



# Memorial Hermann Virtual Survivorship Classes

**Date:** Third Wednesday of the month

**Time:** 5 to 6 p.m.

**Location:** Virtual (Zoom)

Becoming a cancer survivor is a major event in the cancer journey. Memorial Hermann offers resources and education to individuals in all stages of the cancer journey. We invite patients, caregivers, and loved ones to learn at our classes led by cancer specialists who will guide you through topics including post-treatment rehabilitation and reconditioning, the importance of good nutrition and exercise after cancer treatment, as well as mental, emotional, spiritual health, and more!

You can rest assured that the Memorial Hermann cancer team is here for you every step of the way, long after you've finished your treatment. At Memorial Hermann, you will never face cancer or cancer survivorship alone.

To receive information on scheduled class topics or to register for the class, email [sarah.brown@memorialhermann.org](mailto:sarah.brown@memorialhermann.org)