CANCER SURVIVORSHIP
Wellness Program

LifeStyleRX
Embracing Wellness, Enhancing Lives
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.

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.
ValleyCare's Cancer Survivorship Program is offered at:

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

ValleyCare Livermore Campus (Valley Memorial)
1111-1133 E. Stanley Blvd.
Livermore

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