Dear Cancer Survivors,

Welcome to our 5th Annual Seeds of Hope Cancer Survivors Day Conference and Celebration!

Cancer survivorship is more than surviving cancer, it is also about the quality of life we have. So much can be done to enhance our experience as we prepare, undergo, and recover from our cancer treatment.

Our mental, nutritional and physical well-being is crucial not only in the early phase of treatment, but even more so in the years after treatment, and can influence our ultimate outcome. Screening also plays a key role for the current cancer we are battling and others that may appear in the future.

It is our hope that you and your loved ones will benefit from the vast array of wellness related activities, workshops, and educational booths available at today’s event.

We are grateful for the privilege of joining you in today’s celebration and look forward to supporting you as you continue to thrive.

Sincerely,

Anita Lee, MD
Chair of Cancer Survivors Day
Kaiser Permanente Santa Clara
Radiation Oncology

Pilar Ivanov, MD
Co-Chair of Cancer Survivors Day
Kaiser Permanente San Jose
Chief of Medical Oncology
Resources and Links

KP San Jose Oncology Department: kp.org/sanjose/oncology
- Cancer care treatment services, support services
- Vietnamese support group
- Mind-body Exercise for Survivors
- Weekly Drop-in Support Group

KP Comprehensive Cancer Care Program: kp.org/santaclara/cancercare
- Additional information about the educational booths at the 2014 Cancer Survivors Day
- Cancer care services
- Information about cancer diagnosis and treatment
- Survive and Thrive Cancer Survivorship program

Mind Body Wellness: mindbodywellness@kp.org or call (408) 366-4284
- Art Therapy
- Guided Meditation
- Mindful Eating
- Reiki
- Restorative Yoga
- Stretch and Relax

Survive and Thrive Cancer Survivorship program: mindbodywellness@kp.org or call (408) 366-4284
- Cancer Fighting Cooking
- Mind Body Stress Management
- Nutrition Basics
- Restorative Yoga
- Strength Training: Body & Mind
- Survivor...Now What?

American Cancer Society: cancer.org
Asian American Cancer Support Network: aacsn.org
Breast Cancer Connections: bcconnections.org
Cancer Care Point: cancercarepoint.org
City of Santa Clara: santaclaraca.gov
Health Coach: mydoctor.kaiserpermanente.org/hca/healthcoach
JW House: jwhouse.org
Latinas Contra Cancer: latinascontracancer.org
Leukemia & Lymphoma Society: lls.org
Livestrong: livestrong.org
Okizu Supporting Families: okizu.org
The Next Step: nextstepboutique.com
Whole Foods Market: wholefoodsmarket.com/stores/cupertino
Wigs for Kids: www.wigsforkids.org