

MD Anderson

# LUNCH & LEARN

For patients, survivors, volunteers and family members  
(Formerly PIKNIC)

## Tuesdays | 12:30 p.m.-1:30 p.m.

Join us to hear from MD Anderson experts and connect with others. Everyone is invited to attend these free sessions to hear the latest news and information related to cancer.

Six times a year topics will focus on wellness. This series will be streamed to the Houston-area locations and available to view online at [myCancerConnection.org](http://myCancerConnection.org). Sessions indicated by \*.

Lunch provided for the first 15 patients and family members.

**Tuesday,  
July 9**  
12:30-1:30 p.m.

### Caregiving: Talking about your emotional needs

Mays Clinic, Floor 2, Integrative Medicine Center (ACB2.1049ab)  
Annabelle Bitter, L.C.S.W.

**Tuesday,  
July 16**  
12:30-1:30 p.m.

### Does cancer run in your family? An overview of cancer genetics

Mays Clinic, Floor 2, The Learning Center (ACB2.1120)  
Julie Moskowicz, M.S., C.G.C.

**Tuesday,  
\*August 13**  
12:30-1:30 p.m.

### Wellness Series: Eating to reduce inflammation

*Many chronic diseases have been linked to inflammation. Choosing the right foods can help reduce inflammation and your risk of chronic disease. Learn what foods to eat and what foods to avoid when following an anti-inflammatory diet.*

Mays Clinic, Floor 1, near Elevator S, ACB1.2345  
Lindsey Wohlford, M.S., R.D.

*Also at MD Anderson locations in League City, Sugar Land, West Houston and The Woodlands  
View session remotely at [myCancerConnection.org](http://myCancerConnection.org)*

**Tuesday,  
August 20**  
12:30-1:30 p.m.

### Enhanced Recovery Program

*MD Anderson surgeons are adopting a program that makes life easier for patients before, during and after surgery.*

Mays Clinic, Floor 1, near Elevator S, ACB1.2345  
Thomas Aloia, M.D.

Lunch & Learn is a program of Volunteer Services and Merchandising. Sessions are generously funded by Volunteer Services and Merchandising Gift Shop Proceeds.

For additional information call 713-792-2553  
or email [dsleipold@mdanderson.org](mailto:dsleipold@mdanderson.org)

THE UNIVERSITY OF TEXAS  
**MD Anderson  
Cancer Center**

Making Cancer History®