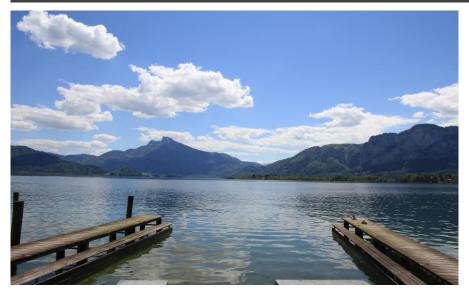
# Life After Treatment 2020

#### **HEALTH EDUCATION • KAISER PERMANENTE • SAN FRANCISCO**



## Life After Treatment

The conclusion of cancer treatment can be a challenging time. With the rigors of treatment behind you, this class examines potential challenges, as well as issues related to identity that might arise as you move forward in survivorship. This class is offered to patients at the conclusion of radiation and/or chemotherapy, intended to form a bridge between treatment and life as a cancer survivor.

#### Participants will:

- Explore issues related to identity as a "survivor"
- Learn coping strategies related to the unique stressors of survivorship
- Learn about Kaiser Permanente and community resources

#### Dates:

Classes held from 3:00pm-5:00pm on the 1st Thursday of the month.

#### Fees:

No Fee for Kaiser Permanente members \$20 for community members

#### To register for this class, please contact Health Education

Sessions means the number of classes that a participant could attend to obtain the most value from the educational experience. The number of sessions does not imply a limit to the number of educational classes a Kaiser Health Plan Member may attend.

Program costs listed may be subject to change and may depend on your health plan coverage. Please refer to your current Evidence of Coverage [EOC] to confirm services covered under you plan, or call Kaiser Permanente Member Services for additional information.



### Your Tools A Shortcut to a better life

Cancer Care Website kp.org/mydoctor/sanfrancisco/cancer

#### Podcasts- kp.org/listen

Cancer Related Subjects
Stress Management
Relaxation and Wellness

#### Interactive Program kp.org/healthylifestyles

REDUCING STRESS a personalized assessment and tailored program for your needs

#### Additional resources for survivorship:

- Emotional Wellness: Mindfulness Based Stress Reduction, Mind-Body Health, Improving Your Sleep
- Nutrition Services: Plant Based Diet, individual appointments
- Physical Activity classes: Tai Chi Chih, Feldenkrais, Gentle Yoga

#### Health Education San Francisco Medical Center

Hours: Monday - Friday 9 a.m. – 5 p.m. 2241 Geary Blvd, San Francisco, CA 94115 415-833-3450 <u>SFHealthEd@kp.org</u>



kp.org/sanfrancisco/healthed

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