Dear Cancer Survivors,

Welcome to our eighth annual Seeds of Hope conference and celebration—“Balanced Healing”. Our Seeds of Hope Day has always been about celebrating and helping our survivors thrive by providing resources to maximize their recovery from their treatments and promoting healthy survivorship.

This year’s conference focuses on the important areas of Cancer Rehabilitation:

- **Movement** – Join our team of physical therapists, occupational therapists, yoga, tai chi & Zumba instructors
- **Healing Touch** - chair massage and Reiki
- **Oral Care** – Connect with dental specialists and speech therapists about the impacts of good oral care on overall health and throughout cancer treatment
- **Balanced Rest and Calm** – Meet with our sleep specialists and psychiatric oncologist about issues with sleep, fatigue and other brain functions
- **Balanced Beauty** – Treat yourself by heading over to our beauty zone for skin consultations, hair restoration and plastic surgery alternatives
- **Eating for Healing** – Meet with our nutrition experts about achieving the proper nutritional balance and our pharmacists about nutritional supplements

We have an exciting line up of lectures, including our keynote speaker, Dr. Kerri Winter-Stones, who is a Research Professor and Exercise Scientist at the Oregon Health & Science University, who will address how “exercise” is the “magic pill” and how to heal faster, stronger and better, along with Dr. William Ho, KP San Jose Chief of Complementary and Alternative Medicine, who will talk about Eating for Healing.

This year, we will kick off the “Healing Harmonies” Concert. Debuting at this concert will be our own Dr. Lawrence Scala and Dr. Craig Job, along with other survivors, who will showcase their talents, and allow us to experience music as a medium for healing.

In addition to the educational sessions, there will be ongoing scheduled activities and booths supporting your mental, nutritional, and physical well-being. Test your knowledge at the Prevention Screening Zone and don’t forget to stop by our Kids Fun Zone, too.

With great anticipation,

Anita Lee, MD  
Chair of Seeds of Hope  
Kaiser Permanente Santa Clara  
Radiation Oncology

Pilar Ivanov, MD  
Co-Chair of Seeds of Hope  
Kaiser Permanente San Jose  
Chief of Medical Oncology
**Agenda**

**Welcome and Introduction**
- 11:00 - 11:30 am

**Keynote: Main Stage**
- Impact of Cancer Treatment on Long Term Health
  - 11:30 - 11:50 am

**Healing Harmonies Concert**
- 12:00 - 12:30 pm

**Giveaway Booth Open**
- 12:30 - 3:00 pm

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**Sessions**

**Session 1: Room A1**
- 12:45 - 1:15 pm
  - Healing Faster, Stronger and Better

**Session 2: Room A1**
- 1:30 - 2:00 pm
  - Energy Balance: What Goes In vs. Out

**Session 3: Room A1**
- 2:15 - 2:45 pm
  - Eating for Healing

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**Closing Remarks**
- 3:00 - 3:05 pm

**Giveaway**
- 3:05 - 3:15 pm

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**Map Legend**
- Workshop Sessions
- Activities
- Educational Booths
Resources

KP San Jose Cancer Program: kp.org/mydoctor/sanjose/cancer
- Cancer care treatment services, support services
- Mind-body Exercise for Survivors
- Weekly Drop-in Support Group

KP Santa Clara Cancer Program: kp.org/santaclara/cancercare
- Cancer diagnosis, treatment, and support services
- Survive and Thrive Cancer Survivorship program
- Survivorship classes and support group meeting calendar

Nutrition:
- Healthy weight (class and online)
- Kaiser Permanente’s Medical Weight Management Program kphealthyweight.com

Mental health:
- Improving Your Sleep Series
- Introduction to Meditation & Relaxation
- Pathways to Emotional Wellness, Understanding Your Anxiety
- Mind Body Health Stress Management Series
- Stress- guided imagery podcast (kp.org/listen)

Physical Activity:
- Fitness: Exercise lite/Exercise Smart/Walking for health podcasts (kp.org/listen)
- Every Body Walk! App

Survive and Thrive Cancer Survivorship program:
kaisersantaclara.org/cal/cancer or call (408) 851-3800
- Relaxation 101
- Nutrition Basics
- Restorative Yoga
- Survivor…Now What?
- Cooking for Survivorship

American Cancer Society: cancer.org
American Heart Association: heart.org
Asian American Cancer Support Network: aacsn.org
Bay Area Cancer Connections: bcconnections.org
Cancer Care Point: cancercarepoint.org
JW House: jwhouse.org
Leukemia & Lymphoma Society: ilsl.org
Living Strong Living Well: lslw.stanford.edu
Pancreatic Cancer Action Network pancan.org
Project Hired: projecthired.org
The Next Step: nextstepboutique.com
Wigs for Kids: wigsforkids.org