

Mind-Body Stress Management For Cancer Survivors



- Wondering how to transition from cancer patient to cancer survivor?
- How do I keep my mind and body healthy after cancer?

**If you need answers to these questions,
this class is for you!**

The conclusion of cancer treatment can be a challenging time for patients. Multiple challenges are often left unmet at the end of treatment.

This 8-week series provides patients with a way to manage these challenges.

Learn How to:

- Fight fatigue and frustration
- Manage stress and symptoms
- Communicate better with your health care providers, family, and friends
- Manage chronic conditions and side effects
- Increase your ability to participate in activities you enjoy

See reverse for dates, times, and locations.

Mind-Body Wellness Center
Kaiser Permanente Santa Clara Medical Center
Members: No fee
Non Members: \$95

*Program fees listed are subject to change and may depend on your health plan coverage. Please refer to your current *Evidence of Coverage (EOC)* to confirm the services covered under your plan.

For more information or to register please call (408) 366-4284
Visit us on-line at: kp.org/santaclara

Mind-Body Stress Management For Cancer Survivors 2012 Schedule

DATE	DAY	TIME	LOCATION
January 25 - March 14	Wednesday	6:30-8:30pm	Cupertino 19000 Homestead Rd

****Please Call to Confirm Dates & Locations in the Event of a Schedule Change****

(If you require any of the auxiliary aids or services identified in the Americans with Disabilities Act in order to attend this program, please notify upon registration)

Please list your email address if you are interested in Monthly Promotions or Special Events.

Email Address: _____

Mind-Body Stress Management For Cancer Survivors Registration Form

Name: _____

Medical Record Number: _____

Non-Kaiser SS #: _____

Date of Birth: _____

Address: _____ City: _____

Zip: _____

Daytime Phone: _____ Evening Phone _____

Location: Cupertino Campbell Milpitas Mountain View

Date of Class: _____

Kaiser Employee: Yes No **Fee: No Fee**

Total Fee: Member No Fee Non-Member \$ 95

Other (Reason): \$ _____

Payment Method: Credit Card Check (*Payable to Kaiser Permanente*)

Payment Received Date: _____

If using a credit card...	<input type="checkbox"/> VISA <input type="checkbox"/> Master Card <input type="checkbox"/> American Express <input type="checkbox"/> Discover	Card no. <hr/> Exp. Date
Cardholder signature / Name as it Appears on the Card		
X		

To Register:

Call The Mind-Body Wellness Center at
 Phone: (408) 366-4284 Fax: (408) 366-4174
OR
 Mail Registration to
 Kaiser Permanente, Mind-Body Wellness Center
 19000 Homestead Rd., Bldg 2
 Cupertino, CA 95014

To receive a refund, you must cancel 24 hours before the first class of the session. No refunds will be given after attending the first class. Please Initial: _____