

# Pathways to Oncology Mindfulness

KAISER PERMANENTE • SAN FRANCISCO • HEALTH EDUCATION



This **single session** online class is designed to introduce oncology patients and cancer survivors to a sample of techniques in managing psychological and physical symptoms related to their illness and treatments. In this class, we introduce members to mindfulness to increase their ability to meet challenges that often accompany a cancer diagnosis, such as pain management, changes in self-image and identity, etc. This single session is an introductory class and is considered a pre-requisite to join the comprehensive six-session oncology mindfulness and stress reduction series. In this class participants will be introduced to a sample of Skills & techniques to reduce emotional & physical symptoms of stress.

Date: This class is offered once a month.

Fee: No fee

**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](mailto:SFHealthed@kp.org)**

## Your Online Tools

### My Doctor Online

[kp.org/mydoctor](http://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](http://kp.org/listen)

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

### Interactive Program

[kp.org/healthylifestyles](http://kp.org/healthylifestyles)

- RELAX a personalized assessment and tailored program for your needs

Calm App: [www.kp.org/selfcareapps](http://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](http://kp.org/sanfrancisco/healthed)**