



QUALITY CAMP



Living Each Day As If It Was Your Last

<p>Theatre Classes Midland Community Theatre</p>	<p>In these 2 hour workshops you will work together on creating the content for your very own performance to share with your friends and family. Theatre classes can be beneficial in expressing your emotions and challenges unique to your circumstances and experiences.</p>	<p>Midland Community Theatre 200 W. Wadley Judith Giebler</p>	<p>February 8th – April 12th 2nd & 4th Wednesdays 12-2pm</p>
<p>Nutritional Classes Midland Health</p>	<p>Eating well through cancer – In these one hour lunch & learn cooking classes you will learn the benefits of a plant based diet. You will also learn how to prepare these beneficial meals and sample them.</p>	<p>Midland Memorial West Campus Diabetes & Nutrition Learning Center 4214 Andrews Hwy, Suite 101</p>	<p>Once a quarter 12-1pm Dates: To be determined</p>
<p>Yoga The Yoga Sanctuary</p>	<p>Healing yoga for cancer patients. Cancer patients who practice yoga during treatment find it as a lifesaver. No matter how sick from treatments, many find that gentle yoga brings relief from uncomfortable side effects, symptoms discomfort and extreme fatigue. One hour gentle and therapeutic sessions.</p>	<p>The Yoga Sanctuary 501 West Cowden #29 Anne Lucero</p>	<p>2nd & 4th Mondays Monthly 5:30pm</p>
<p>Your choice of YMCA activities</p>	<p>Choose from a variety of activities offered at the Midland YMCA according to your comfort level and ability.</p> <ul style="list-style-type: none"> • Water Aerobics • Walking • Yoga 	<p>YMCA 800 N. Big Spring Liz Harris Midlandymca.org</p>	<p>Check the YMCA website for schedule</p>
<p>Expressions: My Journey with Cancer</p>	<p>Art Journeys- allowing people to express their inner most feelings & emotions with various media as they walk through their cancer related journey. Expressions arts include: visual arts, music, writing/poetry, photography</p>	<p>The Palette Club 907 W. Wadley Ave.</p>	<p>Twice monthly Thursday & Saturday Dates: to be determined</p>
<p>Other Activities</p>	<p>Please join us for any of these:</p> <ul style="list-style-type: none"> • Helping Hands support group • New Beginnings lunch & learn workshops • Look Good Feel Better workshops 	<p>Texas Oncology 400 R.R. Grover Pkwy, Suite 100</p>	<p>Held monthly various days & times</p>

