

# SURVIVE AND THRIVE PROGRAM

Educational opportunities to live a healthful and productive life beyond cancer treatment.



**2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of every month**

**10:00am - 12:00pm**

**Location: Cancer Treatment Center, 3701 Broadway**

**Ground Floor Conference Room**

**Oakland, CA 94611**

**To Register, Please call Radiation Oncology at (510) 752-4000**

## Free for Kaiser Members

This class provides educational opportunities for you to make simple choices everyday for better health, cancer risk reduction and long term survivorship.

A Dietitian specializing in oncology nutrition will empower you to:

- Understand the importance of nutrition for health and well being
- Learn about cancer fighters in food
- Set and implement nutrition goals
- Achieve healthy lifestyle modification