

# RACe

*Resiliency After Cancer*

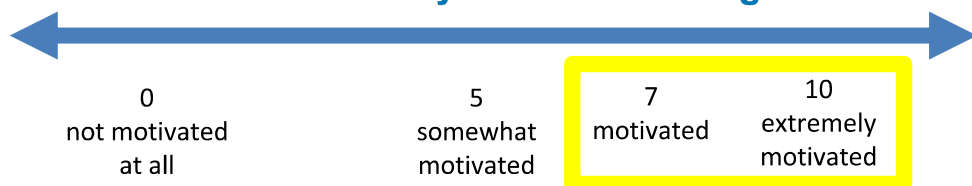


The Resiliency After Cancer Program is a year-long, evidence-based intensive lifestyle Intervention program designed to promote the overall health and wellness of breast cancer survivors. This survivorship program uses a whole food plant-centered diet and lifestyle modification to set achievable lifestyle goals. An interdisciplinary team, led by a board-certified Lifestyle Medicine Physician will support you to achieve your health goals.

## RACe Program Details:

- One year commitment to a weekly, intensive lifestyle intervention program.
- A covered benefit, the only costs are 3 lab co-pays during the year long program.
- Weekly group classes\* to support wellness topics: nutrition, activity, positive relationships, sleep, and mindfulness.
- Weekly immersion classes to support lifestyle change including plant centered cooking, group exercise, and mindfulness practice.
- Individual coaching calls included.
- Classes are currently virtual requiring use of zoom and a computer. This may change in the future.

## Are You Ready to Make a Change?



How ready are you to make a change? If you would rate your readiness as a level seven or higher on the above scale, your next step is to schedule a telephone appointment with one of our health educators to learn more.

\* Classes are virtual and access to a computer or tablet is required to participate.

## South Sacramento Lifestyle Medicine

Mon-Fri 11:30 a.m. to 8:00 p.m.

**916-478-5171**

**Kathleen Huntley**  
Senior Health Educator

**Stephen J. Cipot, MD**  
Dip ABLM  
Physician Lead

**Schedule a telephone appointment to begin the enrollment process.\***

Scan the QR code below using your Smart Phone Camera.



**\*Enrollment based on eligibility and capacity**

 **KAISER PERMANENTE®**