 31	SUN 1 8 15 22 29	MON 2 9 16 23 30	TUE 3 10 17 24 31	WED 4 11 18 25	тни 5 19 26 ber	6 13 20 27	7 14 21 28	5 12 19 26	6 13 20 27	TUE 7 14 21 28 De	WED 1 8 15 22 29	тни 2 9 16 23 30	3 10 17 24	4 11 18 25	
4 11 18	5 12 19	TUE 6 13 20 27	WED 7 14 21 28	THU 1 8 15 22 29	2 9 16 23 30 FRI	3 10 17 24 31 SAT	SUN 1 8 15 22	MON 2 9 16 23 30 MON	TUE 3 10 17 24 31 NO TUE	WED 4 11 18 25 Vem WED	тни 5 12 19 26 ber тни	6 13 20 27 FRI	7 14 21 28 SAT	5 12 19	6 13 20 27	TUE 7 14 21 28	WED 1 8 15 22 29 CCEM WED	тни 2 9 16 23 30 ber тни	3 10 17 24 FRI	4 11 18 25 SAT	
4 11 18 25 SUN	5 12 19 26 MON	TUE 6 13 20 27 27 TUE	WED 7 14 21 28 Ctob WED	тни 1 8 15 29 Сег тни	2 9 16 23 30 FRI 1	3 10 17 24 31 SAT 2	SUN 1 8 15 22 29 SUN	MON 2 9 16 23 30 MON 1	TUE 3 10 17 24 31 NO TUE 2	WED 4 11 18 25 Vem WED 3	тни 5 12 19 26 ber тни 4	6 13 20 27 FRI 5	7 14 21 28 SAT 6	5 12 19 26 SUI	6 13 20 27	тие 7 14 21 28 De тие	WED 1 8 15 22 29 CCEM WED 1	тни 2 9 16 23 30 ber тни 2	3 10 17 24 FRI 3	4 11 18 25 SAT 4	
4 11 18 25 SUN	5 12 19 26 MON	TUE 6 13 20 27 27 TUE 5	WED 7 14 21 28 Ctob WED 6	тни 1 8 15 22 29 Сег тни 7	2 9 16 23 30 FRI 1 8	3 10 17 24 31 SAT 2 9	SUN 1 8 15 22 29 SUN 7	MON 2 9 16 23 30 MON 1 8	TUE 3 10 17 24 31 NO TUE 2 9	WED 4 11 18 25 Vem WED 3 10	тни 5 19 26 ber тни 4	6 13 20 27 FRI 5 12	7 14 21 28 SAT 6 13	5 12 19 26 Su	6 13 20 27 И мом	TUE 7 14 21 28 De TUE 7	WED 1 8 15 22 29 CCEM WED 1 8	тни 2 9 16 23 30 ber тни 2 9	3 10 17 24 FRI 3 10	4 11 25 SAT 4 11	
4 11 18 25 SUN 3 10	5 12 19 26 MON 4 11	TUE 6 13 20 27 7 TUE 5 12	WED 7 14 21 28 Ctob WED 6 13	тни 1 8 15 29 Рег тни 7 14	2 9 16 23 30 FRI 1 8 15	3 10 17 24 31 SAT 2 9 16	SUN 1 8 15 22 29 SUN 7 14	MON 2 9 16 23 30 MON 1 8 15	TUE 3 10 17 24 31 NO TUE 2 9 16	WED 4 11 18 25 Vem WED 3 10 17	тни 5 19 26 ber тни 4 11 18	6 13 20 27 FRI 5 12 19	7 14 21 28 SAT 6 13 20	5 12 19 26 Sui 5	6 13 20 27 MON 6 13	TUE 7 14 21 28 De TUE 7 14	WED 1 8 15 22 29 CCEM WED 1 8 15	тни 2 9 16 23 30 ber тни 2 9 16	3 10 17 24 FRI 3 10 17	4 11 25 SAT 4 11 18	
4 11 18 25 SUN	5 12 19 26 MON	TUE 6 13 20 27 27 TUE 5	WED 7 14 21 28 Ctob WED 6	тни 1 8 15 22 29 Сег тни 7	2 9 16 23 30 FRI 1 8	3 10 17 24 31 SAT 2 9	SUN 1 8 15 22 29 SUN 7	MON 2 9 16 23 30 MON 1 8	TUE 3 10 17 24 31 NO TUE 2 9	WED 4 11 18 25 Vem WED 3 10	тни 5 19 26 ber тни 4	6 13 20 27 FRI 5 12	7 14 21 28 SAT 6 13	5 12 19 26 Su	6 13 20 27 И мом	TUE 7 14 21 28 De TUE 7	WED 1 8 15 22 29 CCEM WED 1 8	тни 2 9 16 23 30 ber тни 2 9	3 10 17 24 FRI 3 10	4 11 25 SAT 4 11	

To register, visit **houstonmethodist.org/events** and search for Cancer Survivorship Series or call **Yolanda Lopez** at **281.274.0145**.

31