

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.

Survive and Thrive

Cancer Survivor Program

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.
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kp.org/sanfrancisco/healthed