

Survive and Thrive:

Post Cancer Treatment Support Classes

Santa Clara Medical Center



- Coping with new life changes?
- Nutrition?
- Relaxation techniques?

We aim to provide educational opportunities for Cancer Survivors to live a healthful and productive life beyond cancer treatment.

Components of the Program

Part 1: Cancer Survivors Lifestyle Management (8 weeks):

- Personal awareness
- Personal goal setting
- Communication skills
- Healing thoughts

Find Class under: “Mind-Body Stress Management for Cancer Survivors”

Part 2: Nutrition Class:

Details to be announced.

Dietitian specializing in oncology nutrition will empower you:

- To fight cancer through nutrition
- To make lifelong lifestyle modifications

Part 3: Movement Therapy and Exercise:

Details to be announced.

- Dynamic movement practices that emphasize personal growth, awareness and expression.

Location for all classes will be announced at time of scheduling

Mind-Body Wellness Center
19000 Homestead Road, Building 2
Cupertino, CA 95014
Call to register (408) 366-4284