



# CANCER SURVIVORSHIP Wellness Program

**LifeStyleRx**  
Embracing Wellness, Enhancing Lives

# Cancer Survivorship Wellness Program

ValleyCare's Cancer Survivorship Wellness Program is offered at our state-of-the-art medical wellness facility, LifeStyleRx. This comprehensive, four-week outpatient program is designed to help you return to an independent and fulfilling lifestyle. Through our group-oriented program, survivors of cancer will learn ways to lead a full and satisfying life at home, work and in the community.

Upon finishing cancer treatment you may see changes in your body. This program will address:

- Physical concerns and needs, including pain, energy and lifestyle
- Emotional concerns including motivation to keep moving and life changes



Survivorship is about returning to a new level of wellness. Our professionally trained wellness team, which includes Registered Dietitians and Exercise Physiologists, will help you find your way through cancer-related changes in your health (mind, body and spirit). Through nutrition education, exercise, and stress reduction you will gain insight on how to move forward.

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**Registration for this program is required.  
Please call (925) 454-6316.**

# The Cancer Survivorship Wellness Program provides:

## Class Instruction

- Understanding and overcoming the obstacles of having cancer
- Nutrition education including a cooking demonstration
- Relaxation and stress management, including gentle yoga and guided meditation
- Self management tools, including time management and energy conservation
- How to stay motivated and create a positive approach to health
- Group exercise instruction

## Support

- Small class sizes optimize support and learning
- Information and support groups at the ValleyCare Health Library and Ryan Comer Cancer Resource Center
- Learn coping skills

## Program Benefits

- Two group training sessions with an Exercise Physiologist from the Clinical Integration program to help you build strength and endurance.
- A one-month membership to LifeStyleRx
- A 30-minute individual session with a Registered Dietitian
- A 50-minute therapeutic massage

## CLINICAL INTEGRATION

At any time, you have the opportunity to continue on your wellness journey by joining ValleyCare's Clinical Integration Program at LifeStyleRx. Inquire for more details (925) 454-6349.



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ValleyCare's Cancer Survivorship Program is offered at:

***LifeStyleRx***  
Embracing Wellness, Enhancing Lives

1119 E. Stanley Boulevard  
Livermore, CA 94550  
(925) 454-6342

**VALLEYCARE**  
**HEALTH LIBRARY**  
& Ryan Corner Cancer Resource Center

5725 W. Las Positas Boulevard, Suite 270  
Pleasanton, CA 94588  
(925) 734-3315