

Medical Staff

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 Zaheer Ahmed, MD
 Revathi Angitapalli, MD
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 Deepna Jaiswal, DO
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 Anh Q. Nguyen, DO, PhD
 A.Seyi Ojo, MD
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 Ray Page, DO, PhD, FACOI, FASCO
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 DeEtte Vasques, DO, MBA, FACOOG, FACOG
 Nabila Waheed, DO
 Yaochung Weng, MD, PhD
 Henry Xiong, MD, PhD
 Robyn Young, MD

Locations

Alliance	Arlington
Burleson	Dallas
Denton	Denton South
Fort Worth - Central	Fort Worth
Campus	Southwest
Gainesville	Granbury
Las Colinas	Mansfield
McKinney	Mesquite
Mineral Wells	Plano
Southlake	Stephenville
Weatherford	

Phone for all locations

817-759-7000

Robyn Young, MD
 The Center for Cancer and Blood Disorders
 920 Santa Fe Dr.
 Weatherford, TX, 76086

Careity Foundation and The Center for Cancer and Blood Disorder are Introducing the New Mind-Body Medicine Program

Together we are launching a new "Mind-Body Medicine Skills Group" at The Center for Cancer and Blood Disorders. This program is a dynamic, evidence-based blend of healing approaches designed to help you navigate life transitions, manage stress, and cope with illness- all within a close-knit, supportive group environment.

Through this program, you will empower your growth through:

- Meditation
- Breath Work
- Movement
- Guided Imagery
- And More

Our goal is to help patients reduce common side effects of cancer treatment.

This is an 8-week program facilitated by *Robyn R. Young, MD, Medical Oncologist*. Dr. Young is certified by *The Center for Mind Body Medicine*. It begins April 23, 2026 and will continue every Thursday until May 21st. It will be from 9AM - 11AM at 1712 Santa Fe Dr. Weatherford, TX 76086.

For registration details, please email VRenteria@txcc.com



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Mind-Body Medicine Program at The Center for Cancer and Blood Disorders Frequently Asked Questions

What is a Mind-Body Skills Group?

- Mind-Body Skills Groups offer a powerful and effective combination of research based healing therapies to help participants deal with life changes, stress, and illness in an intimate and supportive group setting. The groups are small, usually 7-9 people, which allows for a deeper level of connection, sharing, and support. All of the groups meet at a set day and time for 12 weeks, 2-hours each week, which provides an opportunity for participants to begin to integrate the mind-body skills into their lives, with the support of the group to help them work through any difficulties along the way.

What skills are taught in a Mind-Body Skills Groups?

- Mind-Body skills groups are highly experiential and integrate techniques such as Meditation, Guided Imagery, Autogenic training (self hypnosis), Breath Work, Movement, Journal Writing, Drawing and other approaches into a supportive group environment.

What if I already practice some mind-body skills, like imagery or meditation? Would a group still be helpful for me?

- Yes! Even if you have worked with Meditation or Imagery or another mind-body skill, a group can still be extremely helpful. Groups offer a supportive atmosphere and an exploration of many mind-body approaches, which often add a deeper dimension to an existing practice, or a desire to incorporate a new skill into that practice. Also, the group is designed not only to teach mind-body skills, but also to help participants develop a deeper level of awareness in everyday experiences and, as a result, and increased ability to cope with emotional, physical and psychological challenges that face us in our daily lives.

Who usually joins a Mind-Body Skills group?

- Everyone can benefit from a Mind-Body Skills Group. As a result, groups are comprised of adults of all ages and all types of backgrounds. The common theme is that all participants are seeking support in making changes in their lives, whether the desire is to decrease stress, increase coping ability, decrease pain (physical or emotional), enhance immune function, manage anxiety or depression more effectively, or any number of other concerns.