

Survivor...Now What?

KAISER PERMANENTE • SANTA CLARA • HEALTH EDUCATION



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

No Fee

Please contact Health Education to register.

Please call to confirm dates and locations in an event of a schedule change.

Health Education

Santa Clara Medical Offices
710 Lawrence Expy, Dept. 182
Santa Clara, CA 95051
408-851-3800

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 your plan, or call Kaiser Permanente Member Services for additional information.

2019 Class Dates

**Santa Clara: 710 Lawrence Expy
Conference Room 195**

Wednesday, January 16th,
6:00 - 8:00 pm

Your Health Online
A Shortcut to a better life

Cancer Care Website

kp.org/santaclara/cancercare

kp.org/healthylifestyles – personalized assessments and action plans for total health

- Manage depression
- Manage insomnia
- Quit smoking
- Reduce stress

kp.org/listen – listen to and download health podcasts

kp.org/mydoctor –

- Select and communicate with your doctor
- View mental health resources
- Watch a video on anger, anxiety, or depression

kp.org/mindbody – learn about how your thoughts can affect your health

cancercarepoint.org – support for cancer patients, families, and caregivers in Silicon Valley

