

Online Oncology Mindfulness & Stress Reduction

KAISER PERMANENTE • SAN FRANCISCO • HEALTH EDUCATION



This 6-week online class is designed to help oncology patients and cancer survivors manage psychological and physical symptoms related to the illness and treatments. The goal of this class is to help people live more fully. In this class, we utilize mindfulness and stress management techniques to increase our ability to meet challenges that often accompany a cancer diagnosis, such as pain management, changes in self-image and identity, and the wide range of stressors that arise as a direct or indirect result of a change in health. In this six-week class participants will learn:

- Skills & techniques to reduce emotional & physical symptoms of stress
- A variety of meditation, relaxation, and movement practices to help you better work with symptoms, cultivate a sense of presence, and thrive.

Date/Time: Please contact Health Education or Oncology departments for information regarding dates/times of the series. You can also scan the following QR code to access the class schedule for the entire year.

To register for this class, please contact your provider or call Health Education Department 415-833-3450. Health Education Department email address: SFHealthed@kp.org



Your Online Tools

My Doctor Online

kp.org/mydoctor

- Choose and email your doctor
- Get online programs, videos, and recommended information from your doctor
- View Insomnia EMMI
- Search Sleep Related articles

Podcasts- kp.org/listen

- Stress Management
- Sleep
- Panic Attack and Anxiety
- Relaxation and Wellness
- Self Confidence

Interactive Program

kp.org/healthylifestyles

- RELAX a personalized assessment and tailored program for your needs

Calm App: www.kp.org/selfcareapps

myStrength App: [Click here](#)



**Call Health Education Center
at (415) 833-3450**

Hours: Monday - Friday 9a.m -5p.m.

**Please Visit Our Website for
More Online Resources**
kp.org/sanfrancisco/healthed