

Houston Methodist Cancer Center Cancer Survivorship Programs

We understand that cancer impacts much more than your physical health. That's why we offer programs to help support you through your cancer journey.

Provided at no cost:

- **Healthy-Food Information and Store Tour** – guided tour to learn about smart food shopping and healthy-eating choices. Held every other month.
- **Look Good Feel Better®** – two-hour workshop with a beauty professional for women undergoing cancer treatment. Held every other month.
- **Nutrition During Your Transition** – discussion of cancer-related nutrition for survivors led by our clinical dietitian. Held every other month.
- **Yoga** – classes for cancer survivors that focus on meditation to restore one's body and mind. Held every other month.
- **Beat the Pack®** – a four-session tobacco cessation program with tools and tips to help create your quit plan.
- **Better Breathers Club** – information and peer support for all lung diseases, including cancer. Meets on the last Saturday of each month from 10 a.m. – noon.
- **Breast Cancer Support Group** – information, peer support and empowerment for women at any stage of their breast cancer journey. Meets the second Tuesday of each month.
- **Esophageal Cancer Support Group** – meets quarterly on the third Tuesday of the designated month from 5-6 p.m.
- **Music Therapy** – research-based music interventions to help stimulate the mind, body and spirit.

Available services have a fee. Insurance coverage varies by policy.

Accupuncture | Massage | Lymphedema Program

For more information and additional resources, contact our oncology nurse navigators:

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Look Good Feel Better® is a registered trademark of the Look Good Feel Better Foundation. Beat the Pack® is a registered trademark of Pfizer Inc.

Please note that email is not a secure means to communicate confidential or health-related information, including Social Security number, date of birth, financial information, etc.

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